

CVB DDAT 03/26: Session: 93: COACH Evaluation sheet for TEAM: ALZV

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

Coaches: Pinte Kevin HEADCOACH

PB => Personal Best time

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

Event number: 2: 100M BUTTERFLY WOMEN 11+					Heat:3, starttime: 14:15
Heat: 3/5 Lane : 6 Athlete: PINTE ELLA					Q-time: 01:32:39
PB (25m pool): 01:32.39 LEUVEN 22/02/2026					PB (50m pool): no time SB: 01:32.39 LEUVEN 22/02/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:42.79		01:32.39	
		00:42.79		00:49.60	
					

Coach feedback:

Event number: 2: 100M BUTTERFLY WOMEN 11+					Heat:5, starttime: 14:19
Heat: 5/5 Lane : 4 Athlete: VAN ROY ONAH					Q-time: 01:10:92
PB (25m pool): 01:10.92 LEUVEN 22/02/2026					PB (50m pool): 01:12.41 SB: 01:10.92 LEUVEN 22/02/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.38		01:10.92	
		00:33.38		00:37.54	
					

Coach feedback:

Event number: 3: 400M FREESTYLE MEN 11+					Heat:2, starttime: 14:28			
Heat: 2/5 Lane : 1 Athlete: BOONE TORRE					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	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		no time		no time		no time		no time
		no time						
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		no time		no time		no time		no time
								

Coach feedback:

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Event number: 3: 400M FREESTYLE MEN 11+							Heat:2, starttime: 14:28	
Heat: 2/5 Lane : 5 Athlete: RUSU DAMIAN							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	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		no time		no time		no time		no time
	no time							
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		no time		no time		no time		no time
								

Coach feedback:

Event number: 7: 100M MEDLEY WOMEN 11+										Heat:2, starttime: 15:08	
Heat: 2/9 Lane : 4 Athlete: MOORTGAT SIEN										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: 7: 100M MEDLEY WOMEN 11+										Heat:4, starttime: 15:12	
Heat: 4/9 Lane : 3 Athlete: VAN HOEYMISSEN JANNE										Q-time: 01:32:11	
PB (25m pool): 01:32.11 Kapelle-op-den-Bos 21/04/2025										PB (50m pool): no time SB: no time	
	2 5 M		5 0 M		7 5 M		1 0 0 M				
PB			no time				01:32.11				
	no time										
											

Coach feedback:

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Event number: 7: 100M MEDLEY WOMEN 11+					Heat:8, starttime: 15:21
Heat: 8/9 Lane : 6 Athlete: VAN ROY ONAH					Q-time: 01:17:84
PB (25m pool): 01:17.84 Tienen 26/10/2025					PB (50m pool): no time SB: 01:17.84 Tienen 26/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:17.84	
	no time				
					

Coach feedback:

Event number: 8: 100M BACKSTROKE MEN 11+					Heat:3, starttime: 15:29
Heat: 3/5 Lane : 3 Athlete: BAGHDASARYAN RUBEN					Q-time: 01:25:60
PB (25m pool): 01:25.60 Vilvoorde 18/05/2025					PB (50m pool): 01:25.97 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:41.72		01:25.60	
	00:41.72 00:43.88				
					

Coach feedback:

Event number: 8: 100M BACKSTROKE MEN 11+					Heat:3, starttime: 15:29
Heat: 3/5 Lane : 6 Athlete: VAN DER LINDEN BERRAD NADIR					Q-time: 01:51:24
PB (25m pool): 01:51.24 Ternat 14/12/2025					PB (50m pool): no time SB: 01:51.24 Ternat 14/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:55.51		01:51.24	
	00:55.51 00:55.73				
					

Coach feedback:

Event number: 8: 100M BACKSTROKE MEN 11+					Heat:5, starttime: 15:34
Heat: 5/5 Lane : 6 Athlete: HERMANS VIKTOR					Q-time: 01:17:60
PB (25m pool): 01:17.60 LEUVEN 23/11/2025					PB (50m pool): 01:16.16 SB: 01:17.60 LEUVEN 23/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.55		01:17.60	
	00:37.55 00:40.05				
					

Coach feedback:

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Event number: 10: 50M BREASTSTROKE WOMEN 11+			Heat:2, starttime: 15:55
Heat: 2/6 Lane : 2 Athlete: PINTE ELLA			Q-time: 00:52:23
PB (25m pool): 00:52.23 Sint-Pieters-Leeuw 01/03/2026			PB (50m pool): 00:52.78 SB: 00:52.23 Sint-Pieters-Leeuw 01/03/2026
	2 5 M	5 0 M	
PB		00:52.23	
		00:52.23	
			

Coach feedback:

Event number: 10: 50M BREASTSTROKE WOMEN 11+			Heat:3, starttime: 15:57
Heat: 3/6 Lane : 4 Athlete: VAN HOEYMISSEN JANNE			Q-time: 00:46:50
PB (25m pool): 00:46.50 Kapelle-op-den-Bos 21/04/2025			PB (50m pool): 00:47.76 SB: 00:47.79 Meise 14/09/2025
	2 5 M	5 0 M	
PB		00:46.50	
		00:46.50	
			

Coach feedback:

Event number: 10: 50M BREASTSTROKE WOMEN 11+			Heat:3, starttime: 15:57
Heat: 3/6 Lane : 5 Athlete: MOORTGAT SIEN			Q-time: 00:46:95
PB (25m pool): 00:46.95 Kapelle-op-den-Bos 21/09/2025			PB (50m pool): no time SB: 00:46.95 Kapelle-op-den-Bos 21/09/2025
	2 5 M	5 0 M	
PB		00:46.95	
		00:46.95	
			

Coach feedback:

Event number: 11: 50M BREASTSTROKE MEN 11+			Heat:1, starttime: 16:02
Heat: 1/5 Lane : 3 Athlete: VAN DER LINDEN BERRAD NADIR			Q-time: 99:99:99
PB (25m pool): no time			PB (50m pool): no time SB: no time
	2 5 M	5 0 M	
PB		no time	
		no time	
			

Coach feedback:

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Event number: 11: 50M BREASTSTROKE MEN 11+				Heat:3, starttime: 16:05	
Heat: 3/5 Lane : 6 Athlete: BOONE TORRE				Q-time: 00:46:54	
PB (25m pool): 00:46.54 Sint-Pieters-Leeuw 05/10/2025				PB (50m pool): no time SB: 00:46.54 Sint-Pieters-Leeuw 05/10/2025	
	2 5 M	5 0 M			
PB		00:46.54			
		00:46.54			
					

Coach feedback:

Event number: 11: 50M BREASTSTROKE MEN 11+				Heat:4, starttime: 16:06	
Heat: 4/5 Lane : 5 Athlete: HERMANS VIKTOR				Q-time: 00:39:16	
PB (25m pool): 00:39.16 Sint-Pieters-Leeuw 01/03/2026				PB (50m pool): 00:42.09 SB: 00:39.16 Sint-Pieters-Leeuw 01/03/2026	
	2 5 M	5 0 M			
PB		00:39.16			
		00:39.16			
					

Coach feedback:

Event number: 15: 100M BACKSTROKE WOMEN 11+				Heat:3, starttime: 16:17	
Heat: 3/6 Lane : 6 Athlete: MOORTGAT SIEN				Q-time: 01:51:68	
PB (25m pool): 01:51.68 Liedekerke 11/11/2025				PB (50m pool): no time SB: 01:51.68 Liedekerke 11/11/2025	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:55.46		01:51.68	
		00:55.46		00:56.22	
					

Coach feedback:

Event number: 16: 100M MEDLEY MEN 11+				Heat:3, starttime: 16:30	
Heat: 3/6 Lane : 3 Athlete: RUSU DAMIAN				Q-time: 01:39:55	
PB (25m pool): 01:39.55 Ternat 14/12/2025				PB (50m pool): no time SB: 01:39.55 Ternat 14/12/2025	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:39.55	
		no time			
					

Coach feedback:

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Event number: 16: 100M MEDLEY MEN 11+					Heat:3, starttime: 16:30
Heat: 3/6 Lane : 5 Athlete: VAN DER LINDEN BERRAD NADIR					Q-time: 01:47:31
PB (25m pool): 01:47.31 Ternat 14/12/2025					PB (50m pool): no time SB: 01:47.31 Ternat 14/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:47.31	
	no time				
					

Coach feedback:

Event number: 16: 100M MEDLEY MEN 11+					Heat:5, starttime: 16:34
Heat: 5/6 Lane : 6 Athlete: BAGHDASARYAN RUBEN					Q-time: 01:22:87
PB (25m pool): 01:22.87 Kapelle-op-den-Bos 21/04/2025					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:22.87	
	no time				
					

Coach feedback:

Event number: 17: 400M FREESTYLE WOMEN 11+							Heat:1, starttime: 16:38
Heat: 1/6 Lane : 5 Athlete: VAN HOEYMISSEN JANNE							Q-time: 99:99:99
PB (25m pool): 06:45.34 Meise 02/11/2024							PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M
PB		no time		01:37.69		no time	03:23.32
	no time						
							
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5
PB		no time		no time		no time	06:45.34
							

Coach feedback:

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Event number: 17: 400M FREESTYLE WOMEN 11+							Heat:3, starttime: 16:55	
Heat: 3/6 Lane : 4 Athlete: PINTE ELLA							Q-time: 06:03:79	
PB (25m pool): 06:03.79 Zaventem 08/02/2026				PB (50m pool): no time SB: 06:03.79 Zaventem 08/02/2026				
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		no time		01:27.35		no time		03:00.76
	no time							
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		no time		no time		no time		06:03.79
								

Coach feedback:

Event number: 17: 400M FREESTYLE WOMEN 11+							Heat:6, starttime: 17:14	
Heat: 6/6 Lane : 5 Athlete: VAN ROY ONAH							Q-time: 05:07:86	
PB (25m pool): 05:07.86 Sint-Pieters-Leeuw 05/10/2025				PB (50m pool): 05:21.13SB: 05:07.86 Sint-Pieters-Leeuw 05/10/2025				
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		00:34.78		01:13.26		no time		02:33.63
	00:34.78		00:38.48					
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		no time		03:52.21		no time		05:07.86
								

Coach feedback:

Event number: 18: 100M BUTTERFLY MEN 11+					Heat:1, starttime: 17:20
Heat: 1/2 Lane : 1 Athlete: BOONE TORRE					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:

CVB DDAT 03/26: Session: 93: COACH Evaluation sheet for TEAM: ALZV

Event number: 18: 100M BUTTERFLY MEN 11+					Heat:1, starttime: 17:20
Heat: 1/2 Lane : 3 Athlete: HERMANS VIKTOR					Q-time: 01:35:65
PB (25m pool): 01:35.65 Sint-Pieters-Leeuw 05/10/2025					PB (50m pool): 01:48.66 SB: 01:35.65 Sint-Pieters-Leeuw 05/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:43.52		01:35.65	
	00:43.52		00:52.13		
					

Coach feedback:

Event number: 18: 100M BUTTERFLY MEN 11+					Heat:1, starttime: 17:20
Heat: 1/2 Lane : 6 Athlete: BAGHDASARYAN RUBEN					Q-time: 99:99:99
PB (25m pool): 01:44.59 Tervuren 13/10/2024					PB (50m pool): 01:39.22 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:45.59		01:44.59	
	00:45.59		00:59.00		
					

Coach feedback:

Event number: 19: 4x50M MEDLEY WOMEN 11+							Heat:2, starttime: 17:33
Heat: 2/3 Lane : 1 Athlete: TEAM ALZV							Q-time: 02:40:00
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 MEDLEY MEN 11+							Heat:2, starttime: 17:43
Heat: 2/2 Lane : 1 Athlete: TEAM ALZV							Q-time: 02:40:00
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: