

CVB STZ 2026: Session: 1: COACH evaluation sheet for TEAM: ZCK

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

PB => Personal Best time

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

Event number: 2: 200M BACKSTROKE WOMEN 11+							Heat:1, starttime: 14:04	
Heat: 1/5 Lane : 2 Athlete: BUTT OONA							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: 2: 200M BACKSTROKE WOMEN 11+							Heat:2, starttime: 14:09	
Heat: 2/5 Lane : 3 Athlete: BUTT NAINWA							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: 2: 200M BACKSTROKE WOMEN 11+							Heat:2, starttime: 14:09	
Heat: 2/5 Lane : 4 Athlete: VAN DEN EYNDE PAULIEN							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:

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Event number: 2: 200M BACKSTROKE WOMEN 11+							Heat:3, starttime: 14:14	
Heat: 3/5 Lane : 5 Athlete: SCHAERLAEKEN LANA							Q-time: 03:23:18	
PB (25m pool): 03:23.18 Ternat 14/12/2025				PB (50m pool): no time SB: 03:23.18 Ternat 14/12/2025				
	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		00:46.27		01:37.08		no time		03:23.18
	00:46.27		00:50.81					
								

Coach feedback:

Event number: 2: 200M BACKSTROKE WOMEN 11+							Heat:3, starttime: 14:14	
Heat: 3/5 Lane : 6 Athlete: REYNIERS SINNE							Q-time: 03:49:38	
PB (25m pool): 03:49.38 Kapelle-op-den-Bos 21/09/2025				PB (50m pool): no time SB: 03:49.38 Kapelle-op-den-Bos 21/09/2025				
	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		00:54.67		01:53.21		no time		03:49.38
	00:54.67		00:58.54					
								

Coach feedback:

Event number: 7: 200M FREESTYLE WOMEN 11+							Heat:2, starttime: 14:54	
Heat: 2/7 Lane : 3 Athlete: BUTT NAINWA							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: 7: 200M FREESTYLE WOMEN 11+							Heat:3, starttime: 14:58	
Heat: 3/7 Lane : 6 Athlete: BUTT OONA							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:

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Event number: 7: 200M FREESTYLE WOMEN 11+							Heat:4, starttime: 15:02	
Heat: 4/7 Lane : 1 Athlete: SCHAERLAEKEN LANA							Q-time: 02:58:90	
PB (25m pool): 02:58.90 Bastogne 06/04/2025				PB (50m pool): no time		SB: 03:10.58 Kapelle-op-den-Bos	21/09/2025	
	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		00:40.85		01:26.59		02:13.15		02:58.90
	00:40.85		00:45.74		00:46.56		00:45.75	
								

Coach feedback:

Event number: 7: 200M FREESTYLE WOMEN 11+							Heat:4, starttime: 15:02	
Heat: 4/7 Lane : 5 Athlete: SCHAERLAEKEN NOOR							Q-time: 02:58:06	
PB (25m pool): 02:58.06 Kapelle-op-den-Bos 21/09/2025				PB (50m pool): no time		SB: 02:58.06 Kapelle-op-den-Bos	21/09/2025	
	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		00:37.75		01:23.79		no time		02:58.06
	00:37.75		00:46.04					
								

Coach feedback:

Event number: 7: 200M FREESTYLE WOMEN 11+							Heat:4, starttime: 15:02	
Heat: 4/7 Lane : 6 Athlete: DE SAEGER JULIE							Q-time: 03:04:31	
PB (25m pool): 03:04.31 Kapelle-op-den-Bos 21/09/2025				PB (50m pool): no time		SB: 03:04.31 Kapelle-op-den-Bos	21/09/2025	
	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		00:39.16		01:26.63		no time		03:04.31
	00:39.16		00:47.47					
								

Coach feedback:

Event number: 8: 200M MEDLEY MEN 11+							Heat:2, starttime: 15:20	
Heat: 2/8 Lane : 2 Athlete: PODBIELSKI JAN							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:

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Event number: 8: 200M MEDLEY MEN 11+							Heat:2, starttime: 15:20	
Heat: 2/8 Lane : 3 Athlete: MOENS BAS							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: 8: 200M MEDLEY MEN 11+							Heat:6, starttime: 15:36	
Heat: 6/8 Lane : 1 Athlete: DE ROOS KASPER							Q-time: 02:49:41	
PB (25m pool): 02:49.41 Sint-Niklaas 28/12/2025			PB (50m pool): 02:52.70SB: 02:49.41 Sint-Niklaas 28/12/2025					
	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		00:37.53		no time		no time		02:49.41
	00:37.53							
								

Coach feedback:

Event number: 9: 50M BREASTSTROKE WOMEN 11+										Heat:3, starttime: 15:48	
Heat: 3/5 Lane : 4 Athlete: SCHAERLAEKEN NOOR										Q-time: 00:48:98	
PB (25m pool): 00:48.98 Kapelle-op-den-Bos 21/09/2025										PB (50m pool): no time SB: 00:48.98 Kapelle-op-den-Bos 21/09/2025	
PB	2 5 M		5 0 M								
			00:48.98								
			00:48.98								
											

Coach feedback:

Event number: 11: 50M BREASTSTROKE MEN 11+							Heat:3, starttime: 16:11	
Heat: 3/6 Lane : 3 Athlete: VANDERWEE MATTIAS							Q-time: 00:47:93	
PB (25m pool): 00:47.93 Meise 22/06/2025							PB (50m pool): no time SB: no time	
PB	2 5 M		5 0 M					
			00:47.93					
			00:47.93					
								

Coach feedback:

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Event number: 15: 200M MEDLEY WOMEN 11+							Heat:1, starttime: 16:22	
Heat: 1/6 Lane : 4 Athlete: REYNIERS SINNE							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: 15: 200M MEDLEY WOMEN 11+							Heat:2, starttime: 16:27	
Heat: 2/6 Lane : 2 Athlete: VAN DEN EYNDE PAULIEN							Q-time: 03:54:49	
PB (25m pool): 03:54.49 Meise 22/06/2025			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		00:55.89		no time		no time		03:54.49
	00:55.89							
								

Coach feedback:

Event number: 15: 200M MEDLEY WOMEN 11+							Heat:2, starttime: 16:27	
Heat: 2/6 Lane : 3 Athlete: DE SAEGER JULIE							Q-time: 03:31:94	
PB (25m pool): 03:31.94 Meise 22/06/2025			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		00:45.58		no time		no time		03:31.94
	00:45.58							
								

Coach feedback:

Event number: 16: 200M FREESTYLE MEN 11+							Heat:2, starttime: 16:50	
Heat: 2/10 Lane : 5 Athlete: MOENS BAS							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:

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Event number: 16: 200M FREESTYLE MEN 11+							Heat:4, starttime: 16:58	
Heat: 4/10 Lane : 6 Athlete: PODBIELSKI JAN							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: 16: 200M FREESTYLE MEN 11+							Heat:6, starttime: 17:06	
Heat: 6/10 Lane : 1 Athlete: VANDERWEE MATTIAS							Q-time: 02:52:70	
PB (25m pool): 02:52.70 Meise 22/06/2025				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		00:38.65		01:23.93		no time		02:52.70
	00:38.65		00:45.28					
								

Coach feedback:

Event number: 18: 200M BACKSTROKE MEN 11+							Heat:4, starttime: 17:41	
Heat: 4/4 Lane : 5 Athlete: DE ROOS KASPER							Q-time: 02:54:26	
PB (25m pool): 02:54.26 Sinbad 22/07/2025				PB (50m pool): no time SB: 02:54.28 Leuven 12/10/2025				
	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		00:42.03		01:26.94		no time		02:54.26
	00:42.03		00:44.91					
								

Coach feedback:

Event number: 19: 4x50M FREESTYLE WOMEN 11+							Heat:1, starttime: 17:50	
Heat: 1/2 Lane : 2 Athlete: TEAM ZCK 1							Q-time: 99:99:99	
PB (25m pool):			PB (50m pool):		SB:			
	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								
								

Coach feedback:

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Event number: 20: 4x50M FREESTYLE MEN 11+							Heat:1, starttime: 17:56	
Heat: 1/3 Lane : 5 Athlete: TEAM ZCK 1							Q-time: 99:99:99	
PB (25m pool):			PB (50m pool):		SB:			
	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								
								

Coach feedback: