

# 200M van TIELT 26: Session: 2: COACH evaluation sheet for TEAM: TZT

Coachinfo: Warming up from: 12:40 untill 13:55. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: De Cramer Renée

Coaches: Vandenbussche Liselotte HEADCOACH

Coaches: Backs Hubert

Coaches: Desmet Carl

PB => Personal Best time

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

| Event number: 4: 200M FREESTYLE WOMEN 11+       |           |           |                                    |           |           |           | Heat:5, starttime: 14:16 |           |
|-------------------------------------------------|-----------|-----------|------------------------------------|-----------|-----------|-----------|--------------------------|-----------|
| Heat: 5/10    Lane : 4    Athlete: JODTS LAUREN |           |           |                                    |           |           |           | Q-time: 03:01:00         |           |
| PB (25m pool): no time                          |           |           | PB (50m pool): 03:01.00SB: 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   |                          | no time   |
|                                                 | no time   |           |                                    |           |           |           |                          |           |
|                                                 | . . . . . | . . . . . | . . . . .                          | . . . . . | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 4: 200M FREESTYLE WOMEN 11+          |           |           |           |                                     |           |           | Heat:6, starttime: 14:19 |           |
|----------------------------------------------------|-----------|-----------|-----------|-------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 6/10    Lane : 4    Athlete: VANPOUCKE LOTTE |           |           |           |                                     |           |           | Q-time: 02:49:77         |           |
| PB (25m pool): 02:49.77    Diksmuide 12/10/2025    |           |           |           | PB (50m pool): 02:54.46 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                                                 |           | 00:38.19  |           | 01:21.71                            |           | 02:06.42  |                          | 02:49.77  |
|                                                    | 00:38.19  |           | 00:43.52  |                                     | 00:44.71  |           | 00:43.35                 |           |
|                                                    | . . . . . | . . . . . | . . . . . | . . . . .                           | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 4: 200M FREESTYLE WOMEN 11+             |           |           |                                                        |           |           |           | Heat:8, starttime: 14:26 |           |
|-------------------------------------------------------|-----------|-----------|--------------------------------------------------------|-----------|-----------|-----------|--------------------------|-----------|
| Heat: 8/10    Lane : 4    Athlete: VANDENBROUCKE FEBE |           |           |                                                        |           |           |           | Q-time: 02:28:08         |           |
| PB (25m pool): 02:23.14 Brugge 04/10/2026             |           |           | PB (50m pool): 02:29.03 SB: 02:23.14 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                                                    |           | 00:32.88  |                                                        | 01:08.92  |           | 01:46.32  |                          | 02:23.14  |
|                                                       | 00:32.88  |           | 00:36.04                                               |           | 00:37.40  |           | 00:36.82                 |           |
|                                                       | . . . . . | . . . . . | . . . . .                                              | . . . . . | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

# 200M van TIELT 26: Session: 2: COACH evaluation sheet for TEAM: TZT

| Event number: 4: 200M FREESTYLE WOMEN 11+        |           |           |           |                                                       |           |           | Heat:10, starttime: 14:32 |           |
|--------------------------------------------------|-----------|-----------|-----------|-------------------------------------------------------|-----------|-----------|---------------------------|-----------|
| Heat: 10/10    Lane : 5    Athlete: ANDRIES FEBE |           |           |           |                                                       |           |           | Q-time: 02:20:91          |           |
| PB (25m pool): 02:18.26 Brugge 04/10/2026        |           |           |           | PB (50m pool): 02:20.91SB: 02:18.26 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                                               |           | 00:32.27  |           | 01:07.96                                              |           | 01:43.84  |                           | 02:18.26  |
|                                                  | 00:32.27  |           | 00:35.69  |                                                       | 00:35.88  |           | 00:34.42                  |           |
|                                                  | . . . . . | . . . . . | . . . . . | . . . . .                                             | . . . . . | . . . . . | . . . . .                 | . . . . . |

Coach feedback:

| Event number: 5: 200M FREESTYLE MEN 11+          |           |           |           |                                     |           |           | Heat:6, starttime: 14:57 |           |
|--------------------------------------------------|-----------|-----------|-----------|-------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 6/11    Lane : 5    Athlete: LEVRAU OSKAAR |           |           |           |                                     |           |           | Q-time: 02:59:63         |           |
| PB (25m pool): 02:59.63    TEMSE 23/11/2025      |           |           |           | PB (50m pool): 03:00.84 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                                               |           | 00:39.36  |           | 01:26.44                            |           | 02:13.71  |                          | 02:59.63  |
|                                                  | 00:39.36  |           | 00:47.08  |                                     | 00:47.27  |           | 00:45.92                 |           |
|                                                  | . . . . . | . . . . . | . . . . . | . . . . .                           | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 5: 200M FREESTYLE MEN 11+         |           |           |           |                                                           |           |           | Heat:9, starttime: 15:07 |           |
|-------------------------------------------------|-----------|-----------|-----------|-----------------------------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 9/11    Lane : 4    Athlete: DUMAREY WOUT |           |           |           |                                                           |           |           | Q-time: 02:32:79         |           |
| PB (25m pool): 02:29.35   Brugge   04/10/2026   |           |           |           | PB (50m pool): 02:35.85SB: 02:29.35   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                                              |           | 00:34.10  |           | 01:12.15                                                  |           | 01:51.26  |                          | 02:29.35  |
|                                                 | 00:34.10  |           | 00:38.05  |                                                           | 00:39.11  |           | 00:38.09                 |           |
|                                                 | . . . . . | . . . . . | . . . . . | . . . . .                                                 | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 5: 200M FREESTYLE MEN 11+             |           |           |           |                                                        |           |           | Heat:10, starttime: 15:10 |           |
|-----------------------------------------------------|-----------|-----------|-----------|--------------------------------------------------------|-----------|-----------|---------------------------|-----------|
| Heat: 10/11    Lane : 1    Athlete: DEVOLDERE LOWIE |           |           |           |                                                        |           |           | Q-time: 02:28:48          |           |
| PB (25m pool): 02:24.69 Brugge 04/10/2026           |           |           |           | PB (50m pool): 02:28.48 SB: 02:24.69 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                                                  |           | 00:32.93  |           | 01:09.69                                               |           | 01:48.40  |                           | 02:24.69  |
|                                                     | 00:32.93  |           | 00:36.76  |                                                        | 00:38.71  |           | 00:36.29                  |           |
|                                                     | . . . . . | . . . . . | . . . . . | . . . . .                                              | . . . . . | . . . . . | . . . . .                 | . . . . . |

Coach feedback:

# 200M van TIELT 26: Session: 2: COACH evaluation sheet for TEAM: TZT

| Event number: 5: 200M FREESTYLE MEN 11+         |           |           |           |                                                       |           |           | Heat:10, starttime: 15:10 |           |
|-------------------------------------------------|-----------|-----------|-----------|-------------------------------------------------------|-----------|-----------|---------------------------|-----------|
| Heat: 10/11    Lane : 2    Athlete: BLOMME STAN |           |           |           |                                                       |           |           | Q-time: 02:24:15          |           |
| PB (25m pool): 02:21.41 Brugge 04/10/2026       |           |           |           | PB (50m pool): 02:24.86SB: 02:21.41 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                                              |           | 00:32.42  |           | 01:09.66                                              |           | 01:47.54  |                           | 02:21.41  |
|                                                 | 00:32.42  |           | 00:37.24  |                                                       | 00:37.88  |           | 00:33.87                  |           |
|                                                 | . . . . . | . . . . . | . . . . . | . . . . .                                             | . . . . . | . . . . . | . . . . .                 | . . . . . |

Coach feedback:

| Event number: 5: 200M FREESTYLE MEN 11+            |           |           |           |                                                       |           |           | Heat:10, starttime: 15:10 |           |
|----------------------------------------------------|-----------|-----------|-----------|-------------------------------------------------------|-----------|-----------|---------------------------|-----------|
| Heat: 10/11    Lane : 3    Athlete: DECLERCK LUKAS |           |           |           |                                                       |           |           | Q-time: 02:18:00          |           |
| PB (25m pool): 02:12.06 Brugge 04/10/2026          |           |           |           | PB (50m pool): 02:20.61SB: 02:12.06 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                                                 |           | 00:30.31  |           | 01:04.01                                              |           | 01:38.38  |                           | 02:12.06  |
|                                                    | 00:30.31  |           | 00:33.70  |                                                       | 00:34.37  |           | 00:33.68                  |           |
|                                                    | . . . . . | . . . . . | . . . . . | . . . . .                                             | . . . . . | . . . . . | . . . . .                 | . . . . . |

Coach feedback:

| Event number: 5: 200M FREESTYLE MEN 11+            |           |           |           |                                                          |           |           | Heat:10, starttime: 15:10 |           |
|----------------------------------------------------|-----------|-----------|-----------|----------------------------------------------------------|-----------|-----------|---------------------------|-----------|
| Heat: 10/11    Lane : 4    Athlete: DELEYE TRISTAN |           |           |           |                                                          |           |           | Q-time: 02:19:56          |           |
| PB (25m pool): 02:19.56    Diksmuide 12/10/2025    |           |           |           | PB (50m pool): 02:21.58SB: 02:21.35    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                                                 |           | 00:33.05  |           | 01:09.04                                                 |           | 01:45.00  |                           | 02:19.56  |
|                                                    | 00:33.05  |           | 00:35.99  |                                                          | 00:35.96  |           | 00:34.56                  |           |
|                                                    | . . . . . | . . . . . | . . . . . | . . . . .                                                | . . . . . | . . . . . | . . . . .                 | . . . . . |

Coach feedback:

| Event number: 5: 200M FREESTYLE MEN 11+          |           |           |           |                                                            |           |           | Heat:10, starttime: 15:10 |           |
|--------------------------------------------------|-----------|-----------|-----------|------------------------------------------------------------|-----------|-----------|---------------------------|-----------|
| Heat: 10/11    Lane : 5    Athlete: DESANTE LEON |           |           |           |                                                            |           |           | Q-time: 02:25:02          |           |
| PB (25m pool): 02:19.04   Brugge   04/10/2026    |           |           |           | PB (50m pool): 02:27.04 SB: 02:19.04   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                                               |           | 00:32.63  |           | 01:08.33                                                   |           | 01:44.00  |                           | 02:19.04  |
|                                                  | 00:32.63  |           | 00:35.70  |                                                            | 00:35.67  |           | 00:35.04                  |           |
|                                                  | . . . . . | . . . . . | . . . . . | . . . . .                                                  | . . . . . | . . . . . | . . . . .                 | . . . . . |

Coach feedback:

# 200M van TIELT 26: Session: 2: COACH evaluation sheet for TEAM: TZT

| Event number: 5: 200M FREESTYLE MEN 11+                                                                                    |           |           |           |           |           |           | Heat:11, starttime: 15:13 |           |
|----------------------------------------------------------------------------------------------------------------------------|-----------|-----------|-----------|-----------|-----------|-----------|---------------------------|-----------|
| Heat: 11/11   Lane : 2   Athlete: DECLERCK SIMON                                                                           |           |           |           |           |           |           | Q-time: 02:05:31          |           |
| PB (25m pool): 02:05.31   Sportoase De Watermolen   21/07/2026   PB (50m pool): 02:09.86SB: 02:06.04   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                                                                                                                         |           | 00:29.06  |           | 01:01.00  |           | 01:33.19  |                           | 02:05.31  |
|                                                                                                                            | 00:29.06  |           | 00:31.94  |           | 00:32.19  |           | 00:32.12                  |           |
|                                                                                                                            | . . . . . | . . . . . | . . . . . | . . . . . | . . . . . | . . . . . | . . . . .                 | . . . . . |

Coach feedback:

| Event number: 5: 200M FREESTYLE MEN 11+           |           |           |           |           |           |           | Heat:11, starttime: 15:13                                |           |
|---------------------------------------------------|-----------|-----------|-----------|-----------|-----------|-----------|----------------------------------------------------------|-----------|
| Heat: 11/11    Lane : 3    Athlete: FRANÇOIS TIJS |           |           |           |           |           |           | Q-time: 02:04:39                                         |           |
| PB (25m pool): 02:04.39    TEMSE 23/11/2025       |           |           |           |           |           |           | PB (50m pool): 02:08.69SB: 02:05.45    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                                                |           | 00:28.99  |           | 01:00.94  |           | 01:32.56  |                                                          | 02:04.39  |
|                                                   | 00:28.99  |           | 00:31.95  |           | 00:31.62  |           | 00:31.83                                                 |           |
|                                                   | . . . . . | . . . . . | . . . . . | . . . . . | . . . . . | . . . . . | . . . . .                                                | . . . . . |

Coach feedback:

| Event number: 5: 200M FREESTYLE MEN 11+           |           |           |           |           |           |           | Heat:11, starttime: 15:13          |           |
|---------------------------------------------------|-----------|-----------|-----------|-----------|-----------|-----------|------------------------------------|-----------|
| Heat: 11/11    Lane : 5    Athlete: FRANÇOIS WOUT |           |           |           |           |           |           | Q-time: 02:05:69                   |           |
| PB (25m pool): 02:01.62    LEUVEN 24/11/2024      |           |           |           |           |           |           | PB (50m pool): 02:05.69SB: 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                                                |           | 00:27.74  |           | 00:58.09  |           | 01:29.65  |                                    | 02:01.62  |
|                                                   | 00:27.74  |           | 00:30.35  |           | 00:31.56  |           | 00:31.97                           |           |
|                                                   | . . . . . | . . . . . | . . . . . | . . . . . | . . . . . | . . . . . | . . . . .                          | . . . . . |

Coach feedback:

| Event number: 9: 200M BACKSTROKE WOMEN 11+     |           |           |                        |           |           |             | Heat:1, starttime: 16:08 |           |
|------------------------------------------------|-----------|-----------|------------------------|-----------|-----------|-------------|--------------------------|-----------|
| Heat: 1/7    Lane : 2    Athlete: ANDRIES FEBE |           |           |                        |           |           |             | Q-time: 99:99:99         |           |
| PB (25m pool): no time                         |           |           | 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                                             |           | no time   |                        | no time   |           | no time     |                          | no time   |
|                                                | no time   |           |                        |           |           |             |                          |           |
|                                                | . . . . . | . . . . . | . . . . .              | . . . . . | . . . . . | . . . . .   | . . . . .                | . . . . . |

Coach feedback:

# 200M van TIELT 26: Session: 2: COACH evaluation sheet for TEAM: TZT

| Event number: 9: 200M BACKSTROKE WOMEN 11+ |         |         |       |                                    |       |         | Heat:3, starttime: 16:16 |         |
|--------------------------------------------|---------|---------|-------|------------------------------------|-------|---------|--------------------------|---------|
| Heat: 3/7 Lane : 5 Athlete: JODTS LAUREN   |         |         |       |                                    |       |         | Q-time: 99:99:99         |         |
| PB (25m pool): no time                     |         |         |       | 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                                         |         | no time |       | no time                            |       | no time |                          | no time |
|                                            | no time |         |       |                                    |       |         |                          |         |
|                                            | .....   | .....   | ..... | .....                              | ..... | .....   | .....                    | .....   |

Coach feedback:

| Event number: 9: 200M BACKSTROKE WOMEN 11+                 |          |          |          |                                     |          |          | Heat:6, starttime: 16:29 |          |
|------------------------------------------------------------|----------|----------|----------|-------------------------------------|----------|----------|--------------------------|----------|
| Heat: 6/7 Lane : 5 Athlete: VANPOUCKE LOTTE                |          |          |          |                                     |          |          | Q-time: 02:57:41         |          |
| PB (25m pool): 02:57.41 Sportoase De Watermolen 21/07/2026 |          |          |          | PB (50m pool): 03:09.20 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                                                         |          | 00:44.16 |          | 01:28.74                            |          | 02:13.44 |                          | 02:57.41 |
|                                                            | 00:44.16 |          | 00:44.58 |                                     | 00:44.70 |          | 00:43.97                 |          |
|                                                            | .....    | .....    | .....    | .....                               | .....    | .....    | .....                    | .....    |

Coach feedback:

| Event number: 10: 200M BACKSTROKE MEN 11+   |         |         |       |                                     |       |         | Heat:2, starttime: 16:41 |         |
|---------------------------------------------|---------|---------|-------|-------------------------------------|-------|---------|--------------------------|---------|
| Heat: 2/8 Lane : 2 Athlete: DEVOLDERE LOWIE |         |         |       |                                     |       |         | Q-time: 99:99:99         |         |
| PB (25m pool): no time                      |         |         |       | PB (50m pool): 03:10.51 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                                          |         | no time |       | no time                             |       | no time |                          | no time |
|                                             | no time |         |       |                                     |       |         |                          |         |
|                                             | .....   | .....   | ..... | .....                               | ..... | .....   | .....                    | .....   |

Coach feedback:

| Event number: 10: 200M BACKSTROKE MEN 11+        |          |          |          |                                     |          |          | Heat:5, starttime: 16:54 |          |
|--------------------------------------------------|----------|----------|----------|-------------------------------------|----------|----------|--------------------------|----------|
| Heat: 5/8 Lane : 1 Athlete: LEVRAU OSKAAR        |          |          |          |                                     |          |          | Q-time: 03:02:22         |          |
| PB (25m pool): 03:02.22 LAGO Zwevegem 25/05/2026 |          |          |          | PB (50m pool): 03:19.13 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                                               |          | 00:41.42 |          | 01:26.66                            |          | 02:13.16 |                          | 03:02.22 |
|                                                  | 00:41.42 |          | 00:45.24 |                                     | 00:46.50 |          | 00:49.06                 |          |
|                                                  | .....    | .....    | .....    | .....                               | .....    | .....    | .....                    | .....    |

Coach feedback:

# 200M van TIELT 26: Session: 2: COACH evaluation sheet for TEAM: TZT

| Event number: 10: 200M BACKSTROKE MEN 11+        |           |           |           |                                                           |           |           | Heat:6, starttime: 16:57 |           |
|--------------------------------------------------|-----------|-----------|-----------|-----------------------------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 6/8    Lane : 2    Athlete: DELEYE TRISTAN |           |           |           |                                                           |           |           | Q-time: 02:48:66         |           |
| PB (25m pool): 02:49.41   Brugge   04/10/2026    |           |           |           | PB (50m pool): 02:48.66SB: 02:49.41   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                                               |           | 00:40.23  |           | 01:23.47                                                  |           | 02:07.26  |                          | 02:49.41  |
|                                                  | 00:40.23  |           | 00:43.24  |                                                           | 00:43.79  |           | 00:42.15                 |           |
|                                                  | . . . . . | . . . . . | . . . . . | . . . . .                                                 | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 10: 200M BACKSTROKE MEN 11+           |           |           |           |                                                          |           |           | Heat:7, starttime: 17:01 |           |
|-----------------------------------------------------|-----------|-----------|-----------|----------------------------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 7/8    Lane : 2    Athlete: BLOMME STAN       |           |           |           |                                                          |           |           | Q-time: 02:35:67         |           |
| PB (25m pool): 02:35.67    LAGO Zwevegem 25/05/2026 |           |           |           | PB (50m pool): 02:43.04SB: 02:39.23    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                                                  |           | 00:36.50  |           | 01:16.18                                                 |           | 01:57.02  |                          | 02:35.67  |
|                                                     | 00:36.50  |           | 00:39.68  |                                                          | 00:40.84  |           | 00:38.65                 |           |
|                                                     | . . . . . | . . . . . | . . . . . | . . . . .                                                | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 10: 200M BACKSTROKE MEN 11+           |           |           |           |                                                          |           |           | Heat:7, starttime: 17:01 |           |
|-----------------------------------------------------|-----------|-----------|-----------|----------------------------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 7/8    Lane : 5    Athlete: DUMAREY WOUT      |           |           |           |                                                          |           |           | Q-time: 02:41:43         |           |
| PB (25m pool): 02:41.43    LAGO Zwevegem 25/05/2026 |           |           |           | PB (50m pool): 02:43.48SB: 02:42.88    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                                                  |           | 00:38.37  |           | 01:19.28                                                 |           | 02:00.90  |                          | 02:41.43  |
|                                                     | 00:38.37  |           | 00:40.91  |                                                          | 00:41.62  |           | 00:40.53                 |           |
|                                                     | . . . . . | . . . . . | . . . . . | . . . . .                                                | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 10: 200M BACKSTROKE MEN 11+        |           |           |           |                                                        |           |           | Heat:8, starttime: 17:05 |           |
|--------------------------------------------------|-----------|-----------|-----------|--------------------------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 8/8    Lane : 1    Athlete: DECLERCK SIMON |           |           |           |                                                        |           |           | Q-time: 02:32:47         |           |
| PB (25m pool): 02:25.55 Brugge 04/10/2026        |           |           |           | PB (50m pool): 02:32.47 SB: 02:25.55 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                                               |           | 00:34.08  |           | 01:10.61                                               |           | 01:48.02  |                          | 02:25.55  |
|                                                  | 00:34.08  |           | 00:36.53  |                                                        | 00:37.41  |           | 00:37.53                 |           |
|                                                  | . . . . . | . . . . . | . . . . . | . . . . .                                              | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

# 200M van TIELT 26: Session: 2: COACH evaluation sheet for TEAM: TZT

| Event number: 10: 200M BACKSTROKE MEN 11+       |           |           |           |                                                       |           |           | Heat:8, starttime: 17:05 |           |
|-------------------------------------------------|-----------|-----------|-----------|-------------------------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 8/8    Lane : 3    Athlete: FRANÇOIS TIJS |           |           |           |                                                       |           |           | Q-time: 02:21:66         |           |
| PB (25m pool): 02:20.65 Brugge 04/10/2026       |           |           |           | PB (50m pool): 02:28.04SB: 02:20.65 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                                              |           | 00:33.20  |           | 01:08.94                                              |           | 01:44.87  |                          | 02:20.65  |
|                                                 | 00:33.20  |           | 00:35.74  |                                                       | 00:35.93  |           | 00:35.78                 |           |
|                                                 | . . . . . | . . . . . | . . . . . | . . . . .                                             | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 10: 200M BACKSTROKE MEN 11+                                                                                       |           |           |           |           |           |           | Heat:8, starttime: 17:05 |           |
|---------------------------------------------------------------------------------------------------------------------------------|-----------|-----------|-----------|-----------|-----------|-----------|--------------------------|-----------|
| Heat: 8/8    Lane : 5    Athlete: DECLERCK LUKAS                                                                                |           |           |           |           |           |           | Q-time: 02:28:42         |           |
| PB (25m pool): 02:28.42    Sportoase De Watermolen    21/07/2026    PB (50m pool): 02:34.96SB: 02:29.19    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                                                                                                                              |           | 00:34.41  |           | 01:12.29  |           | 01:51.20  |                          | 02:28.42  |
|                                                                                                                                 | 00:34.41  |           | 00:37.88  |           | 00:38.91  |           | 00:37.22                 |           |
|                                                                                                                                 | . . . . . | . . . . . | . . . . . | . . . . . | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 11: 200M BREASTSTROKE WOMEN 11+        |           |           |           |                                    |           |           | Heat:5, starttime: 17:26 |           |
|------------------------------------------------------|-----------|-----------|-----------|------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 5/7    Lane : 4    Athlete: VANDENBROUCKE FEBE |           |           |           |                                    |           |           | Q-time: 03:22:59         |           |
| PB (25m pool): 03:22.59    TEMSE 23/11/2025          |           |           |           | PB (50m pool): 04:00.64SB: 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                                                   |           | 00:46.53  |           | 01:38.11                           |           | 02:30.63  |                          | 03:22.59  |
|                                                      | 00:46.53  |           | 00:51.58  |                                    | 00:52.52  |           | 00:51.96                 |           |
|                                                      | . . . . . | . . . . . | . . . . . | . . . . .                          | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 12: 200M BREASTSTROKE MEN 11+         |           |           |           |                                    |           |           | Heat:6, starttime: 18:00 |           |
|-----------------------------------------------------|-----------|-----------|-----------|------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 6/7    Lane : 4    Athlete: DESANTE LEON      |           |           |           |                                    |           |           | Q-time: 03:12:18         |           |
| PB (25m pool): 03:12.18    LAGO Zwevegem 25/05/2026 |           |           |           | PB (50m pool): 03:38.63SB: 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                                                  |           | 00:43.18  |           | 01:32.87                           |           | 02:22.60  |                          | 03:12.18  |
|                                                     | 00:43.18  |           | 00:49.69  |                                    | 00:49.73  |           | 00:49.58                 |           |
|                                                     | . . . . . | . . . . . | . . . . . | . . . . .                          | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

200M van TIELT 26: Session: 2: COACH evaluation sheet for TEAM: TZT

|                                                                                                              |           |           |           |           |           |           |                          |           |
|--------------------------------------------------------------------------------------------------------------|-----------|-----------|-----------|-----------|-----------|-----------|--------------------------|-----------|
| Event number: 12: 200M BREASTSTROKE MEN 11+                                                                  |           |           |           |           |           |           | Heat:7, starttime: 18:04 |           |
| Heat: 7/7    Lane : 3    Athlete: FRANÇOIS WOUT                                                              |           |           |           |           |           |           | Q-time: 02:33:18         |           |
| PB (25m pool): 02:33.18    Diksmuide 12/10/2025    PB (50m pool): 02:39.87 SB: 02:35.95    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                                                                                                           |           | 00:35.17  |           | 01:13.86  |           | 01:53.45  |                          | 02:33.18  |
|                                                                                                              | 00:35.17  |           | 00:38.69  |           | 00:39.59  |           | 00:39.73                 |           |
|                                                                                                              | . . . . . | . . . . . | . . . . . | . . . . . | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback: