

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

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

Coaches: Waelkens Bea HEADCOACH

Coaches: Cannaerts Jens

Coaches: De Cuyper Tibo

Coaches: Gullentops Axel

Coaches: Van Dyck Nina

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 : 2 Athlete: ROMONT LIEN			Q-time: 99:99:99
PB (25m pool): 00:30.91 Mol 25/07/2021			PB (50m pool): 00:31.35 SB: no time
	2 5 M	5 0 M	
PB		00:30.91	
		00:30.91	
			

Coach feedback:

Event number: 1: 50M BUTTERFLY WOMEN 11+			Heat:2, starttime: 09:02
Heat: 2/6 Lane : 2 Athlete: LAMBRECHTS Fé			Q-time: 00:45:41
PB (25m pool): 00:45.41 Nijlen 01/03/2026			PB (50m pool): 00:45.66 SB: 00:45.41 Nijlen 01/03/2026
	2 5 M	5 0 M	
PB		00:45.41	
		00:45.41	
			

Coach feedback:

Event number: 1: 50M BUTTERFLY WOMEN 11+			Heat:3, starttime: 09:02
Heat: 3/6 Lane : 4 Athlete: VAES CHARLOTTE			Q-time: 00:38:74
PB (25m pool): 00:51.41 Gemeentelijk sportcentrum Nijl 17/03/2026			PB (50m pool): 00:38.74 SB: no time
	2 5 M	5 0 M	
PB		00:51.41	
		00:51.41	
			

Coach feedback:

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Event number: 1: 50M BUTTERFLY WOMEN 11+			Heat:4, starttime: 09:04
Heat: 4/6 Lane : 4 Athlete: DE BOCK MARIE			Q-time: 00:35:61
PB (25m pool): 00:35.61 Stedelijk Zwembad Geel 16/02/2025 PB (50m pool): 00:36.18 SB: no time			
	2 5 M	5 0 M	
PB		00:35.61	
		00:35.61	
			

Coach feedback:

Event number: 1: 50M BUTTERFLY WOMEN 11+			Heat:5, starttime: 09:06
Heat: 5/6 Lane : 7 Athlete: DE LAET ELINE			Q-time: 00:34:72
PB (25m pool): 00:34.72 Nijlen 01/03/2026 PB (50m pool): 00:41.65 SB: 00:34.72 Nijlen 01/03/2026			
	2 5 M	5 0 M	
PB		00:34.72	
		00:34.72	
			

Coach feedback:

Event number: 1: 50M BUTTERFLY WOMEN 11+			Heat:5, starttime: 09:06
Heat: 5/6 Lane : 8 Athlete: WIJCKMANS LENE			Q-time: 00:35:38
PB (25m pool): 00:35.38 Stedelijk Zwembad Geel 16/02/2025 PB (50m pool): 00:35.93 SB: no time			
	2 5 M	5 0 M	
PB		00:35.38	
		00:35.38	
			

Coach feedback:

Event number: 2: 50M BUTTERFLY MEN 11+			Heat:3, starttime: 09:10
Heat: 3/5 Lane : 4 Athlete: GORIS FINN			Q-time: 00:32:42
PB (25m pool): 00:36.07 Gemeentelijk sportcentrum Nijl 16/03/2025 PB (50m pool): 00:32.42 SB: no time			
	2 5 M	5 0 M	
PB		00:36.07	
		00:36.07	
			

Coach feedback:

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Event number: 2: 50M BUTTERFLY MEN 11+										Heat:3, starttime: 09:10	
Heat: 3/5 Lane : 8 Athlete: BATS YVAN										Q-time: 00:37:54	
PB (25m pool): 00:37.54 Nijlen 01/03/2026										PB (50m pool): 00:43.19SB: 00:37.54 Nijlen 01/03/2026	
	2 5 M		5 0 M								
PB			00:37.54								
			00:37.54								
											

Coach feedback:

Event number: 2: 50M BUTTERFLY MEN 11+										Heat:5, starttime: 09:12	
Heat: 5/5 Lane : 2 Athlete: DE CUYPER LENS										Q-time: 00:28:26	
PB (25m pool): 00:28.30 Mol 15/10/2023										PB (50m pool): 00:28.26SB: no time	
	2 5 M		5 0 M								
PB			00:28.30								
			00:28.30								
											

Coach feedback:

Event number: 3: 200M FREESTYLE WOMEN 11+							Heat:1, starttime: 09:14	
Heat: 1/6 Lane : 3 Athlete: ROMBOUT LISA							Q-time: 99:99:99	
PB (25m pool): 02:08.22 Leuven 30/07/2019				PB (50m pool): 02:13.93SB: 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		02:08.22
	no time							
								

Coach feedback:

Event number: 3: 200M FREESTYLE WOMEN 11+							Heat:5, starttime: 09:28	
Heat: 5/6 Lane : 6 Athlete: VAN DE WOUWER MYRTHE							Q-time: 02:26:26	
PB (25m pool): 02:26.26 Nijlen 01/03/2026				PB (50m pool): 02:29.67 SB: 02:26.26 Nijlen 01/03/2026				
	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		00:34.67		01:12.35		no time		02:26.26
	00:34.67		00:37.68					
								

Coach feedback:

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Event number: 4: 200M FREESTYLE MEN 11+							Heat:3, starttime: 09:44	
Heat: 3/6 Lane : 8 Athlete: BATS YVAN							Q-time: 02:44:26	
PB (25m pool): 02:44.26 Aartselaar 01/11/2025				PB (50m pool): no time SB: 02:44.26 Aartselaar 01/11/2025				
	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		00:38.00		01:19.98		no time		02:44.26
	00:38.00		00:41.98					
								

Coach feedback:

Event number: 5: 50M BACKSTROKE WOMEN 11+							Heat:2, starttime: 09:58		
Heat: 2/6 Lane : 1 Athlete: LAMBRECHTS Fé							Q-time: 00:53:30		
PB (25m pool): no time				PB (50m pool): 00:53.30				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 : 8 Athlete: VAES CHARLOTTE									Q-time: 00:40:25		
PB (25m pool): 00:40.25 LEUVEN 23/11/2025					PB (50m pool): 00:45.22SB: 00:40.25 LEUVEN 23/11/2025						
PB	2 5 M		5 0 M								
			00:40.25								
			00:40.25								
											

Coach feedback:

Event number: 5: 50M BACKSTROKE WOMEN 11+										Heat:5, starttime: 10:02	
Heat: 5/6 Lane : 3 Athlete: VAN DE WOUWER MYRTHE										Q-time: 00:35:97	
PB (25m pool): 00:35.97 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 00:38.66 SB: 00:35.97 Stedelijk Zwembad Geel 15/02/2026											
PB	2 5 M		5 0 M								
			00:35.97								
			00:35.97								
											

Coach feedback:

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Event number: 5: 50M BACKSTROKE WOMEN 11+										Heat:5, starttime: 10:02	
Heat: 5/6 Lane : 6 Athlete: DE LAET ELINE										Q-time: 00:35:99	
PB (25m pool): 00:35.99 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 00:44.28 SB: 00:35.99 Stedelijk Zwembad Geel 15/02/2026											
	2 5 M		5 0 M								
PB			00:35.99								
			00:35.99								
											

Coach feedback:

Event number: 7: 200M BREASTSTROKE WOMEN 11+						Heat:2, starttime: 10:36		
Heat: 2/4 Lane : 6 Athlete: VAN LOOY ANKE						Q-time: 99:99:99		
PB (25m pool): 02:52.20 Parklaan 58, Turnhout 24/03/2024						PB (50m pool): 02:59.59 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		02:52.20
	no time							
								

Coach feedback:

Event number: 7: 200M BREASTSTROKE WOMEN 11+						Heat:3, starttime: 10:40		
Heat: 3/4 Lane : 2 Athlete: VAES CHARLOTTE						Q-time: 03:24:28		
PB (25m pool): 03:24.28 Heist Op Den Berg 11/01/2025						PB (50m pool): no time SB: 03:24.86 Aartselaar 01/11/2025		
	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		00:44.64		01:37.04		no time		03:24.28
	00:44.64		00:52.40					
								

Coach feedback:

Event number: 8: 200M BREASTSTROKE MEN 11+						Heat:2, starttime: 10:52		
Heat: 2/4 Lane : 3 Athlete: DE CUYPER LENS						Q-time: 99:99:99		
PB (25m pool): 02:36.11 Aartselaar 01/11/2024						PB (50m pool): 02:55.01 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		00:34.78		01:14.68		no time		02:36.11
	00:34.78		00:39.90					
								

Coach feedback:

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Event number: 9: 400M MEDLEY WOMEN 11+							Heat:1, starttime: 11:04	
Heat: 1/3 Lane : 4 Athlete: ROMONT LIEN							Q-time: 99:99:99	
PB (25m pool): 05:31.42 Aarschot 30/04/2023				PB (50m pool): 06:04.50SB: 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		05:31.42
								

Coach feedback:

Event number: 9: 400M MEDLEY WOMEN 11+							Heat:2, starttime: 11:10	
Heat: 2/3 Lane : 1 Athlete: WIJCKMANS LENE							Q-time: 99:99:99	
PB (25m pool): 05:40.63 Herentals 05/10/2024				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		00:36.65		01:23.12		02:03.87		02:44.37
	00:36.65		00:46.47		00:40.75		00:40.50	
								
	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		03:34.76		04:24.87		05:03.47		05:40.63
	00:50.39		00:50.11		00:38.60		00:37.16	
								

Coach feedback:

Event number: 9: 400M MEDLEY WOMEN 11+							Heat:2, starttime: 11:10	
Heat: 2/3 Lane : 3 Athlete: DE BOCK MARIE							Q-time: 99:99:99	
PB (25m pool): 06:16.21 Aarschot 28/04/2024				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		06:16.21
								

Coach feedback:

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Event number: 9: 400M MEDLEY WOMEN 11+							Heat:2, starttime: 11:10	
Heat: 2/3 Lane : 4 Athlete: ROMBOUT LISA							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: