

GP E. Vanluchene 26: Session: 1: COACH evaluation sheet for TEAM: ZB

Coachinfo: Warming up from: 13:00 untill 13:50. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Debeuckelaere Sindy HEADCOACH

Coaches: Tieghem Kristof

PB => Personal Best time

SB => Seasons Best time: Season starting point: first of September.

Event number: 1: 200M MEDLEY MEN 11+							Heat:5, starttime: 14:16	
Heat: 5/8 Lane : 4 Athlete: VANHAECKE LOWIE							Q-time: 02:46:45	
PB (25m pool): 02:46.45 DIKSMUIDE 30/11/2025				PB (50m pool): 02:42.13SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:38.65		01:19.76		02:10.78		02:46.45
	00:38.65		00:41.11		00:51.02		00:35.67	
								

Coach feedback:

Event number: 1: 200M MEDLEY MEN 11+							Heat:8, starttime: 14:25	
Heat: 8/8 Lane : 2 Athlete: THYVELEN WOUT							Q-time: 02:12:91	
PB (25m pool): 02:11.22 Ettelbruck 21/04/2024				PB (50m pool): 02:16.52 SB: 02:15.13 Brugge 04/10/2026				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		no time		no time		02:11.22
	no time							
								

Coach feedback:

Event number: 1: 200M MEDLEY MEN 11+							Heat:8, starttime: 14:25	
Heat: 8/8 Lane : 4 Athlete: EECKHOUT SIEBEN							Q-time: 02:21:35	
PB (25m pool): 02:18.52 Diksmuide 01/12/2024				PB (50m pool): 02:23.77 SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:30.17		01:05.35		01:46.43		02:18.52
	00:30.17		00:35.18		00:41.08		00:32.09	
								

Coach feedback:

GP E. Vanluchene 26: Session: 1: COACH evaluation sheet for TEAM: ZB

Event number: 2: 200M MEDLEY WOMEN 11+							Heat:1, starttime: 14:28	
Heat: 1/7 Lane : 1 Athlete: SEYS ORPHEE							Q-time: 99:99:99	
PB (25m pool): 03:18.83 Diksmuide 29/12/2024				PB (50m pool): no time SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:45.95		01:36.78		02:31.80		03:18.83
	00:45.95		00:50.83		00:55.02		00:47.03	
								

Coach feedback:

Event number: 2: 200M MEDLEY WOMEN 11+							Heat:2, starttime: 14:32	
Heat: 2/7 Lane : 1 Athlete: DECEUNINCK EMMA							Q-time: 99:99:99	
PB (25m pool): 03:05.11 Zaventem 21/06/2025				PB (50m pool): 03:02.32SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		no time		no time		03:05.11
	no time							
								

Coach feedback:

Event number: 2: 200M MEDLEY WOMEN 11+							Heat:2, starttime: 14:32	
Heat: 2/7 Lane : 3 Athlete: HOSTEN IRIS							Q-time: 03:13:38	
PB (25m pool): 03:13.38 DIKSMUIDE 30/11/2025				PB (50m pool): 03:04.60SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:42.58		01:31.66		02:29.37		03:13.38
	00:42.58		00:49.08		00:57.71		00:44.01	
								

Coach feedback:

Event number: 2: 200M MEDLEY WOMEN 11+							Heat:3, starttime: 14:36	
Heat: 3/7 Lane : 1 Athlete: DEJONCKHEERE FLOOR							Q-time: 03:12:10	
PB (25m pool): 02:58.14 Brugge 04/10/2026				PB (50m pool): 03:20.35SB: 02:58.14 Brugge 04/10/2026				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:39.01		01:26.53		02:16.34		02:58.14
	00:39.01		00:47.52		00:49.81		00:41.80	
								

Coach feedback:

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Event number: 2: 200M MEDLEY WOMEN 11+							Heat:4, starttime: 14:40	
Heat: 4/7 Lane : 1 Athlete: HOORNE ELISE							Q-time: 03:06:65	
PB (25m pool): 03:02.07 Brugge 04/10/2026				PB (50m pool): 03:23.83SB: 03:02.07 Brugge 04/10/2026				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:41.42		01:28.18		02:19.20		03:02.07
	00:41.42		00:46.76		00:51.02		00:42.87	
								

Coach feedback:

Event number: 2: 200M MEDLEY WOMEN 11+							Heat:6, starttime: 14:47	
Heat: 6/7 Lane : 2 Athlete: GOEMAERE ALIZÉE							Q-time: 02:45:94	
PB (25m pool): 02:45.94 DIKSMUIDE 30/11/2025				PB (50m pool): 02:49.97 SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:36.17		01:16.89		02:07.93		02:45.94
	00:36.17		00:40.72		00:51.04		00:38.01	
								

Coach feedback:

Event number: 2: 200M MEDLEY WOMEN 11+							Heat:6, starttime: 14:47	
Heat: 6/7 Lane : 4 Athlete: TOMMISSEN SIMONAH							Q-time: 02:51:11	
PB (25m pool): 02:51.11 Meulebeke 18/05/2025				PB (50m pool): 02:59.65 SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:39.40		no time		no time		02:51.11
	00:39.40							
								

Coach feedback:

Event number: 2: 200M MEDLEY WOMEN 11+							Heat:7, starttime: 14:50	
Heat: 7/7 Lane : 3 Athlete: DEMUYNCK MARGOT							Q-time: 02:40:51	
PB (25m pool): 02:37.43 Diksmuide 01/12/2024				PB (50m pool): 02:42.48SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:35.34		01:16.58		02:01.39		02:37.43
	00:35.34		00:41.24		00:44.81		00:36.04	
								

Coach feedback:

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Event number: 4: 100M MEDLEY MEN 11+					Heat:4, starttime: 15:05
Heat: 4/6 Lane : 1 Athlete: VANHAECKE LOWIE					Q-time: 01:16:26
PB (25m pool): 01:16.26 Zwevegem 31/05/2026					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.18		01:16.26	
	00:36.18		00:40.08		
					

Coach feedback:

Event number: 4: 100M MEDLEY MEN 11+					Heat:6, starttime: 15:08
Heat: 6/6 Lane : 1 Athlete: SALOMEZ HAAKON					Q-time: 01:05:70
PB (25m pool): 01:04.74 Ettelbruck 16/04/2023					PB (50m pool): no time SB: 01:07.21 Brugge 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:04.74	
	no time				
					

Coach feedback:

Event number: 4: 100M MEDLEY MEN 11+					Heat:6, starttime: 15:08
Heat: 6/6 Lane : 2 Athlete: THYVELEN WOUT					Q-time: 01:00:64
PB (25m pool): 01:00.41 Diksmuide 29/12/2024					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:27.58		01:00.41	
	00:27.58		00:32.83		
					

Coach feedback:

Event number: 4: 100M MEDLEY MEN 11+					Heat:6, starttime: 15:08
Heat: 6/6 Lane : 3 Athlete: EECKHOUT SIEBEN					Q-time: 01:03:50
PB (25m pool): 01:03.50 Diksmuide 08/02/2026					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:29.09		01:03.50	
	00:29.09		00:34.41		
					

Coach feedback:

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Event number: 5: 100M MEDLEY WOMEN 11+					Heat:3, starttime: 15:15
Heat: 3/7 Lane : 1 Athlete: HOSTEN IRIS					Q-time: 01:26:50
PB (25m pool): 01:26.50 Ettelbruck 19/04/2026					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.03		01:26.50	
	00:40.03		00:46.47		
					

Coach feedback:

Event number: 5: 100M MEDLEY WOMEN 11+					Heat:3, starttime: 15:15
Heat: 3/7 Lane : 3 Athlete: DEJONCKHEERE FLOOR					Q-time: 01:24:88
PB (25m pool): 01:24.88 Diksmuide 08/02/2026					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.94		01:24.88	
	00:39.94		00:44.94		
					

Coach feedback:

Event number: 5: 100M MEDLEY WOMEN 11+					Heat:4, starttime: 15:17
Heat: 4/7 Lane : 1 Athlete: SEYS ORPHEE					Q-time: 01:23:82
PB (25m pool): 01:23.82 Menen 07/06/2026					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:23.82	
	no time				
					

Coach feedback:

Event number: 5: 100M MEDLEY WOMEN 11+					Heat:4, starttime: 15:17
Heat: 4/7 Lane : 3 Athlete: DECEUNINCK EMMA					Q-time: 01:23:14
PB (25m pool): 01:23.14 Menen 07/06/2026					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:23.14	
	no time				
					

Coach feedback:

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Event number: 5: 100M MEDLEY WOMEN 11+					Heat:4, starttime: 15:17
Heat: 4/7 Lane : 4 Athlete: HOORNE ELISE					Q-time: 01:24:18
PB (25m pool): 01:24.18 Zwevegem 31/05/2026					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.64		01:24.18	
	00:40.64		00:43.54		
					

Coach feedback:

Event number: 5: 100M MEDLEY WOMEN 11+					Heat:5, starttime: 15:18
Heat: 5/7 Lane : 1 Athlete: TOMMISSEN SIMONAH					Q-time: 01:19:28
PB (25m pool): 01:19.28 Menen 07/06/2026					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:19.28	
	no time				
					

Coach feedback:

Event number: 5: 100M MEDLEY WOMEN 11+					Heat:6, starttime: 15:20
Heat: 6/7 Lane : 1 Athlete: GOEMAERE ALIZÉE					Q-time: 01:16:51
PB (25m pool): 01:16.51 Zwevegem 31/05/2026					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.40		01:16.51	
	00:34.40		00:42.11		
					

Coach feedback:

Event number: 5: 100M MEDLEY WOMEN 11+					Heat:7, starttime: 15:22
Heat: 7/7 Lane : 1 Athlete: NOTREDAME INE					Q-time: 01:13:61
PB (25m pool): 01:13.61 Zwevegem 31/05/2026					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.64		01:13.61	
	00:32.64		00:40.97		
					

Coach feedback:

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Event number: 5: 100M MEDLEY WOMEN 11+					Heat:7, starttime: 15:22
Heat: 7/7 Lane : 2 Athlete: MIGOM LOBKE					Q-time: 01:08:62
PB (25m pool): 01:08.62 Diksmuide 28/12/2025					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.00		01:08.62	
	00:31.00		00:37.62		
					

Coach feedback:

Event number: 5: 100M MEDLEY WOMEN 11+					Heat:7, starttime: 15:22
Heat: 7/7 Lane : 3 Athlete: DEMUYNCK MARGOT					Q-time: 01:12:60
PB (25m pool): 01:12.60 Diksmuide 28/12/2025					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.14		01:12.60	
	00:34.14		00:38.46		
					

Coach feedback:

Event number: 5: 100M MEDLEY WOMEN 11+					Heat:7, starttime: 15:22
Heat: 7/7 Lane : 4 Athlete: CASTELEYN YANA					Q-time: 01:14:02
PB (25m pool): 01:13.84 Brugge 04/10/2026					PB (50m pool): no time SB: 01:13.84 Brugge 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.29		01:13.84	
	00:35.29		00:38.55		
					

Coach feedback:

Event number: 7: 400M MEDLEY MEN 11+							Heat:3, starttime: 16:08	
Heat: 3/3 Lane : 3 Athlete: SALOMEZ HAAKON							Q-time: 04:59:86	
PB (25m pool): 04:56.12 Meulebeke 07/04/2024				PB (50m pool): 05:07.28SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		no time		no time		no time		no time
	no time							
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		no time		no time		no time		04:56.12
								

GP E. Vanluchene 26: Session: 1: COACH evaluation sheet for TEAM: ZB

Event number: 8: 400M MEDLEY WOMEN 11+							Heat:1, starttime: 16:14	
Heat: 1/3 Lane : 1 Athlete: CASTELEYN YANA							Q-time: 99:99:99	
PB (25m pool): 06:19.84 Meulebeke 07/04/2024				PB (50m pool): no time SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		no time		no time		no time		no time
	no time							
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		no time		no time		no time		06:19.84
								

Coach feedback:

Event number: 8: 400M MEDLEY WOMEN 11+							Heat:1, starttime: 16:14	
Heat: 1/3 Lane : 3 Athlete: MIGOM LOBKE							Q-time: 99:99:99	
PB (25m pool): 05:24.74 Brugge 20/10/2024				PB (50m pool): no time SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		00:34.60		01:14.85		01:55.09		02:34.16
	00:34.60		00:40.25		00:40.24		00:39.07	
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		03:24.52		04:14.38		04:50.44		05:24.74
	00:50.36		00:49.86		00:36.06		00:34.30	
								

Coach feedback:

Event number: 8: 400M MEDLEY WOMEN 11+							Heat:3, starttime: 16:30	
Heat: 3/3 Lane : 2 Athlete: NOTREDAME INE							Q-time: 05:31:99	
PB (25m pool): 05:31.99 Diksmuide 09/03/2025				PB (50m pool): 05:40.29SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		00:37.46		01:20.47		02:02.62		02:42.32
	00:37.46		00:43.01		00:42.15		00:39.70	
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		03:31.00		04:19.71		04:57.12		05:31.99
	00:48.68		00:48.71		00:37.41		00:34.87	
								

Coach feedback: