

# CVB STZ 2026: Session: 1: COACH evaluation sheet for TEAM: ZIOS

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:3, starttime: 14:14

Heat: 3/5 Lane : 4 Athlete: MUYLEAERT YAELE

Q-time: 03:21:88

PB (25m pool): 03:21.88 Ternat 14/12/2025

PB (50m pool): no time SB: 03:21.88 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 |          | 00:45.89 |          | 01:36.72 |       | no time |       | 03:21.88 |
|    | 00:45.89 |          | 00:50.83 |          |       |         |       |          |
|    | .....    | .....    | .....    | .....    | ..... | .....   | ..... | .....    |

Coach feedback:

## Event number: 2: 200M BACKSTROKE WOMEN 11+

Heat:4, starttime: 14:19

Heat: 4/5 Lane : 6 Athlete: HEREMANS MARIE

Q-time: 03:12:88

PB (25m pool): 03:12.88 Ternat 14/12/2025

PB (50m pool): no time SB: 03:12.88 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 |          | 00:48.02 |          | 01:37.30 |       | no time |       | 03:12.88 |
|    | 00:48.02 |          | 00:49.28 |          |       |         |       |          |
|    | .....    | .....    | .....    | .....    | ..... | .....   | ..... | .....    |

Coach feedback:

## Event number: 2: 200M BACKSTROKE WOMEN 11+

Heat:5, starttime: 14:23

Heat: 5/5 Lane : 6 Athlete: BIESEMANS JANA

Q-time: 02:51:45

PB (25m pool): 02:51.45 Leuven 12/10/2025

PB (50m pool): 02:53.76 SB: 02:51.45 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 |          | 00:40.03 |          | 01:23.84 |          | 02:08.34 |          | 02:51.45 |
|    | 00:40.03 |          | 00:43.81 |          | 00:44.50 |          | 00:43.11 |          |
|    | .....    | .....    | .....    | .....    | .....    | .....    | .....    | .....    |

Coach feedback:

# CVB STZ 2026: Session: 1: COACH evaluation sheet for TEAM: ZIOS

| Event number: 3: 200M BUTTERFLY MEN 11+                                                 |         |         |       |         |       |         | Heat:1, starttime: 14:26 |          |
|-----------------------------------------------------------------------------------------|---------|---------|-------|---------|-------|---------|--------------------------|----------|
| Heat: 1/3 Lane : 4 Athlete: DE BACKER BRENT                                             |         |         |       |         |       |         | Q-time: 99:99:99         |          |
| PB (25m pool): 03:29.32 Zwembad De Wauwer 08/01/2023 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 |                          | 03:29.32 |
|                                                                                         | no time |         |       |         |       |         |                          |          |
|                                                                                         | .....   | .....   | ..... | .....   | ..... | .....   | .....                    | .....    |

Coach feedback:

| Event number: 3: 200M BUTTERFLY MEN 11+                   |         |         |       |         |       |         | Heat:2, starttime: 14:31 |         |
|-----------------------------------------------------------|---------|---------|-------|---------|-------|---------|--------------------------|---------|
| Heat: 2/3 Lane : 3 Athlete: TURF SANDER                   |         |         |       |         |       |         | 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: 3: 200M BUTTERFLY MEN 11+                   |         |         |       |         |       |         | Heat:2, starttime: 14:31 |         |
|-----------------------------------------------------------|---------|---------|-------|---------|-------|---------|--------------------------|---------|
| Heat: 2/3 Lane : 5 Athlete: VAN HOUCKE QUINTEN            |         |         |       |         |       |         | 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: 3: 200M BUTTERFLY MEN 11+                   |         |         |       |         |       |         | Heat:3, starttime: 14:35 |         |
|-----------------------------------------------------------|---------|---------|-------|---------|-------|---------|--------------------------|---------|
| Heat: 3/3 Lane : 1 Athlete: LUBOWICKI OLIVIER             |         |         |       |         |       |         | 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:

# CVB STZ 2026: Session: 1: COACH evaluation sheet for TEAM: ZIOS

| Event number: 3: 200M BUTTERFLY MEN 11+          |         |         |                        |         |       |             | Heat:3, starttime: 14:35 |         |
|--------------------------------------------------|---------|---------|------------------------|---------|-------|-------------|--------------------------|---------|
| Heat: 3/3    Lane : 6    Athlete: BOMBAERT LOUIS |         |         |                        |         |       |             | 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: 5: 50M FREESTYLE MEN 18+           |           |  |           |                                                             |  |  | Heat:1, starttime: 14:40 |  |  |
|--------------------------------------------------|-----------|--|-----------|-------------------------------------------------------------|--|--|--------------------------|--|--|
| Heat: 1/1    Lane : 2    Athlete: DE PEYPER NOAH |           |  |           |                                                             |  |  | Q-time: 00:25:50         |  |  |
| PB (25m pool): 00:25.50    Hannuit 18/01/2025    |           |  |           | PB (50m pool): 00:26.59SB: 00:25.56    Leuven    12/10/2025 |  |  |                          |  |  |
|                                                  | 2 5 M     |  | 5 0 M     |                                                             |  |  |                          |  |  |
| PB                                               |           |  | 00:25.50  |                                                             |  |  |                          |  |  |
|                                                  |           |  | 00:25.50  |                                                             |  |  |                          |  |  |
|                                                  | . . . . . |  | . . . . . |                                                             |  |  |                          |  |  |

Coach feedback:

| Event number: 7: 200M FREESTYLE WOMEN 11+            |           |           |                                                          |           |           |           | Heat:5, starttime: 15:06 |           |
|------------------------------------------------------|-----------|-----------|----------------------------------------------------------|-----------|-----------|-----------|--------------------------|-----------|
| Heat: 5/7    Lane : 1    Athlete: VAN DER VEKEN LARA |           |           |                                                          |           |           |           | Q-time: 02:54:43         |           |
| PB (25m pool): 02:54.43    Ternat 14/12/2025         |           |           | PB (50m pool): 02:50.59SB: 02:54.43    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                                                   |           | 00:40.07  |                                                          | 01:25.39  |           | no time   |                          | 02:54.43  |
|                                                      | 00:40.07  |           | 00:45.32                                                 |           |           |           |                          |           |
|                                                      | . . . . . | . . . . . | . . . . .                                                | . . . . . | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 7: 200M FREESTYLE WOMEN 11+        |           |           |                                                          |           |           |           | Heat:6, starttime: 15:09 |           |
|--------------------------------------------------|-----------|-----------|----------------------------------------------------------|-----------|-----------|-----------|--------------------------|-----------|
| Heat: 6/7    Lane : 1    Athlete: HEREMANS DITTE |           |           |                                                          |           |           |           | Q-time: 02:35:79         |           |
| PB (25m pool): 02:35.79    Ternat 14/12/2025     |           |           | PB (50m pool): 02:42.90SB: 02:35.79    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                                               |           | 00:38.49  |                                                          | 01:17.95  |           | no time   |                          | 02:35.79  |
|                                                  | 00:38.49  |           | 00:39.46                                                 |           |           |           |                          |           |
|                                                  | . . . . . | . . . . . | . . . . .                                                | . . . . . | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

# CVB STZ 2026: Session: 1: COACH evaluation sheet for TEAM: ZIOS

| Event number: 7: 200M FREESTYLE WOMEN 11+         |           |           |           |                                     |           |           | Heat:6, starttime: 15:09 |           |
|---------------------------------------------------|-----------|-----------|-----------|-------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 6/7    Lane : 4    Athlete: MATTHIJS XANTHE |           |           |           |                                     |           |           | Q-time: 02:31:35         |           |
| PB (25m pool): 02:30.33    LEUVEN 14/05/2023      |           |           |           | PB (50m pool): 02:32.97 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                                                |           | no time   |           | no time                             |           | no time   |                          | 02:30.33  |
|                                                   | no time   |           |           |                                     |           |           |                          |           |
|                                                   | . . . . . | . . . . . | . . . . . | . . . . .                           | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 7: 200M FREESTYLE WOMEN 11+                   |           |           |           |                                                                          |           |           | Heat:6, starttime: 15:09 |           |
|-------------------------------------------------------------|-----------|-----------|-----------|--------------------------------------------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 6/7    Lane : 5    Athlete: DE BISSCHOP LISSE         |           |           |           |                                                                          |           |           | Q-time: 02:34:68         |           |
| PB (25m pool): 02:34.68    Kapelle-op-den-Bos    21/09/2025 |           |           |           | PB (50m pool): 02:42.94 SB: 02:34.68    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                                                          |           | 00:34.77  |           | 01:13.67                                                                 |           | no time   |                          | 02:34.68  |
|                                                             | 00:34.77  |           | 00:38.90  |                                                                          |           |           |                          |           |
|                                                             | . . . . . | . . . . . | . . . . . | . . . . .                                                                | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 7: 200M FREESTYLE WOMEN 11+                   |           |           |           |                                                                         |           |           | Heat:7, starttime: 15:13 |           |
|-------------------------------------------------------------|-----------|-----------|-----------|-------------------------------------------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 7/7    Lane : 1    Athlete: BOMBAERT MILLA            |           |           |           |                                                                         |           |           | Q-time: 02:29:81         |           |
| PB (25m pool): 02:29.81    Kapelle-op-den-Bos    21/09/2025 |           |           |           | PB (50m pool): 02:37.32SB: 02:29.81    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                                                          |           | 00:33.78  |           | 01:12.28                                                                |           | no time   |                          | 02:29.81  |
|                                                             | 00:33.78  |           | 00:38.50  |                                                                         |           |           |                          |           |
|                                                             | . . . . . | . . . . . | . . . . . | . . . . .                                                               | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 7: 200M FREESTYLE WOMEN 11+          |           |           |           |                                                           |           |           | Heat:7, starttime: 15:13 |           |
|----------------------------------------------------|-----------|-----------|-----------|-----------------------------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 7/7    Lane : 3    Athlete: DE BACKER BIRGIT |           |           |           |                                                           |           |           | Q-time: 02:11:33         |           |
| PB (25m pool): 02:11.33    Aarschot 28/07/2025     |           |           |           | PB (50m pool): 02:14.47 SB: 02:11.40    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                                                 |           | 00:30.79  |           | 01:03.90                                                  |           | no time   |                          | 02:11.33  |
|                                                    | 00:30.79  |           | 00:33.11  |                                                           |           |           |                          |           |
|                                                    | . . . . . | . . . . . | . . . . . | . . . . .                                                 | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

# CVB STZ 2026: Session: 1: COACH evaluation sheet for TEAM: ZIOS

| Event number: 7: 200M FREESTYLE WOMEN 11+       |           |           |           |                                                              |           |           | Heat:7, starttime: 15:13 |           |
|-------------------------------------------------|-----------|-----------|-----------|--------------------------------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 7/7    Lane : 6    Athlete: DEROOST BEAU  |           |           |           |                                                              |           |           | Q-time: 02:29:89         |           |
| PB (25m pool): 02:29.89    Ternat    14/12/2025 |           |           |           | PB (50m pool): 02:35.41 SB: 02:29.89    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                                              |           | 00:34.47  |           | 01:11.47                                                     |           | no time   |                          | 02:29.89  |
|                                                 | 00:34.47  |           | 00:37.00  |                                                              |           |           |                          |           |
|                                                 | . . . . . | . . . . . | . . . . . | . . . . .                                                    | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 8: 200M MEDLEY MEN 11+                |           |           |           |                                                                         |           |           | Heat:3, starttime: 15:24 |           |
|-----------------------------------------------------|-----------|-----------|-----------|-------------------------------------------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 3/8    Lane : 3    Athlete: BLOMMAERTS MATHIS |           |           |           |                                                                         |           |           | Q-time: 03:24:82         |           |
| PB (25m pool): 03:24.82    Meise 22/06/2025         |           |           |           | PB (50m pool): no time    SB: 03:27.84    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                                                  |           | 00:44.78  |           | no time                                                                 |           | no time   |                          | 03:24.82  |
|                                                     | 00:44.78  |           |           |                                                                         |           |           |                          |           |
|                                                     | . . . . . | . . . . . | . . . . . | . . . . .                                                               | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 8: 200M MEDLEY MEN 11+                |           |           |           |                                       |           |           | Heat:3, starttime: 15:24 |           |
|-----------------------------------------------------|-----------|-----------|-----------|---------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 3/8    Lane : 5    Athlete: VAN HOUCKE XANDER |           |           |           |                                       |           |           | Q-time: 03:43:22         |           |
| PB (25m pool): 03:43.22    Zaventem 15/07/2025      |           |           |           | 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                                                  |           | 00:52.90  |           | no time                               |           | no time   |                          | 03:43.22  |
|                                                     | 00:52.90  |           |           |                                       |           |           |                          |           |
|                                                     | . . . . . | . . . . . | . . . . . | . . . . .                             | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 8: 200M MEDLEY MEN 11+             |          |          |       |                                    |       |         | Heat:7, starttime: 15:39 |          |
|--------------------------------------------------|----------|----------|-------|------------------------------------|-------|---------|--------------------------|----------|
| Heat: 7/8    Lane : 1    Athlete: DE PEYPER MATS |          |          |       |                                    |       |         | Q-time: 02:34:51         |          |
| PB (25m pool): 02:34.51    Meise 22/06/2025      |          |          |       | PB (50m pool): 02:53.20SB: 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                                               |          | 00:33.58 |       | no time                            |       | no time |                          | 02:34.51 |
|                                                  | 00:33.58 |          |       |                                    |       |         |                          |          |
|                                                  | .....    | .....    | ..... | .....                              | ..... | .....   | .....                    | .....    |

Coach feedback:

# CVB STZ 2026: Session: 1: COACH evaluation sheet for TEAM: ZIOS

| Event number: 8: 200M MEDLEY MEN 11+             |           |           |           |                                                              |           |           | Heat:8, starttime: 15:42 |           |
|--------------------------------------------------|-----------|-----------|-----------|--------------------------------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 8/8    Lane : 5    Athlete: PERSOONS EMIEL |           |           |           |                                                              |           |           | Q-time: 02:22:52         |           |
| PB (25m pool): 02:22.52    Dilbeek    28/09/2025 |           |           |           | PB (50m pool): 02:25.46SB: 02:22.52    Dilbeek    28/09/2025 |           |           |                          |           |
|                                                  | 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                                               |           | 00:30.81  |           | no time                                                      |           | no time   |                          | 02:22.52  |
|                                                  | 00:30.81  |           |           |                                                              |           |           |                          |           |
|                                                  | . . . . . | . . . . . | . . . . . | . . . . .                                                    | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 9: 50M BREASTSTROKE WOMEN 11+                 |           |  |           |  |  |  | Heat:5, starttime: 15:51                                      |  |
|-------------------------------------------------------------|-----------|--|-----------|--|--|--|---------------------------------------------------------------|--|
| Heat: 5/5    Lane : 1    Athlete: VAN LIERDE LANA           |           |  |           |  |  |  | Q-time: 00:43:66                                              |  |
| PB (25m pool): 00:43.47    Kapelle-op-den-Bos    14/04/2024 |           |  |           |  |  |  | PB (50m pool): 00:45.99 SB: 00:45.00    Dilbeek    28/09/2025 |  |
|                                                             | 2 5 M     |  | 5 0 M     |  |  |  |                                                               |  |
| PB                                                          |           |  | 00:43.47  |  |  |  |                                                               |  |
|                                                             |           |  | 00:43.47  |  |  |  |                                                               |  |
|                                                             | . . . . . |  | . . . . . |  |  |  |                                                               |  |

Coach feedback:

| Event number: 9: 50M BREASTSTROKE WOMEN 11+     |           |           |  |                                                           |  |  | Heat:5, starttime: 15:51 |  |
|-------------------------------------------------|-----------|-----------|--|-----------------------------------------------------------|--|--|--------------------------|--|
| Heat: 5/5    Lane : 2    Athlete: VEIRMAN LOTTE |           |           |  |                                                           |  |  | Q-time: 00:40:99         |  |
| PB (25m pool): 00:40.99    Hannuit 29/11/2025   |           |           |  | PB (50m pool): 00:41.50SB: 00:40.99    Hannuit 29/11/2025 |  |  |                          |  |
|                                                 | 2 5 M     | 5 0 M     |  |                                                           |  |  |                          |  |
| PB                                              |           | 00:40.99  |  |                                                           |  |  |                          |  |
|                                                 | 00:40.99  |           |  |                                                           |  |  |                          |  |
|                                                 | . . . . . | . . . . . |  |                                                           |  |  |                          |  |

Coach feedback:

| Event number: 15: 200M MEDLEY WOMEN 11+                     |           |           |           |                                                                            |           |           | Heat:3, starttime: 16:31 |           |
|-------------------------------------------------------------|-----------|-----------|-----------|----------------------------------------------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 3/6    Lane : 1    Athlete: VAN DER VEKEN LARA        |           |           |           |                                                                            |           |           | Q-time: 03:24:66         |           |
| PB (25m pool): 03:24.66    Kapelle-op-den-Bos    21/09/2025 |           |           |           | PB (50m pool): no time    SB: 03:24.66    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                                                          |           | 00:47.25  |           | no time                                                                    |           | no time   |                          | 03:24.66  |
|                                                             | 00:47.25  |           |           |                                                                            |           |           |                          |           |
|                                                             | . . . . . | . . . . . | . . . . . | . . . . .                                                                  | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

# CVB STZ 2026: Session: 1: COACH evaluation sheet for TEAM: ZIOS

| Event number: 15: 200M MEDLEY WOMEN 11+                     |           |           |           |                                                                            |           |           | Heat:3, starttime: 16:31 |           |
|-------------------------------------------------------------|-----------|-----------|-----------|----------------------------------------------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 3/6    Lane : 2    Athlete: HEREMANS MARIE            |           |           |           |                                                                            |           |           | Q-time: 03:22:62         |           |
| PB (25m pool): 03:22.62    Sint-Pieters-Leeuw    05/10/2025 |           |           |           | PB (50m pool): no time    SB: 03:22.62    Sint-Pieters-Leeuw    05/10/2025 |           |           |                          |           |
|                                                             | 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                                                          |           | 00:47.52  |           | no time                                                                    |           | no time   |                          | 03:22.62  |
|                                                             | 00:47.52  |           |           |                                                                            |           |           |                          |           |
|                                                             | . . . . . | . . . . . | . . . . . | . . . . .                                                                  | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 15: 200M MEDLEY WOMEN 11+           |           |           |           |                                                                            |           |           | Heat:3, starttime: 16:31 |           |
|---------------------------------------------------|-----------|-----------|-----------|----------------------------------------------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 3/6    Lane : 3    Athlete: MUYLEAERT YAELE |           |           |           |                                                                            |           |           | Q-time: 03:15:90         |           |
| PB (25m pool): 03:15.90    Leuven. 23/02/2025     |           |           |           | PB (50m pool): no time    SB: 03:16.45    Sint-Pieters-Leeuw    05/10/2025 |           |           |                          |           |
|                                                   | 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                                                |           | 00:41.50  |           | no time                                                                    |           | no time   |                          | 03:15.90  |
|                                                   | 00:41.50  |           |           |                                                                            |           |           |                          |           |
|                                                   | . . . . . | . . . . . | . . . . . | . . . . .                                                                  | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 15: 200M MEDLEY WOMEN 11+          |           |           |           |                                     |           |           | Heat:4, starttime: 16:35 |           |
|--------------------------------------------------|-----------|-----------|-----------|-------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 4/6    Lane : 3    Athlete: BOMBAERT MILLA |           |           |           |                                     |           |           | Q-time: 03:02:33         |           |
| PB (25m pool): 03:02.33    Leuven. 23/02/2025    |           |           |           | PB (50m pool): 03:05.62 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                                               |           | 00:39.50  |           | no time                             |           | no time   |                          | 03:02.33  |
|                                                  | 00:39.50  |           |           |                                     |           |           |                          |           |
|                                                  | . . . . . | . . . . . | . . . . . | . . . . .                           | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 15: 200M MEDLEY WOMEN 11+         |           |           |                                                           |           |           |           | Heat:4, starttime: 16:35 |           |
|-------------------------------------------------|-----------|-----------|-----------------------------------------------------------|-----------|-----------|-----------|--------------------------|-----------|
| Heat: 4/6    Lane : 4    Athlete: VEIRMAN LOTTE |           |           |                                                           |           |           |           | Q-time: 03:02:55         |           |
| PB (25m pool): 03:02.55    LEUVEN 23/11/2025    |           |           | PB (50m pool): 03:06.77 SB: 03:02.55    LEUVEN 23/11/2025 |           |           |           |                          |           |
|                                                 | 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                                              |           | 00:42.91  |                                                           | 01:29.65  |           | 02:21.32  |                          | 03:02.55  |
|                                                 | 00:42.91  |           | 00:46.74                                                  |           | 00:51.67  |           | 00:41.23                 |           |
|                                                 | . . . . . | . . . . . | . . . . .                                                 | . . . . . | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

# CVB STZ 2026: Session: 1: COACH evaluation sheet for TEAM: ZIOS

| Event number: 15: 200M MEDLEY WOMEN 11+              |           |           |           |                                    |           |           | Heat:4, starttime: 16:35 |           |
|------------------------------------------------------|-----------|-----------|-----------|------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 4/6    Lane : 5    Athlete: VAN LIERDE LANA    |           |           |           |                                    |           |           | Q-time: 03:06:57         |           |
| PB (25m pool): 02:49.05    De Druppelteen 16/04/2023 |           |           |           | PB (50m pool): 02:58.00SB: 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   |                          | 02:49.05  |
|                                                      | no time   |           |           |                                    |           |           |                          |           |
|                                                      | . . . . . | . . . . . | . . . . . | . . . . .                          | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 15: 200M MEDLEY WOMEN 11+          |           |           |           |                                                              |           |           | Heat:5, starttime: 16:39 |           |
|--------------------------------------------------|-----------|-----------|-----------|--------------------------------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 5/6    Lane : 1    Athlete: BIESEMANS JANA |           |           |           |                                                              |           |           | Q-time: 02:57:47         |           |
| PB (25m pool): 02:57.47    LEUVEN    23/11/2025  |           |           |           | PB (50m pool): 03:04.16 SB: 02:57.47    LEUVEN    23/11/2025 |           |           |                          |           |
|                                                  | 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                                               |           | no time   |           | 01:26.19                                                     |           | 02:18.14  |                          | 02:57.47  |
|                                                  | no time   |           |           |                                                              | 00:51.95  |           | 00:39.33                 |           |
|                                                  | . . . . . | . . . . . | . . . . . | . . . . .                                                    | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 15: 200M MEDLEY WOMEN 11+             |           |           |           |                                     |           |           | Heat:5, starttime: 16:39 |           |
|-----------------------------------------------------|-----------|-----------|-----------|-------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 5/6    Lane : 2    Athlete: DE BISSCHOP LISSE |           |           |           |                                     |           |           | Q-time: 02:53:53         |           |
| PB (25m pool): 02:53.53    Meise 22/06/2025         |           |           |           | PB (50m pool): 03:03.39 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                                                  |           | 00:37.17  |           | no time                             |           | no time   |                          | 02:53.53  |
|                                                     | 00:37.17  |           |           |                                     |           |           |                          |           |
|                                                     | . . . . . | . . . . . | . . . . . | . . . . .                           | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 15: 200M MEDLEY WOMEN 11+                     |           |           |           |                                                                          |           |           | Heat:5, starttime: 16:39 |           |
|-------------------------------------------------------------|-----------|-----------|-----------|--------------------------------------------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 5/6    Lane : 4    Athlete: DEROOST BEAU              |           |           |           |                                                                          |           |           | Q-time: 02:52:51         |           |
| PB (25m pool): 02:52.51    Sint-Pieters-Leeuw    05/10/2025 |           |           |           | PB (50m pool): 02:54.28 SB: 02:52.51    Sint-Pieters-Leeuw    05/10/2025 |           |           |                          |           |
|                                                             | 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                                                          |           | 00:38.02  |           | no time                                                                  |           | no time   |                          | 02:52.51  |
|                                                             | 00:38.02  |           |           |                                                                          |           |           |                          |           |
|                                                             | . . . . . | . . . . . | . . . . . | . . . . .                                                                | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

# CVB STZ 2026: Session: 1: COACH evaluation sheet for TEAM: ZIOS

| Event number: 15: 200M MEDLEY WOMEN 11+          |           |           |           |                                                                         |           |           | Heat:5, starttime: 16:39 |           |
|--------------------------------------------------|-----------|-----------|-----------|-------------------------------------------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 5/6    Lane : 6    Athlete: HEREMANS DITTE |           |           |           |                                                                         |           |           | Q-time: 02:59:97         |           |
| PB (25m pool): 02:59.97    Zaventem 15/07/2025   |           |           |           | PB (50m pool): no time    SB: 03:05.62    Sint-Pieters-Leeuw 05/10/2025 |           |           |                          |           |
|                                                  | 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                                               |           | 00:39.73  |           | no time                                                                 |           | no time   |                          | 02:59.97  |
|                                                  | 00:39.73  |           |           |                                                                         |           |           |                          |           |
|                                                  | . . . . . | . . . . . | . . . . . | . . . . .                                                               | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 16: 200M FREESTYLE MEN 11+             |           |           |                                       |           |           |           | Heat:4, starttime: 16:58 |           |
|------------------------------------------------------|-----------|-----------|---------------------------------------|-----------|-----------|-----------|--------------------------|-----------|
| Heat: 4/10    Lane : 2    Athlete: VAN HOUCKE XANDER |           |           |                                       |           |           |           | Q-time: 03:23:12         |           |
| PB (25m pool): 03:37.01    Meise 23/06/2024          |           |           | 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                                                   |           | no time   |                                       | no time   |           | no time   |                          | 03:37.01  |
|                                                      | no time   |           |                                       |           |           |           |                          |           |
|                                                      | . . . . . | . . . . . | . . . . .                             | . . . . . | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 16: 200M FREESTYLE MEN 11+             |           |           |           |                                                             |           |           | Heat:6, starttime: 17:06 |           |
|------------------------------------------------------|-----------|-----------|-----------|-------------------------------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 6/10    Lane : 5    Athlete: BLOMMAERTS MATHIS |           |           |           |                                                             |           |           | Q-time: 02:51:15         |           |
| PB (25m pool): 02:51.15    Ternat 14/12/2025         |           |           |           | PB (50m pool): no time    SB: 02:51.15    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                                                   |           | 00:37.36  |           | 01:20.94                                                    |           | no time   |                          | 02:51.15  |
|                                                      | 00:37.36  |           | 00:43.58  |                                                             |           |           |                          |           |
|                                                      | . . . . . | . . . . . | . . . . . | . . . . .                                                   | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 16: 200M FREESTYLE MEN 11+              |           |           |           |                                     |           |           | Heat:8, starttime: 17:12 |           |
|-------------------------------------------------------|-----------|-----------|-----------|-------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 8/10    Lane : 3    Athlete: VAN HOUCKE QUINTEN |           |           |           |                                     |           |           | Q-time: 02:30:28         |           |
| PB (25m pool): 02:29.91    Ternat 26/12/2024          |           |           |           | PB (50m pool): 02:42.16 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                                                    |           | 00:33.30  |           | 01:11.34                            |           | no time   |                          | 02:29.91  |
|                                                       | 00:33.30  |           | 00:38.04  |                                     |           |           |                          |           |
|                                                       | . . . . . | . . . . . | . . . . . | . . . . .                           | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

# CVB STZ 2026: Session: 1: COACH evaluation sheet for TEAM: ZIOS

| Event number: 16: 200M FREESTYLE MEN 11+           |           |           |           |                                                          |           |           | Heat:9, starttime: 17:15 |           |
|----------------------------------------------------|-----------|-----------|-----------|----------------------------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 9/10    Lane : 2    Athlete: DE BACKER BRENT |           |           |           |                                                          |           |           | Q-time: 02:15:06         |           |
| PB (25m pool): 02:15.06    Ternat 14/12/2025       |           |           |           | PB (50m pool): 02:25.27SB: 02:15.06    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                                                 |           | 00:30.54  |           | 01:04.74                                                 |           | no time   |                          | 02:15.06  |
|                                                    | 00:30.54  |           | 00:34.20  |                                                          |           |           |                          |           |
|                                                    | . . . . . | . . . . . | . . . . . | . . . . .                                                | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 16: 200M FREESTYLE MEN 11+           |           |           |           |                                                           |           |           | Heat:10, starttime: 17:18 |           |
|----------------------------------------------------|-----------|-----------|-----------|-----------------------------------------------------------|-----------|-----------|---------------------------|-----------|
| Heat: 10/10    Lane : 4    Athlete: PERSOONS EMIEL |           |           |           |                                                           |           |           | Q-time: 02:02:48          |           |
| PB (25m pool): 02:02.48    Aarschot 28/07/2025     |           |           |           | PB (50m pool): 02:06.65 SB: 02:02.77    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                                                 |           | 00:28.89  |           | 01:00.18                                                  |           | no time   |                           | 02:02.48  |
|                                                    | 00:28.89  |           | 00:31.29  |                                                           |           |           |                           |           |
|                                                    | . . . . . | . . . . . | . . . . . | . . . . .                                                 | . . . . . | . . . . . | . . . . .                 | . . . . . |

Coach feedback:

| Event number: 17: 200M BUTTERFLY WOMEN 11+         |           |           |           |                                     |           |           | Heat:1, starttime: 17:21 |           |
|----------------------------------------------------|-----------|-----------|-----------|-------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 1/2    Lane : 2    Athlete: DE BACKER BIRGIT |           |           |           |                                     |           |           | Q-time: 99:99:99         |           |
| PB (25m pool): 02:48.45    LEUVEN 14/05/2023       |           |           |           | PB (50m pool): 02:56.03 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   |                          | 02:48.45  |
|                                                    | no time   |           |           |                                     |           |           |                          |           |
|                                                    | . . . . . | . . . . . | . . . . . | . . . . .                           | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 17: 200M BUTTERFLY WOMEN 11+        |           |           |                                                              |           |           |           | Heat:2, starttime: 17:24 |           |
|---------------------------------------------------|-----------|-----------|--------------------------------------------------------------|-----------|-----------|-----------|--------------------------|-----------|
| Heat: 2/2    Lane : 4    Athlete: MATTHIJS XANTHE |           |           |                                                              |           |           |           | Q-time: 02:47:32         |           |
| PB (25m pool): 02:39.22    Ternat    31/03/2024   |           |           | PB (50m pool): 02:45.97 SB: 02:47.32    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                                                |           | no time   |                                                              | no time   |           | no time   |                          | 02:39.22  |
|                                                   | no time   |           |                                                              |           |           |           |                          |           |
|                                                   | . . . . . | . . . . . | . . . . .                                                    | . . . . . | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

# CVB STZ 2026: Session: 1: COACH evaluation sheet for TEAM: ZIOS

| Event number: 18: 200M BACKSTROKE MEN 11+      |           |           |           |                                    |           |           | Heat:1, starttime: 17:28 |           |
|------------------------------------------------|-----------|-----------|-----------|------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 1/4    Lane : 3    Athlete: TURF SANDER  |           |           |           |                                    |           |           | Q-time: 99:99:99         |           |
| PB (25m pool): 02:46.38    Overijse 30/11/2024 |           |           |           | PB (50m pool): 03:08.00SB: 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                                             |           | 00:39.90  |           | 01:23.48                           |           | no time   |                          | 02:46.38  |
|                                                | 00:39.90  |           | 00:43.58  |                                    |           |           |                          |           |
|                                                | . . . . . | . . . . . | . . . . . | . . . . .                          | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 18: 200M BACKSTROKE MEN 11+              |           |           |           |                                    |           |           | Heat:2, starttime: 17:32 |           |
|--------------------------------------------------------|-----------|-----------|-----------|------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 2/4    Lane : 1    Athlete: DE PEYPER NOAH       |           |           |           |                                    |           |           | Q-time: 99:99:99         |           |
| PB (25m pool): 02:31.09    Sportoase Leuven 25/02/2024 |           |           |           | PB (50m pool): 02:40.94SB: 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   |                          | 02:31.09  |
|                                                        | no time   |           |           |                                    |           |           |                          |           |
|                                                        | . . . . . | . . . . . | . . . . . | . . . . .                          | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 18: 200M BACKSTROKE MEN 11+        |           |           |                                       |           |           |           | Heat:2, starttime: 17:32 |           |
|--------------------------------------------------|-----------|-----------|---------------------------------------|-----------|-----------|-----------|--------------------------|-----------|
| Heat: 2/4    Lane : 4    Athlete: BOMBAERT LOUIS |           |           |                                       |           |           |           | 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: 18: 200M BACKSTROKE MEN 11+           |           |           |           |                                    |           |           | Heat:3, starttime: 17:37 |           |
|-----------------------------------------------------|-----------|-----------|-----------|------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 3/4    Lane : 3    Athlete: LUBOWICKI OLIVIER |           |           |           |                                    |           |           | Q-time: 03:00:17         |           |
| PB (25m pool): 03:00.17    Dilbeek 11/05/2025       |           |           |           | PB (50m pool): 03:01.08SB: 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                                                  |           | 00:41.35  |           | 01:27.60                           |           | no time   |                          | 03:00.17  |
|                                                     | 00:41.35  |           | 00:46.25  |                                    |           |           |                          |           |
|                                                     | . . . . . | . . . . . | . . . . . | . . . . .                          | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

# CVB STZ 2026: Session: 1: COACH evaluation sheet for TEAM: ZIOS

| Event number: 18: 200M BACKSTROKE MEN 11+        |           |           |           |                                                         |           |           | Heat:4, starttime: 17:41 |           |
|--------------------------------------------------|-----------|-----------|-----------|---------------------------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 4/4    Lane : 3    Athlete: DE PEYPER MATS |           |           |           |                                                         |           |           | Q-time: 02:30:99         |           |
| PB (25m pool): 02:30.99    Temse 17/11/2025      |           |           |           | PB (50m pool): 03:01.33SB: 02:30.99    Temse 17/11/2025 |           |           |                          |           |
|                                                  | 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                                               |           | 00:35.40  |           | 01:13.77                                                |           | 01:52.61  |                          | 02:30.99  |
|                                                  | 00:35.40  |           | 00:38.37  |                                                         | 00:38.84  |           | 00:38.38                 |           |
|                                                  | . . . . . | . . . . . | . . . . . | . . . . .                                               | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

|                                               |       |       |                |       |       |       |                          |         |
|-----------------------------------------------|-------|-------|----------------|-------|-------|-------|--------------------------|---------|
| Event number: 19: 4x50M FREESTYLE WOMEN 11+   |       |       |                |       |       |       | Heat:2, starttime: 17:53 |         |
| Heat: 2/2    Lane : 3    Athlete: TEAM ZIOS 1 |       |       |                |       |       |       | Q-time: 02:02:00         |         |
| 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:

|                                               |       |       |                |       |       |       |                          |         |
|-----------------------------------------------|-------|-------|----------------|-------|-------|-------|--------------------------|---------|
| Event number: 19: 4x50M FREESTYLE WOMEN 11+   |       |       |                |       |       |       | Heat:2, starttime: 17:53 |         |
| Heat: 2/2    Lane : 6    Athlete: TEAM ZIOS 2 |       |       |                |       |       |       | Q-time: 02:20:00         |         |
| 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:

|                                               |       |       |                |       |       |       |                          |         |
|-----------------------------------------------|-------|-------|----------------|-------|-------|-------|--------------------------|---------|
| Event number: 20: 4x50M FREESTYLE MEN 11+     |       |       |                |       |       |       | Heat:3, starttime: 18:02 |         |
| Heat: 3/3    Lane : 2    Athlete: TEAM ZIOS 1 |       |       |                |       |       |       | Q-time: 01:50:00         |         |
| 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:

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

|                                               |           |           |                |           |           |           |                          |           |
|-----------------------------------------------|-----------|-----------|----------------|-----------|-----------|-----------|--------------------------|-----------|
| Event number: 20: 4x50M FREESTYLE MEN 11+     |           |           |                |           |           |           | Heat:3, starttime: 18:02 |           |
| Heat: 3/3    Lane : 6    Athlete: TEAM ZIOS 2 |           |           |                |           |           |           | Q-time: 01:58:00         |           |
| 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: