

CVB DDAT 03/26: Session: 93: COACH evaluation sheet for TEAM: ZCK

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

Coaches: Martens Jelle

Coaches: Raes Tina HEADCOACH

PB => Personal Best time

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

Event number: 2: 100M BUTTERFLY WOMEN 11+					Heat:2, starttime: 14:13
Heat: 2/5 Lane : 5 Athlete: DE TOLLENAERE LAURA					Q-time: 01:36:88
PB (25m pool): 01:36.88 Liedekerke 11/11/2025			PB (50m pool): no time SB: 01:36.88 Liedekerke 11/11/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:44.67		01:36.88	
	00:44.67		00:52.21		
					

Coach feedback:

Event number: 2: 100M BUTTERFLY WOMEN 11+					Heat:3, starttime: 14:15
Heat: 3/5 Lane : 2 Athlete: JACOBS LAURIEN					Q-time: 01:27:69
PB (25m pool): 01:23.28 Liedekerke 03/11/2024			PB (50m pool): no time SB: 01:27.69 Liedekerke 11/11/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.88		01:23.28	
	00:36.88		00:46.40		
					

Coach feedback:

Event number: 3: 400M FREESTYLE MEN 11+							Heat:4, starttime: 14:42	
Heat: 4/5 Lane : 3 Athlete: DE ROOS KASPER							Q-time: 05:20:12	
PB (25m pool): 05:20.12 Liège 21/07/2025			PB (50m pool): 05:23.18SB: 05:28.28 Leuven 12/10/2025					
	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		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		05:20.12
								

Coach feedback:

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Event number: 3: 400M FREESTYLE MEN 11+							Heat:5, starttime: 14:49	
Heat: 5/5 Lane : 2 Athlete: VAN LOON BAS							Q-time: 04:47:89	
PB (25m pool): 04:47.89 Tienen 26/10/2025			PB (50m pool): no time SB: 04:47.89 Tienen 26/10/2025					
	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		no time		01:09.24		no time		02:24.20
	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		04:47.89
								

Coach feedback:

Event number: 4: 50M FREESTYLE WOMEN 18+										Heat:1, starttime: 14:54	
Heat: 1/1 Lane : 4 Athlete: VERSPECHT LIEN										Q-time: 00:29:97	
PB (25m pool): 00:29.97 Bastogne 06/04/2025										PB (50m pool): 00:30.17 SB: 00:30.78 Meise 14/09/2025	
	2 5 M		5 0 M								
PB			00:29.97								
			00:29.97								
											

Coach feedback:

Event number: 7: 100M MEDLEY WOMEN 11+					Heat:1, starttime: 15:05
Heat: 1/9 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 M	
PB		no time		no time	
	no time				
					

Coach feedback:

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Event number: 7: 100M MEDLEY WOMEN 11+					Heat:1, starttime: 15:05
Heat: 1/9 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 M	
PB		no time		no time	
	no time				
					

Coach feedback:

Event number: 7: 100M MEDLEY WOMEN 11+					Heat:3, starttime: 15:10
Heat: 3/9 Lane : 6 Athlete: REYNIERS SINNE					Q-time: 01:50:42
PB (25m pool): 01:50.42 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		01:50.42	
	no time				
					

Coach feedback:

Event number: 7: 100M MEDLEY WOMEN 11+					Heat:4, starttime: 15:12
Heat: 4/9 Lane : 6 Athlete: VAN DEN EYNDE PAULIEN					Q-time: 01:41:58
PB (25m pool): 01:41.58 Tienen 26/10/2025 PB (50m pool): no time SB: 01:41.58 Tienen 26/10/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:41.58	
	no time				
					

Coach feedback:

Event number: 7: 100M MEDLEY WOMEN 11+					Heat:5, starttime: 15:15
Heat: 5/9 Lane : 2 Athlete: DE TOLLENAERE LAURA					Q-time: 01:26:45
PB (25m pool): 01:26.45 Liedekerke 11/11/2025 PB (50m pool): no time SB: 01:26.45 Liedekerke 11/11/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:26.45	
	no time				
					

Coach feedback:

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Event number: 7: 100M MEDLEY WOMEN 11+					Heat:6, starttime: 15:17
Heat: 6/9 Lane : 2 Athlete: SEGHERS MILLA					Q-time: 01:22:70
PB (25m pool): 01:22.70 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): no time SB: 01:22.70 Stedelijk Zwembad Geel 15/02/2026					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.14		01:22.70	
	00:39.14		00:43.56		
					

Coach feedback:

Event number: 7: 100M MEDLEY WOMEN 11+					Heat:7, starttime: 15:19
Heat: 7/9 Lane : 4 Athlete: NUYTKENS MARIE					Q-time: 01:18:57
PB (25m pool): 01:18.57 Temse 21/12/2025 PB (50m pool): no time SB: 01:18.57 Temse 21/12/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.40		01:18.57	
	00:35.40		00:43.17		
					

Coach feedback:

Event number: 7: 100M MEDLEY WOMEN 11+					Heat:8, starttime: 15:21
Heat: 8/9 Lane : 1 Athlete: VERSPECHT KAAT					Q-time: 01:17:56
PB (25m pool): 01:17.56 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): no time SB: 01:17.56 Stedelijk Zwembad Geel 15/02/2026					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.19		01:17.56	
	00:35.19		00:42.37		
					

Coach feedback:

Event number: 8: 100M BACKSTROKE MEN 11+					Heat:2, starttime: 15:27
Heat: 2/5 Lane : 1 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 M	
PB		no time		no time	
	no time				
					

Coach feedback:

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Event number: 8: 100M BACKSTROKE MEN 11+					Heat:2, starttime: 15:27
Heat: 2/5 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 M	
PB		no time		no time	
	no time				
					

Coach feedback:

Event number: 8: 100M BACKSTROKE MEN 11+					Heat:4, starttime: 15:32
Heat: 4/5 Lane : 1 Athlete: LAUWENS FINN					Q-time: 01:24:49
PB (25m pool): 01:24.49 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 01:27.15 SB: 01:24.49 Stedelijk Zwembad Geel 15/02/2026					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:41.30		01:24.49	
	00:41.30 00:43.19				
					

Coach feedback:

Event number: 8: 100M BACKSTROKE MEN 11+					Heat:5, starttime: 15:34
Heat: 5/5 Lane : 2 Athlete: VAN LOON BAS					Q-time: 01:12:54
PB (25m pool): 01:12.54 Temse 21/12/2025 PB (50m pool): 01:18.23 SB: 01:12.54 Temse 21/12/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.93		01:12.54	
	00:35.93 00:36.61				
					

Coach feedback:

Event number: 10: 50M BREASTSTROKE WOMEN 11+					Heat:1, starttime: 15:54
Heat: 1/6 Lane : 4 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			
PB		no time			
	no time				
					

Coach feedback:

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Event number: 10: 50M BREASTSTROKE WOMEN 11+			Heat:1, starttime: 15:54
Heat: 1/6 Lane : 5 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	
PB		no time	
	no time		
			

Coach feedback:

Event number: 10: 50M BREASTSTROKE WOMEN 11+			Heat:2, starttime: 15:55
Heat: 2/6 Lane : 5 Athlete: REYNIERS SINNE			Q-time: 00:52:31
PB (25m pool): 00:52.31 Kapelle-op-den-Bos 21/09/2025			PB (50m pool): 00:56.45 SB: 00:52.31 Kapelle-op-den-Bos 21/09/2025
	2 5 M	5 0 M	
PB		00:52.31	
	00:52.31		
			

Coach feedback:

Event number: 10: 50M BREASTSTROKE WOMEN 11+			Heat:2, starttime: 15:55
Heat: 2/6 Lane : 6 Athlete: VAN DEN EYNDE PAULIEN			Q-time: 00:54:26
PB (25m pool): 00:54.26 Meise 14/09/2025			PB (50m pool): no time SB: 00:54.26 Meise 14/09/2025
	2 5 M	5 0 M	
PB		00:54.26	
	00:54.26		
			

Coach feedback:

Event number: 10: 50M BREASTSTROKE WOMEN 11+			Heat:4, starttime: 15:58
Heat: 4/6 Lane : 4 Athlete: VAN HOOMISSEN CHELSEA			Q-time: 00:43:96
PB (25m pool): 00:43.96 Kapelle-op-den-Bos 21/09/2025			PB (50m pool): 00:44.12 SB: 00:43.96 Kapelle-op-den-Bos 21/09/2025
	2 5 M	5 0 M	
PB		00:43.96	
	00:43.96		
			

Coach feedback:

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Event number: 10: 50M BREASTSTROKE WOMEN 11+			Heat:5, starttime: 15:59
Heat: 5/6 Lane : 1 Athlete: NUYTKENS MARIE			Q-time: 00:43:25
PB (25m pool): 00:43.26 Meise 22/06/2025			PB (50m pool): 00:43.25 SB: 00:43.58 Kapelle-op-den-Bos 21/09/2025
	2 5 M	5 0 M	
PB		00:43.26	
		00:43.26	
			

Coach feedback:

Event number: 10: 50M BREASTSTROKE WOMEN 11+			Heat:5, starttime: 15:59
Heat: 5/6 Lane : 4 Athlete: VERSPECHT LIEN			Q-time: 00:41:90
PB (25m pool): 00:41.90 Meise 22/06/2025			PB (50m pool): 00:43.61 SB: 00:43.06 Meise 14/09/2025
	2 5 M	5 0 M	
PB		00:41.90	
		00:41.90	
			

Coach feedback:

Event number: 10: 50M BREASTSTROKE WOMEN 11+			Heat:5, starttime: 15:59
Heat: 5/6 Lane : 6 Athlete: SEGHERS MILLA			Q-time: 00:43:52
PB (25m pool): 00:43.52 Stedelijk Zwembad Geel 15/02/2026			PB (50m pool): 00:45.75 SB: 00:43.52 Stedelijk Zwembad Geel 15/02/2026
	2 5 M	5 0 M	
PB		00:43.52	
		00:43.52	
			

Coach feedback:

Event number: 10: 50M BREASTSTROKE WOMEN 11+			Heat:6, starttime: 16:01
Heat: 6/6 Lane : 1 Athlete: VERSPECHT KAAAT			Q-time: 00:39:98
PB (25m pool): 00:39.98 Meise 22/06/2025			PB (50m pool): 00:41.41 SB: 00:40.26 Stedelijk Zwembad Geel 15/02/2026
	2 5 M	5 0 M	
PB		00:39.98	
		00:39.98	
			

Coach feedback:

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Event number: 11: 50M BREASTSTROKE MEN 11+			Heat:1, starttime: 16:02
Heat: 1/5 Lane : 2 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	
PB		no time	
	no time		
			

Coach feedback:

Event number: 11: 50M BREASTSTROKE MEN 11+			Heat:2, starttime: 16:04
Heat: 2/5 Lane : 1 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	
PB		no time	
	no time		
			

Coach feedback:

Event number: 11: 50M BREASTSTROKE MEN 11+			Heat:2, starttime: 16:04
Heat: 2/5 Lane : 3 Athlete: LAUWENS FINN			Q-time: 00:50:90
PB (25m pool): 00:51.60 Kapelle-op-den-Bos 21/09/2025			PB (50m pool): 00:50.90 SB: 00:51.60 Kapelle-op-den-Bos 21/09/2025
	2 5 M	5 0 M	
PB		00:51.60	
	00:51.60		
			

Coach feedback:

Event number: 11: 50M BREASTSTROKE MEN 11+			Heat:3, starttime: 16:05
Heat: 3/5 Lane : 2 Athlete: DE ROOS KASPER			Q-time: 00:41:93
PB (25m pool): 00:41.93 Leuven 12/10/2025			PB (50m pool): 00:42.19 SB: 00:41.93 Leuven 12/10/2025
	2 5 M	5 0 M	
PB		00:41.93	
	00:41.93		
			

Coach feedback:

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Event number: 11: 50M BREASTSTROKE MEN 11+				Heat:4, starttime: 16:06
Heat: 4/5 Lane : 2 Athlete: VERSPECHT KOBE				Q-time: 00:38:70
PB (25m pool): 00:38.70 Kapelle-op-den-Bos 21/09/2025		PB (50m pool): 00:39.30 SB: 00:38.70 Kapelle-op-den-Bos 21/09/2025		
	2 5 M	5 0 M		
PB		00:38.70		
	00:38.70			
				

Coach feedback:

Event number: 15: 100M BACKSTROKE WOMEN 11+					Heat:2, starttime: 16:14
Heat: 2/6 Lane : 1 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 M	
PB		no time		no time	
	no time				
					

Coach feedback:

Event number: 15: 100M BACKSTROKE WOMEN 11+					Heat:2, starttime: 16:14
Heat: 2/6 Lane : 5 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 M	
PB		no time		no time	
	no time				
					

Coach feedback:

Event number: 15: 100M BACKSTROKE WOMEN 11+					Heat:3, starttime: 16:17
Heat: 3/6 Lane : 5 Athlete: REYNIERS SINNE					Q-time: 01:44:25
PB (25m pool): 01:44.25 Zaventem 16/02/2025		PB (50m pool): 01:40.80 SB: no time			
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:50.27		01:44.25	
	00:50.27		00:53.98		
					

Coach feedback:

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Event number: 15: 100M BACKSTROKE WOMEN 11+					Heat:4, starttime: 16:19
Heat: 4/6 Lane : 4 Athlete: DE TOLLENAERE LAURA					Q-time: 01:29:15
PB (25m pool): 01:29.15 Temse 21/12/2025			PB (50m pool): 01:30.36 SB: 01:29.15 Temse 21/12/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:48.89		01:29.15	
	00:48.89		00:40.26		
					

Coach feedback:

Event number: 15: 100M BACKSTROKE WOMEN 11+					Heat:5, starttime: 16:21
Heat: 5/6 Lane : 4 Athlete: VAN HOOMISSEN CHELSEA					Q-time: 01:20:27
PB (25m pool): 01:20.27 Liedekerke 11/11/2025			PB (50m pool): 01:18.92 SB: 01:20.27 Liedekerke 11/11/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.77		01:20.27	
	00:38.77		00:41.50		
					

Coach feedback:

Event number: 15: 100M BACKSTROKE WOMEN 11+					Heat:6, starttime: 16:23
Heat: 6/6 Lane : 1 Athlete: VERSPECHT KAAT					Q-time: 01:16:94
PB (25m pool): 01:16.94 Temse 17/11/2025			PB (50m pool): 01:17.34 SB: 01:16.94 Temse 17/11/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.70		01:16.94	
	00:37.70		00:39.24		
					

Coach feedback:

Event number: 16: 100M MEDLEY MEN 11+					Heat:1, starttime: 16:25
Heat: 1/6 Lane : 1 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 M	
PB		no time		no time	
	no time				
					

Coach feedback:

CVB DDAT 03/26: Session: 93: COACH evaluation sheet for TEAM: ZCK

Event number: 16: 100M MEDLEY MEN 11+					Heat:1, starttime: 16:25
Heat: 1/6 Lane : 2 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 M	
PB		no time		no time	
	no time				
					

Coach feedback:

Event number: 16: 100M MEDLEY MEN 11+					Heat:4, starttime: 16:32
Heat: 4/6 Lane : 4 Athlete: LAUWENS FINN					Q-time: 01:26:60
PB (25m pool): 01:26.60 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): no time SB: 01:26.60 Stedelijk Zwembad Geel 15/02/2026					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.55		01:26.60	
	00:40.55 00:46.05				
					

Coach feedback:

Event number: 16: 100M MEDLEY MEN 11+					Heat:5, starttime: 16:34
Heat: 5/6 Lane : 3 Athlete: VERSPECHT KOBE					Q-time: 01:16:38
PB (25m pool): 01:16.38 Liedekerke 11/11/2025 PB (50m pool): no time SB: 01:16.38 Liedekerke 11/11/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:16.38	
	no time				
					

Coach feedback:

Event number: 16: 100M MEDLEY MEN 11+					Heat:5, starttime: 16:34
Heat: 5/6 Lane : 5 Athlete: DE ROOS KASPER					Q-time: 01:22:00
PB (25m pool): 01:22.00 Liège 21/07/2025 PB (50m pool): no time SB: 01:22.75 Tienen 26/10/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:22.00	
	no time				
					

Coach feedback:

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Event number: 17: 400M FREESTYLE WOMEN 11+							Heat:2, starttime: 16:47	
Heat: 2/6 Lane : 6 Athlete: VAN DEN EYNDE PAULIEN							Q-time: 07:39:17	
PB (25m pool): 07:39.17 Zaventem 16/02/2025				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		01:46.81		no time		03:46.57
	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		07:39.17
								

Coach feedback:

Event number: 17: 400M FREESTYLE WOMEN 11+							Heat:5, starttime: 17:08	
Heat: 5/6 Lane : 1 Athlete: SEGHERS MILLA							Q-time: 05:28:73	
PB (25m pool): 05:28.73 Meise 02/11/2025				PB (50m pool): 06:05.99SB: 05:28.73 Meise 02/11/2025				
	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		no time		01:19.33		no time		02:44.76
	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		05:28.73
								

Coach feedback:

Event number: 17: 400M FREESTYLE WOMEN 11+							Heat:5, starttime: 17:08	
Heat: 5/6 Lane : 3 Athlete: NUYTKENS MARIE							Q-time: 05:18:48	
PB (25m pool): 05:18.48 Tienen 26/10/2025				PB (50m pool): 05:28.47 SB: 05:18.48 Tienen 26/10/2025				
	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		no time		01:14.16		no time		02:36.19
	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		05:18.48
								

Coach feedback:

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Event number: 17: 400M FREESTYLE WOMEN 11+							Heat:5, starttime: 17:08	
Heat: 5/6 Lane : 4 Athlete: VAN HOOMISSEN CHELSEA							Q-time: 05:20:49	
PB (25m pool): 05:20.49 Tienen 26/10/2025				PB (50m pool): 06:20.78SB: 05:20.49 Tienen 26/10/2025				
	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		no time		01:14.18		no time		02:36.84
	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		05:20.49
								

Coach feedback:

Event number: 17: 400M FREESTYLE WOMEN 11+							Heat:6, starttime: 17:14	
Heat: 6/6 Lane : 1 Athlete: JACOBS LAURIEN							Q-time: 05:15:25	
PB (25m pool): 05:13.43 Tremelo 15/12/2024				PB (50m pool): 05:33.04SB: 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		01:13.53		no time		02:32.96
	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		05:13.43
								

Coach feedback:

Event number: 17: 400M FREESTYLE WOMEN 11+							Heat:6, starttime: 17:14	
Heat: 6/6 Lane : 2 Athlete: VERSPECHT LIEN							Q-time: 05:05:18	
PB (25m pool): 05:05.18 Gent 23/02/2025				PB (50m pool): no time SB: 05:08.55 Tienen 26/10/2025				
	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		00:32.43		01:09.16		01:48.10		02:27.43
	00:32.43		00:36.73		00:38.94		00:39.33	
								
	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		03:07.16		03:47.86		04:28.17		05:05.18
	00:39.73		00:40.70		00:40.31		00:37.01	
								

Coach feedback:

CVB DDAT 03/26: Session: 93: COACH evaluation sheet for TEAM: ZCK

Event number: 18: 100M BUTTERFLY MEN 11+					Heat:2, starttime: 17:23
Heat: 2/2 Lane : 4 Athlete: VAN LOON BAS					Q-time: 01:10:24
PB (25m pool): 01:10.24 Vilvoorde 18/05/2025			PB (50m pool): 01:10.49 SB: 01:11.93 Liedekerke 11/11/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.64		01:10.24	
	00:32.64		00:37.60		
					

Coach feedback:

Event number: 18: 100M BUTTERFLY MEN 11+					Heat:2, starttime: 17:23
Heat: 2/2 Lane : 5 Athlete: VERSPECHT KOBE					Q-time: 01:20:23
PB (25m pool): 01:20.23 Ternat 14/12/2025			PB (50m pool): 01:23.77 SB: 01:20.23 Ternat 14/12/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.82		01:20.23	
	00:35.82		00:44.41		
					

Coach feedback:

Event number: 19: 4x50M MEDLEY WOMEN 11+							Heat:1, starttime: 17:30
Heat: 1/3 Lane : 2 Athlete: TEAM ZCK 2							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:

Event number: 19: 4x50M MEDLEY WOMEN 11+							Heat:3, starttime: 17:36
Heat: 3/3 Lane : 6 Athlete: TEAM ZCK 1							Q-time: 02:30:00
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 DDAT 03/26: Session: 93: COACH evaluation sheet for TEAM: ZCK

Event number: 20: 4x50M MEDLEY MEN 11+							Heat:1, starttime: 17:39	
Heat: 1/2 Lane : 5 Athlete: TEAM ZCK							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: