

200M van TIELT 26: Session: 1: COACH evaluation sheet for TEAM: STW

Coachinfo: Warming up from: 07:30 untill 08:20. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Goossens Nicole HEADCOACH

Coaches: Vandermeulen Eric

PB => Personal Best time

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

Event number: 2: 400M FREESTYLE WOMEN 11+ Heat:8, starttime: 09:57

Heat: 8/8 Lane : 2 Athlete: WULLAERT FIEN							Q-time: 04:51:17	
PB (25m pool): 04:51.17 Sinbad 22/07/2025				PB (50m pool): 05:04.00 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		00:32.98		01:09.67		no time		02:24.26
		00:32.98		00:36.69				
								
	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		04:51.17
								

Coach feedback:

Event number: 3: 400M FREESTYLE MEN 11+ Heat:1, starttime: 10:23

Heat: 1/12 Lane : 3 Athlete: VAN DE GENDER NILS							Q-time: 99:99:99	
PB (25m pool): 04:29.94 3500 Hasselt 30/04/2023				PB (50m pool): 04:36.24 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		04:29.94
								

Coach feedback:

Event number: 3: 400M FREESTYLE MEN 11+ Heat:11, starttime: 11:29

Heat: 11/12 Lane : 2 Athlete: VAN GOETHEM ARTHUR							Q-time: 04:45:87	
PB (25m pool): 04:45.87 Sinbad 22/07/2025				PB (50m pool): 04:45.02 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		00:30.06		01:04.45		no time		02:18.15
		00:30.06		00:34.39				
								
	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		04:45.87
								

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Event number: 3: 400M FREESTYLE MEN 11+							Heat:11, starttime: 11:29	
Heat: 11/12 Lane : 5 Athlete: VAN HOEY BILLIET RAPHAËL							Q-time: 04:48:01	
PB (25m pool): 04:48.01 Gent 23/02/2025				PB (50m pool): 04:48.29SB: 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		00:33.26		01:09.57		01:46.14		02:23.01
	00:33.26		00:36.31		00:36.57		00:36.87	
								
	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		02:59.79		03:36.81		04:13.61		04:48.01
	00:36.78		00:37.02		00:36.80		00:34.40	
								

Coach feedback:

Event number: 3: 400M FREESTYLE MEN 11+							Heat:12, starttime: 11:34	
Heat: 12/12 Lane : 2 Athlete: VAN DE GENDER WOUT							Q-time: 04:27:86	
PB (25m pool):			PB (50m pool): 04:31.32 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								
								
	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								
								

Coach feedback: