

VBCSM 2 6: Session: 1: COACH evaluation sheet for TEAM: GZVN

Coachinfo: Warming up from: 08:00 untill 08:50. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Smeets Mirthe

PB => Personal Best time

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

Event number: 1: 50M BUTTERFLY WOMEN 11+			Heat:1, starttime: 09:00
Heat: 1/6 Lane : 7 Athlete: LBALI ALISA-SARA			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: 1: 50M BUTTERFLY WOMEN 11+			Heat:2, starttime: 09:02
Heat: 2/6 Lane : 4 Athlete: VANHAEN ALISSIA			Q-time: 00:43:42
PB (25m pool): 00:43.42 Bree 21/12/2025			PB (50m pool): 00:40.49 SB: 00:43.42 Bree 21/12/2025
	2 5 M	5 0 M	
PB		00:43.42	
		00:43.42	
			

Coach feedback:

Event number: 1: 50M BUTTERFLY WOMEN 11+			Heat:6, starttime: 09:06
Heat: 6/6 Lane : 6 Athlete: BROUX ELISE			Q-time: 00:30:60
PB (25m pool): 00:30.60 Maastricht 30/12/2025			PB (50m pool): 00:30.64 SB: 00:30.60 Maastricht 30/12/2025
	2 5 M	5 0 M	
PB		00:30.60	
		00:30.60	
			

Coach feedback:

VBCSM 2 6: Session: 1: COACH evaluation sheet for TEAM: GZVN

Event number: 1: 50M BUTTERFLY WOMEN 11+			Heat:6, starttime: 09:06
Heat: 6/6 Lane : 7 Athlete: ZANGARI AURORA			Q-time: 00:31:15
PB (25m pool): 00:31.12 Maastricht 30/12/2024			PB (50m pool): 00:31.43 SB: 00:31.15 Maastricht 30/12/2025
	2 5 M	5 0 M	
PB		00:31.12	
		00:31.12	
			

Coach feedback:

Event number: 1: 50M BUTTERFLY WOMEN 11+			Heat:6, starttime: 09:06
Heat: 6/6 Lane : 8 Athlete: TORDEUR LUCIE			Q-time: 00:32:11
PB (25m pool): 00:32.08 Sportoase Leuven 25/02/2024			PB (50m pool): 00:32.21 SB: 00:32.11 Maastricht 30/12/2025
	2 5 M	5 0 M	
PB		00:32.08	
		00:32.08	
			

Coach feedback:

Event number: 2: 50M BUTTERFLY MEN 11+			Heat:1, starttime: 09:08
Heat: 1/5 Lane : 1 Athlete: MWIRI SAM			Q-time: 99:99:99
PB (25m pool): no time			PB (50m pool): 00:45.74 SB: no time
	2 5 M	5 0 M	
PB		no time	
		no time	
			

Coach feedback:

Event number: 2: 50M BUTTERFLY MEN 11+			Heat:2, starttime: 09:08
Heat: 2/5 Lane : 6 Athlete: KÄHLER MATHIAS			Q-time: 00:43:86
PB (25m pool): 00:43.86 Temse 17/11/2025			PB (50m pool): 00:41.59 SB: 00:43.86 Temse 17/11/2025
	2 5 M	5 0 M	
PB		00:43.86	
		00:43.86	
			

Coach feedback:

VBCSM 2 6: Session: 1: COACH evaluation sheet for TEAM: GZVN

Event number: 2: 50M BUTTERFLY MEN 11+						Heat:2, starttime: 09:08	
Heat: 2/5 Lane : 8 Athlete: ILGAZ EMRE						Q-time: 99:99:99	
PB (25m pool): no time			PB (50m pool): 00:48.18 SB: no time				
	2 5 M	5 0 M					
PB		no time					
	no time						
							

Coach feedback:

Event number: 2: 50M BUTTERFLY MEN 11+						Heat:4, starttime: 09:12	
Heat: 4/5 Lane : 1 Athlete: TORDEUR ILIAS						Q-time: 00:32:38	
PB (25m pool): 00:32.38 Maastricht 30/12/2025			PB (50m pool): 00:32.22 SB: 00:32.38 Maastricht 30/12/2025				
	2 5 M	5 0 M					
PB		00:32.38					
	00:32.38						
							

Coach feedback:

Event number: 3: 200M FREESTYLE WOMEN 11+						Heat:2, starttime: 09:18		
Heat: 2/6 Lane : 7 Athlete: VANHEES HANNAH						Q-time: 99:99:99		
PB (25m pool): 03:11.60 Tienen 22/10/2023			PB (50m pool): 03:14.51 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		03:11.60
	no time							
								

Coach feedback:

Event number: 3: 200M FREESTYLE WOMEN 11+						Heat:3, starttime: 09:22		
Heat: 3/6 Lane : 2 Athlete: RATSITKA IRINI						Q-time: 02:45:93		
PB (25m pool): 02:45.93 Hasselt 12/10/2025			PB (50m pool): 02:46.07 SB: 02:45.93 Hasselt 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		00:36.29		01:17.73		02:02.28		02:45.93
	00:36.29		00:41.44		00:44.55		00:43.65	
								

Coach feedback:

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Event number: 3: 200M FREESTYLE WOMEN 11+							Heat:4, starttime: 09:26	
Heat: 4/6 Lane : 7 Athlete: DREESSEN LYANA							Q-time: 02:36:00	
PB (25m pool): 02:36.00 Bilzen 25/01/2026				PB (50m pool): 02:39.32SB: 02:36.00 Bilzen 25/01/2026				
	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		00:36.56		01:16.67		no time		02:36.00
	00:36.56		00:40.11					
								

Coach feedback:

Event number: 3: 200M FREESTYLE WOMEN 11+							Heat:4, starttime: 09:26	
Heat: 4/6 Lane : 8 Athlete: CUYPERS MANON							Q-time: 02:38:24	
PB (25m pool): 02:38.24 Hasselt 12/10/2025				PB (50m pool): 02:42.71 SB: 02:38.24 Hasselt 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		00:36.13		01:16.55		01:57.58		02:38.24
	00:36.13		00:40.42		00:41.03		00:40.66	
								

Coach feedback:

Event number: 3: 200M FREESTYLE WOMEN 11+							Heat:6, starttime: 09:32	
Heat: 6/6 Lane : 7 Athlete: JANSSEN LAUREN							Q-time: 02:18:59	
PB (25m pool): 02:18.59 Hasselt 12/10/2025				PB (50m pool): 02:23.59SB: 02:18.59 Hasselt 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		00:32.28		01:07.78		01:44.12		02:18.59
	00:32.28		00:35.50		00:36.34		00:34.47	
								

Coach feedback:

Event number: 4: 200M FREESTYLE MEN 11+							Heat:2, starttime: 09:40	
Heat: 2/6 Lane : 3 Athlete: VANRUSSELT RAFAËL							Q-time: 02:47:66	
PB (25m pool): 02:48.12 Hasselt 12/10/2025				PB (50m pool): 02:59.93SB: 02:48.12 Hasselt 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		00:38.39		01:22.95		02:06.25		02:48.12
	00:38.39		00:44.56		00:43.30		00:41.87	
								

Coach feedback:

VBCSM 2 6: Session: 1: COACH evaluation sheet for TEAM: GZVN

Event number: 4: 200M FREESTYLE MEN 11+							Heat:2, starttime: 09:40	
Heat: 2/6 Lane : 4 Athlete: ILGAZ EMRE							Q-time: 02:44:48	
PB (25m pool): 02:44.48 3500 Hasselt 23/11/2025				PB (50m pool): 03:23.91SB: 02:44.48 3500 Hasselt 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		00:37.74		01:19.78		02:02.83		02:44.48
	00:37.74		00:42.04		00:43.05		00:41.65	
								

Coach feedback:

Event number: 4: 200M FREESTYLE MEN 11+							Heat:3, starttime: 09:44	
Heat: 3/6 Lane : 1 Athlete: THOELEN SIMON							Q-time: 02:43:33	
PB (25m pool): 02:53.75 3500 Hasselt 24/11/2024				PB (50m pool): 02:43.33 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		00:39.18		01:24.42		02:11.54		02:53.75
	00:39.18		00:45.24		00:47.12		00:42.21	
								

Coach feedback:

Event number: 4: 200M FREESTYLE MEN 11+							Heat:4, starttime: 09:46	
Heat: 4/6 Lane : 1 Athlete: CUYPERS MAXIME							Q-time: 02:29:48	
PB (25m pool): 02:38.90 Hasselt 12/10/2025				PB (50m pool): 02:37.77 SB: 02:38.90 Hasselt 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		00:38.15		01:19.70		02:01.04		02:38.90
	00:38.15		00:41.55		00:41.34		00:37.86	
								

Coach feedback:

Event number: 4: 200M FREESTYLE MEN 11+							Heat:5, starttime: 09:50	
Heat: 5/6 Lane : 1 Athlete: TORDEUR ILIAS							Q-time: 02:20:46	
PB (25m pool): 02:20.46 3500 Hasselt 23/11/2025				PB (50m pool): 02:22.39 SB: 02:20.46 3500 Hasselt 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		00:32.59		01:08.28		01:44.51		02:20.46
	00:32.59		00:35.69		00:36.23		00:35.95	
								

Coach feedback:

VBCSM 2 6: Session: 1: COACH evaluation sheet for TEAM: GZVN

Event number: 4: 200M FREESTYLE MEN 11+							Heat:5, starttime: 09:50	
Heat: 5/6 Lane : 3 Athlete: MIJSLINSKI JAYDEN							Q-time: 02:11:02	
PB (25m pool): 02:11.02 3500 Hasselt 23/11/2025				PB (50m pool): 02:16.34SB: 02:11.02 3500 Hasselt 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		00:28.65		01:00.96		01:36.64		02:11.02
	00:28.65		00:32.31		00:35.68		00:34.38	
								

Coach feedback:

Event number: 4: 200M FREESTYLE MEN 11+							Heat:5, starttime: 09:50	
Heat: 5/6 Lane : 7 Athlete: TORDEUR KILIAN							Q-time: 02:16:07	
PB (25m pool): 02:19.64 Hasselt 12/10/2025				PB (50m pool): 02:18.77 SB: 02:19.64 Hasselt 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		00:32.23		01:07.52		01:43.99		02:19.64
	00:32.23		00:35.29		00:36.47		00:35.65	
								

Coach feedback:

Event number: 5: 50M BACKSTROKE WOMEN 11+							Heat:1, starttime: 09:56	
Heat: 1/6 Lane : 6 Athlete: LBALI ALISA-SARA							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: 5: 50M BACKSTROKE WOMEN 11+										Heat:4, starttime: 10:02	
Heat: 4/6 Lane : 7 Athlete: VANHAEN ALISSIA										Q-time: 00:39:77	
PB (25m pool): 00:39.77 Bilzen 25/01/2026										PB (50m pool): no time SB: 00:39.77 Bilzen 25/01/2026	
	2 5 M		5 0 M								
PB			00:39.77								
			00:39.77								
											

Coach feedback:

VBCSM 2 6: Session: 1: COACH evaluation sheet for TEAM: GZVN

Event number: 6: 50M BACKSTROKE MEN 11+				Heat:3, starttime: 10:26			
Heat: 3/5 Lane : 3 Athlete: VANRUSSELT RAFAËL				Q-time: 00:38:73			
PB (25m pool): 00:38.73 Hasselt 12/10/2025				PB (50m pool): 00:39.36 SB: 00:38.73 Hasselt 12/10/2025			
	2 5 M	5 0 M					
PB		00:38.73					
		00:38.73					
							

Coach feedback:

Event number: 6: 50M BACKSTROKE MEN 11+				Heat:4, starttime: 10:28			
Heat: 4/5 Lane : 5 Athlete: TORDEUR KILIAN				Q-time: 00:33:20			
PB (25m pool): 00:33.20 Stedelijk Zwembad Geel 15/02/2026				PB (50m pool): 00:33.97 SB: 00:33.20 Stedelijk Zwembad Geel 15/02/2026			
	2 5 M	5 0 M					
PB		00:33.20					
		00:33.20					
							

Coach feedback:

Event number: 7: 200M BREASTSTROKE WOMEN 11+							Heat:1, starttime: 10:30	
Heat: 1/4 Lane : 5 Athlete: VANHEES HANNAH							Q-time: 99:99:99	
PB (25m pool): no time			PB (50m pool): 03:53.95 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		no time		no time		no time
	no time							
								

Coach feedback:

Event number: 7: 200M BREASTSTROKE WOMEN 11+							Heat:3, starttime: 10:40	
Heat: 3/4 Lane : 7 Athlete: RATSITKA IRINI							Q-time: 03:25:41	
PB (25m pool): 03:25.41 Bree 21/12/2025			PB (50m pool): 03:33.87 SB: 03:25.41 Bree 21/12/2025					
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:46.44		01:38.41		no time		03:25.41
	00:46.44		00:51.97					
								

Coach feedback:

VBCSM 2 6: Session: 1: COACH evaluation sheet for TEAM: GZVN

Event number: 7: 200M BREASTSTROKE WOMEN 11+							Heat:4, starttime: 10:44	
Heat: 4/4 Lane : 4 Athlete: ZANGARI AURORA							Q-time: 02:55:26	
PB (25m pool): 02:55.26 Aarschot 04/05/2025				PB (50m pool): 02:59.46 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		00:39.72		01:24.21		no time		02:55.26
	00:39.72		00:44.49					
								

Coach feedback:

Event number: 7: 200M BREASTSTROKE WOMEN 11+							Heat:4, starttime: 10:44	
Heat: 4/4 Lane : 6 Athlete: TORDEUR LUCIE							Q-time: 02:59:80	
PB (25m pool): 02:55.52 3500 Hasselt 24/11/2024				PB (50m pool): 03:33.98SB: 03:01.51 3500 Hasselt 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		00:39.68		01:24.67		02:09.80		02:55.52
	00:39.68		00:44.99		00:45.13		00:45.72	
								

Coach feedback:

Event number: 8: 200M BREASTSTROKE MEN 11+							Heat:2, starttime: 10:52	
Heat: 2/4 Lane : 4 Athlete: KÄHLER MATHIAS							Q-time: 03:32:45	
PB (25m pool): no time			PB (50m pool): 03:47.56 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		no time		no time		no time
	no time							
								

Coach feedback:

Event number: 8: 200M BREASTSTROKE MEN 11+							Heat:2, starttime: 10:52	
Heat: 2/4 Lane : 5 Athlete: MIJSLINSKI JAYDEN							Q-time: 99:99:99	
PB (25m pool): 03:17.60 3500 Hasselt 24/11/2024				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		00:42.64		01:34.39		02:28.20		03:17.60
	00:42.64		00:51.75		00:53.81		00:49.40	
								

Coach feedback:

VBCSM 2 6: Session: 1: COACH evaluation sheet for TEAM: GZVN

Event number: 8: 200M BREASTSTROKE MEN 11+							Heat:3, starttime: 10:56	
Heat: 3/4 Lane : 5 Athlete: CUYPERS MAXIME							Q-time: 03:12:45	
PB (25m pool): 03:19.88 Bree 21/12/2025				PB (50m pool): 03:23.79SB: 03:19.88 Bree 21/12/2025				
	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		00:45.79		01:36.92		no time		03:19.88
	00:45.79		00:51.13					
								

Coach feedback:

Event number: 8: 200M BREASTSTROKE MEN 11+							Heat:3, starttime: 10:56	
Heat: 3/4 Lane : 8 Athlete: THOELLEN SIMON							Q-time: 03:23:42	
PB (25m pool): 03:23.42 Bree 21/12/2025				PB (50m pool): 03:17.08SB: 03:23.42 Bree 21/12/2025				
	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		00:47.00		01:39.57		no time		03:23.42
	00:47.00		00:52.57					
								

Coach feedback:

Event number: 9: 400M MEDLEY WOMEN 11+							Heat:2, starttime: 11:10	
Heat: 2/3 Lane : 5 Athlete: BROUX ELISE							Q-time: 99:99:99	
PB (25m pool): 05:20.54 Sportoase Leuven 25/02/2024				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	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		05:20.54
								

Coach feedback:

VBCSM 2 6: Session: 1: COACH evaluation sheet for TEAM: GZVN

Event number: 9: 400M MEDLEY WOMEN 11+							Heat:2, starttime: 11:10	
Heat: 2/3 Lane : 8 Athlete: JANSSEN LAUREN							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: 9: 400M MEDLEY WOMEN 11+							Heat:3, starttime: 11:18	
Heat: 3/3 Lane : 1 Athlete: DREESSEN LYANA							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: 9: 400M MEDLEY WOMEN 11+							Heat:3, starttime: 11:18	
Heat: 3/3 Lane : 7 Athlete: CUYPERS MANON							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: