

# Feryn Sprint Cup 26: Session: 2: COACH evaluation sheet for TEAM: KLSVZ

Coachinfo: Warming up from: 13:00 untill 13:55. Teamleadmeeting @ 13:15      The listed starttimes are indicative!

Coaches: Roosen Anouk

Coaches: Beusen Els    HEADCOACH

Coaches: Sevenants Marc

PB => Personal Best time

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

| Event number: 9: 50M BREASTSTROKE WOMEN 11+        |           |           | Heat:2, starttime: 14:01                                   |
|----------------------------------------------------|-----------|-----------|------------------------------------------------------------|
| Heat: 2/5    Lane : 4    Athlete: GIJSENBURG WINKE |           |           | Q-time: 00:43:85                                           |
| PB (25m pool): 00:43.85    Hannuit 28/03/2026      |           |           | PB (50m pool): 00:50.40 SB: 00:43.85    Hannuit 28/03/2026 |
| PB                                                 | 2 5 M     | 5 0 M     |                                                            |
|                                                    |           | 00:43.85  |                                                            |
|                                                    | 00:43.85  |           |                                                            |
|                                                    | . . . . . | . . . . . |                                                            |

Coach feedback:

| Event number: 11: 50M BREASTSTROKE MEN 11+               |           |           | Heat:2, starttime: 14:18                                                |
|----------------------------------------------------------|-----------|-----------|-------------------------------------------------------------------------|
| Heat: 2/8    Lane : 3    Athlete: MENTEN SIMON           |           |           | Q-time: 00:54:88                                                        |
| PB (25m pool): 00:54.88    Sint-Pieters-Leeuw 01/03/2026 |           |           | PB (50m pool): no time    SB: 00:54.88    Sint-Pieters-Leeuw 01/03/2026 |
| PB                                                       | 2 5 M     | 5 0 M     |                                                                         |
|                                                          |           | 00:54.88  |                                                                         |
|                                                          | 00:54.88  |           |                                                                         |
|                                                          | . . . . . | . . . . . |                                                                         |

Coach feedback:

| Event number: 11: 50M BREASTSTROKE MEN 11+      |           |           | Heat:3, starttime: 14:19                                     |
|-------------------------------------------------|-----------|-----------|--------------------------------------------------------------|
| Heat: 3/8    Lane : 2    Athlete: TOBAC RIK     |           |           | Q-time: 00:49:37                                             |
| PB (25m pool): 00:50.06    Vilvoorde 05/10/2025 |           |           | PB (50m pool): 00:49.37 SB: 00:50.06    Vilvoorde 05/10/2025 |
| PB                                              | 2 5 M     | 5 0 M     |                                                              |
|                                                 |           | 00:50.06  |                                                              |
|                                                 | 00:50.06  |           |                                                              |
|                                                 | . . . . . | . . . . . |                                                              |

Coach feedback:

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| Event number: 11: 50M BREASTSTROKE MEN 11+ |       |          | Heat:4, starttime: 14:21                                |
|--------------------------------------------|-------|----------|---------------------------------------------------------|
| Heat: 4/8 Lane : 2 Athlete: GRÉGOIRE MATS  |       |          | Q-time: 00:46:50                                        |
| PB (25m pool): 00:46.50 Dilbeek 28/09/2025 |       |          | PB (50m pool): 00:51.51 SB: 00:46.50 Dilbeek 28/09/2025 |
|                                            | 2 5 M | 5 0 M    |                                                         |
| PB                                         |       | 00:46.50 |                                                         |
|                                            |       | 00:46.50 |                                                         |
|                                            |       |          |                                                         |
|                                            |       |          |                                                         |

Coach feedback:

| Event number: 11: 50M BREASTSTROKE MEN 11+            |       |          | Heat:4, starttime: 14:21                                          |
|-------------------------------------------------------|-------|----------|-------------------------------------------------------------------|
| Heat: 4/8 Lane : 3 Athlete: MENTEN WOUT               |       |          | Q-time: 00:44:10                                                  |
| PB (25m pool): 00:44.10 Sint-Pieters-Leeuw 01/03/2026 |       |          | PB (50m pool): no time SB: 00:44.10 Sint-Pieters-Leeuw 01/03/2026 |
|                                                       | 2 5 M | 5 0 M    |                                                                   |
| PB                                                    |       | 00:44.10 |                                                                   |
|                                                       |       | 00:44.10 |                                                                   |
|                                                       |       |          |                                                                   |
|                                                       |       |          |                                                                   |

Coach feedback:

| Event number: 11: 50M BREASTSTROKE MEN 11+ |       |          | Heat:4, starttime: 14:21                               |
|--------------------------------------------|-------|----------|--------------------------------------------------------|
| Heat: 4/8 Lane : 4 Athlete: LAENEN CID     |       |          | Q-time: 00:45:40                                       |
| PB (25m pool): 00:45.40 Hannuit 29/11/2025 |       |          | PB (50m pool): no time SB: 00:45.40 Hannuit 29/11/2025 |
|                                            | 2 5 M | 5 0 M    |                                                        |
| PB                                         |       | 00:45.40 |                                                        |
|                                            |       | 00:45.40 |                                                        |
|                                            |       |          |                                                        |
|                                            |       |          |                                                        |

Coach feedback:

| Event number: 11: 50M BREASTSTROKE MEN 11+ |       |          | Heat:5, starttime: 14:22                                |
|--------------------------------------------|-------|----------|---------------------------------------------------------|
| Heat: 5/8 Lane : 6 Athlete: DECLERQ ARTHUR |       |          | Q-time: 00:42:17                                        |
| PB (25m pool): 00:42.17 Hannuit 28/03/2026 |       |          | PB (50m pool): 00:55.45 SB: 00:42.17 Hannuit 28/03/2026 |
|                                            | 2 5 M | 5 0 M    |                                                         |
| PB                                         |       | 00:42.17 |                                                         |
|                                            |       | 00:42.17 |                                                         |
|                                            |       |          |                                                         |
|                                            |       |          |                                                         |

Coach feedback:

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| Event number: 11: 50M BREASTSTROKE MEN 11+            |           |           | Heat:6, starttime: 14:23                                           |
|-------------------------------------------------------|-----------|-----------|--------------------------------------------------------------------|
| Heat: 6/8 Lane : 2 Athlete: STERKENDRIES BOAZ         |           |           | Q-time: 00:38:31                                                   |
| PB (25m pool): 00:38.31 Sint-Pieters-Leeuw 01/03/2026 |           |           | PB (50m pool): 00:48.73 SB: 00:38.31 Sint-Pieters-Leeuw 01/03/2026 |
|                                                       | 2 5 M     | 5 0 M     |                                                                    |
| PB                                                    |           | 00:38.31  |                                                                    |
|                                                       | 00:38.31  |           |                                                                    |
|                                                       | . . . . . | . . . . . |                                                                    |

Coach feedback:

| Event number: 12: 50M FREESTYLE WOMEN 11+    |           |           | Heat:4, starttime: 14:45                                |
|----------------------------------------------|-----------|-----------|---------------------------------------------------------|
| Heat: 4/8 Lane : 5 Athlete: GIJSENBURG WINKE |           |           | Q-time: 00:33:50                                        |
| PB (25m pool): 00:33.54 Vilvoorde 18/05/2025 |           |           | PB (50m pool): 00:33.50 SB: 00:33.95 Dilbeek 28/09/2025 |
|                                              | 2 5 M     | 5 0 M     |                                                         |
| PB                                           |           | 00:33.54  |                                                         |
|                                              | 00:33.54  |           |                                                         |
|                                              | . . . . . | . . . . . |                                                         |

Coach feedback:

| Event number: 14: 50M FREESTYLE MEN 11+      |           |           | Heat:2, starttime: 15:02           |
|----------------------------------------------|-----------|-----------|------------------------------------|
| Heat: 2/10 Lane : 3 Athlete: MENTEN SIMON    |           |           | Q-time: 00:40:87                   |
| PB (25m pool): 00:40.87 Vilvoorde 18/05/2025 |           |           | PB (50m pool): no time SB: no time |
|                                              | 2 5 M     | 5 0 M     |                                    |
| PB                                           |           | 00:40.87  |                                    |
|                                              | 00:40.87  |           |                                    |
|                                              | . . . . . | . . . . . |                                    |

Coach feedback:

| Event number: 14: 50M FREESTYLE MEN 11+    |           |           | Heat:2, starttime: 15:02                                |
|--------------------------------------------|-----------|-----------|---------------------------------------------------------|
| Heat: 2/10 Lane : 4 Athlete: TOBAC RIK     |           |           | Q-time: 00:41:01                                        |
| PB (25m pool): 00:41.01 Hannuit 28/03/2026 |           |           | PB (50m pool): 00:42.70 SB: 00:41.01 Hannuit 28/03/2026 |
|                                            | 2 5 M     | 5 0 M     |                                                         |
| PB                                         |           | 00:41.01  |                                                         |
|                                            | 00:41.01  |           |                                                         |
|                                            | . . . . . | . . . . . |                                                         |

Coach feedback:

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| Event number: 14: 50M FREESTYLE MEN 11+    |          |          | Heat:2, starttime: 15:02                               |
|--------------------------------------------|----------|----------|--------------------------------------------------------|
| Heat: 2/10 Lane : 5 Athlete: ALLOING MYLAN |          |          | Q-time: 00:41:97                                       |
| PB (25m pool): 00:41.97 Hannuit 28/03/2026 |          |          | PB (50m pool): no time SB: 00:41.97 Hannuit 28/03/2026 |
|                                            | 2 5 M    | 5 0 M    |                                                        |
| PB                                         |          | 00:41.97 |                                                        |
|                                            | 00:41.97 |          |                                                        |
|                                            | .....    | .....    |                                                        |

Coach feedback:

| Event number: 14: 50M FREESTYLE MEN 11+    |          |          | Heat:3, starttime: 15:03                                |
|--------------------------------------------|----------|----------|---------------------------------------------------------|
| Heat: 3/10 Lane : 3 Athlete: GRÉGOIRE MATS |          |          | Q-time: 00:35:83                                        |
| PB (25m pool): 00:35.83 Hannuit 28/03/2026 |          |          | PB (50m pool): 00:37.60 SB: 00:35.83 Hannuit 28/03/2026 |
|                                            | 2 5 M    | 5 0 M    |                                                         |
| PB                                         |          | 00:35.83 |                                                         |
|                                            | 00:35.83 |          |                                                         |
|                                            | .....    | .....    |                                                         |

Coach feedback:

| Event number: 14: 50M FREESTYLE MEN 11+    |          |          | Heat:4, starttime: 15:04                               |
|--------------------------------------------|----------|----------|--------------------------------------------------------|
| Heat: 4/10 Lane : 1 Athlete: GODART SIMON  |          |          | Q-time: 00:34:25                                       |
| PB (25m pool): 00:34.25 Hannuit 28/03/2026 |          |          | PB (50m pool): no time SB: 00:34.25 Hannuit 28/03/2026 |
|                                            | 2 5 M    | 5 0 M    |                                                        |
| PB                                         |          | 00:34.25 |                                                        |
|                                            | 00:34.25 |          |                                                        |
|                                            | .....    | .....    |                                                        |

Coach feedback:

| Event number: 14: 50M FREESTYLE MEN 11+      |          |          | Heat:4, starttime: 15:04           |
|----------------------------------------------|----------|----------|------------------------------------|
| Heat: 4/10 Lane : 3 Athlete: MENTEN WOUT     |          |          | Q-time: 00:33:63                   |
| PB (25m pool): 00:33.63 Vilvoorde 18/05/2025 |          |          | PB (50m pool): no time SB: no time |
|                                              | 2 5 M    | 5 0 M    |                                    |
| PB                                           |          | 00:33.63 |                                    |
|                                              | 00:33.63 |          |                                    |
|                                              | .....    | .....    |                                    |

Coach feedback:

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| Event number: 14: 50M FREESTYLE MEN 11+       |           |  |           |  |  |  | Heat:4, starttime: 15:04                                   |  |  |
|-----------------------------------------------|-----------|--|-----------|--|--|--|------------------------------------------------------------|--|--|
| Heat: 4/10    Lane : 6    Athlete: LAENEN CID |           |  |           |  |  |  | Q-time: 00:35:59                                           |  |  |
| PB (25m pool): 00:35.59    Hannuit 28/03/2026 |           |  |           |  |  |  | PB (50m pool): 00:36.46 SB: 00:35.59    Hannuit 28/03/2026 |  |  |
|                                               | 2 5 M     |  | 5 0 M     |  |  |  |                                                            |  |  |
| PB                                            |           |  | 00:35.59  |  |  |  |                                                            |  |  |
|                                               |           |  | 00:35.59  |  |  |  |                                                            |  |  |
|                                               | . . . . . |  | . . . . . |  |  |  |                                                            |  |  |

Coach feedback:

| Event number: 14: 50M FREESTYLE MEN 11+           |           |  |           |  |  |  | Heat:5, starttime: 15:05                                   |  |  |
|---------------------------------------------------|-----------|--|-----------|--|--|--|------------------------------------------------------------|--|--|
| Heat: 5/10    Lane : 2    Athlete: DECLERQ ARTHUR |           |  |           |  |  |  | Q-time: 00:31:81                                           |  |  |
| PB (25m pool): 00:31.81    Hannuit 28/03/2026     |           |  |           |  |  |  | PB (50m pool): 00:32.18 SB: 00:31.81    Hannuit 28/03/2026 |  |  |
|                                                   | 2 5 M     |  | 5 0 M     |  |  |  |                                                            |  |  |
| PB                                                |           |  | 00:31.81  |  |  |  |                                                            |  |  |
|                                                   |           |  | 00:31.81  |  |  |  |                                                            |  |  |
|                                                   | . . . . . |  | . . . . . |  |  |  |                                                            |  |  |

Coach feedback:

| Event number: 14: 50M FREESTYLE MEN 11+              |           |  |           |  |                  | Heat:5, starttime: 15:05                                  |  |  |
|------------------------------------------------------|-----------|--|-----------|--|------------------|-----------------------------------------------------------|--|--|
| Heat: 5/10    Lane : 3    Athlete: STERKENDRIES BOAZ |           |  |           |  | Q-time: 00:31:66 |                                                           |  |  |
| PB (25m pool): 00:31.66    Hannuit 28/03/2026        |           |  |           |  |                  | PB (50m pool): 00:31.69SB: 00:31.66    Hannuit 28/03/2026 |  |  |
|                                                      | 2 5 M     |  | 5 0 M     |  |                  |                                                           |  |  |
| PB                                                   |           |  | 00:31.66  |  |                  |                                                           |  |  |
|                                                      |           |  | 00:31.66  |  |                  |                                                           |  |  |
|                                                      | . . . . . |  | . . . . . |  |                  |                                                           |  |  |

Coach feedback:

| Event number: 15: 100M MEDLEY MIXED 10-9  |           |           |           |           | Heat:1, starttime: 15:12           |  |
|-------------------------------------------|-----------|-----------|-----------|-----------|------------------------------------|--|
| Heat: 1/2 Lane : 2 Athlete: BOULIN LOUISE |           |           |           |           | 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: