

GP Guy Coolen 2026: Session: 1: COACH evaluation sheet for TEAM: PZC

Coachinfo: Warming up from: 07:30 untill 08:25. Teamleadmeeting @ 08:15 The listed starttimes are indicative!

Coaches: Dekoninck Nicole

Coaches: Van Looveren An

Coaches: Beerten Ine HEADCOACH

Coaches: Tisson Fabienne

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

Event number: 1: 100M BUTTERFLY WOMEN 11+					Heat:1, starttime: 08:30
Heat: 1/8 Lane : 3 Athlete: VANEESBECK EMMA					Q-time: 99:99:99
PB (25m pool): no time			PB (50m pool): 01:40.46 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		no time	
	no time				
					

Coach feedback:

Event number: 1: 100M BUTTERFLY WOMEN 11+					Heat:5, starttime: 08:39
Heat: 5/8 Lane : 3 Athlete: VLASSAKS ROSALIE					Q-time: 01:17:31
PB (25m pool): 01:17.31 Hasselt 12/10/2025			PB (50m pool): 01:19.40 SB: 01:17.31 Hasselt 12/10/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.36		01:17.31	
	00:36.36		00:40.95		
					

Coach feedback:

Event number: 1: 100M BUTTERFLY WOMEN 11+					Heat:6, starttime: 08:41
Heat: 6/8 Lane : 3 Athlete: MAES LEONIE					Q-time: 01:16:18
PB (25m pool): 01:16.18 Hasselt 12/10/2025			PB (50m pool): 01:17.59 SB: 01:16.18 Hasselt 12/10/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.58		01:16.18	
	00:34.58		00:41.60		
					

Coach feedback:

GP Guy Coolen 2026: Session: 1: COACH evaluation sheet for TEAM: PZC

Event number: 2: 100M BACKSTROKE MEN 11+					Heat:1, starttime: 08:48
Heat: 1/10 Lane : 3 Athlete: VAN DINGENEN KOBE					Q-time: 01:46:66
PB (25m pool): 01:46.66 Pelt 05/10/2025					PB (50m pool): 01:40.08 SB: 01:46.66 Pelt 05/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:51.88		01:46.66	
	00:51.88		00:54.78		
					

Coach feedback:

Event number: 2: 100M BACKSTROKE MEN 11+					Heat:3, starttime: 08:54
Heat: 3/10 Lane : 4 Athlete: VOSSEN NOAH					Q-time: 01:31:28
PB (25m pool): 01:31.28 Pelt 05/10/2025					PB (50m pool): 01:32.62 SB: 01:31.28 Pelt 05/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:44.41		01:31.28	
	00:44.41		00:46.87		
					

Coach feedback:

Event number: 2: 100M BACKSTROKE MEN 11+					Heat:6, starttime: 09:02
Heat: 6/10 Lane : 4 Athlete: DANILOV MICHAËL					Q-time: 01:14:19
PB (25m pool): 01:14.19 Stedelijk Zwembad Geel 16/02/2025					PB (50m pool): 01:15.87 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.98		01:14.19	
	00:35.98		00:38.21		
					

Coach feedback:

Event number: 3: 50M BUTTERFLY WOMEN 11+					Heat:3, starttime: 09:17
Heat: 3/9 Lane : 5 Athlete: THOMAS LYNE					Q-time: 00:47:14
PB (25m pool): 00:47.14 Bilzen 12/01/2025					PB (50m pool): 00:46.52 SB: no time
	2 5 M	5 0 M			
PB		00:47.14			
	00:47.14				
					

Coach feedback:

GP Guy Coolen 2026: Session: 1: COACH evaluation sheet for TEAM: PZC

Event number: 3: 50M BUTTERFLY WOMEN 11+			Heat:7, starttime: 09:23
Heat: 7/9 Lane : 4 Athlete: MAES HELENE			Q-time: 00:33:41
PB (25m pool): 00:33.41 Beringen 03/03/2024			PB (50m pool): 00:34.43 SB: no time
	2 5 M	5 0 M	
PB		00:33.41	
		00:33.41	
			

Coach feedback:

Event number: 4: 50M BACKSTROKE MEN 11+			Heat:1, starttime: 09:27
Heat: 1/5 Lane : 3 Athlete: VAN DE POLDER KOBE			Q-time: 00:43:78
PB (25m pool): 00:43.78 Stedelijk Zwembad Geel 16/02/2025			PB (50m pool): 00:42.70 SB: 00:44.64 Pelt 05/10/2025
	2 5 M	5 0 M	
PB		00:43.78	
		00:43.78	
			

Coach feedback:

Event number: 4: 50M BACKSTROKE MEN 11+			Heat:2, starttime: 09:29
Heat: 2/5 Lane : 5 Athlete: MEYLAERS SEPPE			Q-time: 00:43:63
PB (25m pool): 00:43.63 Bree 01/06/2025			PB (50m pool): 00:44.06 SB: no time
	2 5 M	5 0 M	
PB		00:43.63	
		00:43.63	
			

Coach feedback:

Event number: 4: 50M BACKSTROKE MEN 11+			Heat:3, starttime: 09:31
Heat: 3/5 Lane : 2 Athlete: BOLLEN WARRE			Q-time: 00:35:78
PB (25m pool): 00:35.78 Hasselt 12/10/2025			PB (50m pool): 00:35.86 SB: 00:35.78 Hasselt 12/10/2025
	2 5 M	5 0 M	
PB		00:35.78	
		00:35.78	
			

Coach feedback:

GP Guy Coolen 2026: Session: 1: COACH evaluation sheet for TEAM: PZC

Event number: 5: 100M BREASTSTROKE WOMEN 11+				Heat:3, starttime: 09:42	
Heat: 3/7 Lane : 1 Athlete: VLASSAKS ROSALIE				Q-time: 01:33:52	
PB (25m pool): 01:33.52 Temse 17/11/2025				PB (50m pool): 01:34.90 SB: 01:33.52 Temse 17/11/2025	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:44.11		01:33.52	
	00:44.11		00:49.41		
					

Coach feedback:

Event number: 6: 100M FREESTYLE MEN 11+				Heat:1, starttime: 09:53	
Heat: 1/11 Lane : 4 Athlete: VAN DINGENEN KOBE				Q-time: 01:38:07	
PB (25m pool): 01:38.07 Pelt 05/10/2025				PB (50m pool): 01:35.58 SB: 01:38.07 Pelt 05/10/2025	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:45.85		01:38.07	
	00:45.85		00:52.22		
					

Coach feedback:

Event number: 6: 100M FREESTYLE MEN 11+				Heat:2, starttime: 09:56	
Heat: 2/11 Lane : 4 Athlete: VOSSEN NOAH				Q-time: 01:23:28	
PB (25m pool): 01:23.28 Pelt 05/10/2025				PB (50m pool): 01:16.02 SB: 01:23.28 Pelt 05/10/2025	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.49		01:23.28	
	00:39.49		00:43.79		
					

Coach feedback:

Event number: 6: 100M FREESTYLE MEN 11+				Heat:3, starttime: 09:58	
Heat: 3/11 Lane : 1 Athlete: MEYLAERS SEPPE				Q-time: 01:21:05	
PB (25m pool): 01:21.05 Temse 17/11/2025				PB (50m pool): 01:20.24 SB: 01:21.05 Temse 17/11/2025	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.20		01:21.05	
	00:39.20		00:41.85		
					

Coach feedback:

GP Guy Coolen 2026: Session: 1: COACH evaluation sheet for TEAM: PZC

Event number: 6: 100M FREESTYLE MEN 11+					Heat:9, starttime: 10:10
Heat: 9/11 Lane : 1 Athlete: DANILOV MICHAËL					Q-time: 01:01:80
PB (25m pool): 01:01.80 Hasselt 12/10/2025					PB (50m pool): 01:01.67 SB: 01:01.80 Hasselt 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.17		01:01.80	
	00:30.17		00:31.63		
					

Coach feedback:

Event number: 7: 50M BREASTSTROKE WOMEN 11+					Heat:1, starttime: 10:15
Heat: 1/10 Lane : 4 Athlete: THOMAS LYNE					Q-time: 00:56:13
PB (25m pool): 00:56.13 Beringen 03/03/2024					PB (50m pool): 00:52.85 SB: no time
	2 5 M	5 0 M			
PB		00:56.13			
	00:56.13				
					

Coach feedback:

Event number: 7: 50M BREASTSTROKE WOMEN 11+					Heat:3, starttime: 10:19
Heat: 3/10 Lane : 4 Athlete: VANEESBECK EMMA					Q-time: 00:48:48
PB (25m pool): 00:48.48 Bree 01/06/2025					PB (50m pool): 00:47.25 SB: no time
	2 5 M	5 0 M			
PB		00:48.48			
	00:48.48				
					

Coach feedback:

Event number: 7: 50M BREASTSTROKE WOMEN 11+					Heat:6, starttime: 10:23
Heat: 6/10 Lane : 1 Athlete: MAES HELENE					Q-time: 00:43:12
PB (25m pool): 00:41.75 Diksmuide 19/11/2023					PB (50m pool): 00:43.12 SB: no time
	2 5 M	5 0 M			
PB		00:41.75			
	00:41.75				
					

Coach feedback:

GP Guy Coolen 2026: Session: 1: COACH evaluation sheet for TEAM: PZC

Event number: 7: 50M BREASTSTROKE WOMEN 11+				Heat:7, starttime: 10:25
Heat: 7/10 Lane : 2 Athlete: MAES LEONIE				Q-time: 00:41:31
PB (25m pool): 00:41.31 De Sprink 22/12/2024				PB (50m pool): 00:41.83 SB: no time
	2 5 M	5 0 M		
PB		00:41.31		
	00:41.31			
				

Coach feedback:

Event number: 8: 50M FREESTYLE MEN 11+				Heat:2, starttime: 10:32
Heat: 2/4 Lane : 4 Athlete: VAN DE POLDER KOBE				Q-time: 00:38:56
PB (25m pool): 00:38.56 Beringen 16/03/2025				PB (50m pool): 00:35.57 SB: no time
	2 5 M	5 0 M		
PB		00:38.56		
	00:38.56			
				

Coach feedback:

Event number: 8: 50M FREESTYLE MEN 11+				Heat:3, starttime: 10:34
Heat: 3/4 Lane : 5 Athlete: BOLLEN WARRE				Q-time: 00:31:54
PB (25m pool): 00:31.54 Hasselt 12/10/2025				PB (50m pool): 00:32.26 SB: 00:31.54 Hasselt 12/10/2025
	2 5 M	5 0 M		
PB		00:31.54		
	00:31.54			
				

Coach feedback:

Event number: 9: 100M BACKSTROKE WOMEN 11+					Heat:1, starttime: 10:36
Heat: 1/9 Lane : 4 Athlete: THOMAS LYNE					Q-time: 01:41:41
PB (25m pool): 01:41.41 Pelt 06/10/2024					PB (50m pool): 01:33.54 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:41.41	
	no time				
					

Coach feedback:

GP Guy Coolen 2026: Session: 1: COACH evaluation sheet for TEAM: PZC

Event number: 9: 100M BACKSTROKE WOMEN 11+					Heat:2, starttime: 10:39
Heat: 2/9 Lane : 2 Athlete: VANEESBECK EMMA					Q-time: 01:27:78
PB (25m pool): 01:27.78 Pelt 05/10/2025					PB (50m pool): 01:25.45 SB: 01:27.78 Pelt 05/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:43.98		01:27.78	
	00:43.98		00:43.80		
					

Coach feedback:

Event number: 9: 100M BACKSTROKE WOMEN 11+					Heat:4, starttime: 10:45
Heat: 4/9 Lane : 2 Athlete: VLASSAKS ROSALIE					Q-time: 01:22:12
PB (25m pool): 01:22.12 Temse 17/11/2025					PB (50m pool): 01:23.77 SB: 01:22.12 Temse 17/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.90		01:22.12	
	00:39.90		00:42.22		
					

Coach feedback:

Event number: 9: 100M BACKSTROKE WOMEN 11+					Heat:8, starttime: 10:55
Heat: 8/9 Lane : 1 Athlete: MAES HELENE					Q-time: 01:14:60
PB (25m pool): 01:14.60 3500 Hasselt 20/10/2024					PB (50m pool): 01:17.32 SB: 01:16.16 Pelt 05/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.99		01:14.60	
	00:36.99		00:37.61		
					

Coach feedback:

Event number: 10: 100M BUTTERFLY MEN 11+					Heat:1, starttime: 11:00
Heat: 1/6 Lane : 4 Athlete: VOSSEN NOAH					Q-time: 99:99:99
PB (25m pool): no time					PB (50m pool): 01:35.70 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		no time	
	no time				
					

Coach feedback:

GP Guy Coolen 2026: Session: 1: COACH evaluation sheet for TEAM: PZC

Event number: 10: 100M BUTTERFLY MEN 11+					Heat:1, starttime: 11:00
Heat: 1/6 Lane : 5 Athlete: VAN DE POLDER KOBE					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 M	
PB		no time		no time	
	no time				
					

Coach feedback:

Event number: 10: 100M BUTTERFLY MEN 11+					Heat:2, starttime: 11:02
Heat: 2/6 Lane : 1 Athlete: BOLLEN WARRE					Q-time: 01:42:55
PB (25m pool): 01:42.55 Stedelijk Zwembad Geel 16/02/2025 PB (50m pool): 01:32.27 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:49.49		01:42.55	
	00:49.49		00:53.06		
					

Coach feedback:

Event number: 10: 100M BUTTERFLY MEN 11+					Heat:2, starttime: 11:02
Heat: 2/6 Lane : 4 Athlete: MEYLAERS SEPPE					Q-time: 01:39:95
PB (25m pool): 01:39.95 Hasselt 12/10/2025 PB (50m pool): 01:35.97 SB: 01:39.95 Hasselt 12/10/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:46.10		01:39.95	
	00:46.10		00:53.85		
					

Coach feedback: