

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

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

Coaches: De Weerd Amélie

Coaches: Claes Lieselotte

Coaches: Coremans Vicky

Coaches: Schepens Koen

Coaches: Van Impe Inge

Coaches: Verbinnen Nadine

Coaches: Horemans Nathalie

Coaches: Janssen Koen

Coaches: Pelgrims Ans

Coaches: Loeman Ejjennia

PB => Personal Best time

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

Event number: 3: 200M FREESTYLE WOMEN 11+							Heat:3, starttime: 09:22	
Heat: 3/6 Lane : 1 Athlete: BELIAEV EMILY							Q-time: 02:48:92	
PB (25m pool): 02:48.92 Leuven 12/10/2025				PB (50m pool): 02:51.33SB: 02:48.92 Leuven 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		00:38.93		01:24.03		02:09.26		02:48.92
	00:38.93		00:45.10		00:45.23		00:39.66	
								

Coach feedback:

Event number: 3: 200M FREESTYLE WOMEN 11+							Heat:3, starttime: 09:22	
Heat: 3/6 Lane : 3 Athlete: VERVLOET LIN							Q-time: 02:39:07	
PB (25m pool): 02:39.07 Aarschot 04/05/2025				PB (50m pool): 02:38.52 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		00:36.52		01:17.06		no time		02:39.07
	00:36.52		00:40.54					
								

Coach feedback:

Event number: 3: 200M FREESTYLE WOMEN 11+							Heat:3, starttime: 09:22	
Heat: 3/6 Lane : 5 Athlete: BOND MAYA							Q-time: 02:39:02	
PB (25m pool): 02:39.02 Leuven 12/10/2025				PB (50m pool): no time SB: 02:39.02 Leuven 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		00:36.80		01:17.15		01:58.78		02:39.02
	00:36.80		00:40.35		00:41.63		00:40.24	
								

Coach feedback:

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Event number: 3: 200M FREESTYLE WOMEN 11+							Heat:3, starttime: 09:22	
Heat: 3/6 Lane : 7 Athlete: SALAETS TESS							Q-time: 02:45:99	
PB (25m pool): 02:45.99 LEUVEN 23/11/2025				PB (50m pool): no time SB: 02:45.99 LEUVEN 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		00:35.59		01:17.06		01:58.86		02:45.99
	00:35.59		00:41.47		00:41.80		00:47.13	
								

Coach feedback:

Event number: 3: 200M FREESTYLE WOMEN 11+							Heat:4, starttime: 09:26	
Heat: 4/6 Lane : 4 Athlete: JANSSEN LUCY							Q-time: 02:30:00	
PB (25m pool): 02:30.00 Leuven 12/10/2025				PB (50m pool): 02:31.44SB: 02:30.00 Leuven 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		00:34.74		01:13.66		01:53.79		02:30.00
	00:34.74		00:38.92		00:40.13		00:36.21	
								

Coach feedback:

Event number: 3: 200M FREESTYLE WOMEN 11+							Heat:4, starttime: 09:26	
Heat: 4/6 Lane : 6 Athlete: DECALUWé ELOUISE							Q-time: 02:32:30	
PB (25m pool): 02:32.30 Leuven 12/10/2025				PB (50m pool): 02:38.23SB: 02:32.30 Leuven 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		00:34.82		01:14.45		01:54.41		02:32.30
	00:34.82		00:39.63		00:39.96		00:37.89	
								

Coach feedback:

Event number: 3: 200M FREESTYLE WOMEN 11+							Heat:5, starttime: 09:28	
Heat: 5/6 Lane : 8 Athlete: PISCAER STANSE							Q-time: 02:29:84	
PB (25m pool): 02:29.84 LEUVEN 23/11/2025			PB (50m pool): 02:34.61 SB: 02:29.84 LEUVEN 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		00:33.83		01:12.33		01:51.72		02:29.84
	00:33.83		00:38.50		00:39.39		00:38.12	
								

Coach feedback:

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Event number: 3: 200M FREESTYLE WOMEN 11+							Heat:6, starttime: 09:32	
Heat: 6/6 Lane : 8 Athlete: UYTTERHOEVEN FIEBE							Q-time: 02:21:87	
PB (25m pool): 02:21.87 Parklaan 58, Turnhout 29/03/2026				PB (50m pool): 02:28.27 SB: 02:21.87 Parklaan 58, Turnhout 29/03/2026				
	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		00:32.98		01:09.16		no time		02:21.87
	00:32.98		00:36.18					
								

Coach feedback:

Event number: 4: 200M FREESTYLE MEN 11+							Heat:3, starttime: 09:44	
Heat: 3/6 Lane : 3 Athlete: SCHEPENS TOOR							Q-time: 02:34:52	
PB (25m pool): 02:34.52 Tremelo 25/05/2025				PB (50m pool): 02:33.41 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		00:33.84		01:12.82		no time		02:34.52
	00:33.84		00:38.98					
								

Coach feedback:

Event number: 4: 200M FREESTYLE MEN 11+							Heat:3, starttime: 09:44	
Heat: 3/6 Lane : 5 Athlete: ROCKELÉ LOWIE							Q-time: 02:31:43	
PB (25m pool): 02:31.43 Aarschot 04/05/2025				PB (50m pool): 02:35.25SB: 02:32.00 Parklaan 58, Turnhout 29/03/2026				
	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		00:33.78		01:13.43		no time		02:31.43
	00:33.78		00:39.65					
								

Coach feedback:

Event number: 4: 200M FREESTYLE MEN 11+							Heat:3, starttime: 09:44	
Heat: 3/6 Lane : 7 Athlete: SOENS JACK							Q-time: 02:40:79	
PB (25m pool): 02:40.79 LEUVEN 23/11/2025				PB (50m pool): no time SB: 02:40.79 LEUVEN 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		00:37.69		01:19.53		02:01.33		02:40.79
	00:37.69		00:41.84		00:41.80		00:39.46	
								

Coach feedback:

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Event number: 4: 200M FREESTYLE MEN 11+							Heat:4, starttime: 09:46	
Heat: 4/6 Lane : 5 Athlete: MAERTENS TOON							Q-time: 02:25:64	
PB (25m pool): 02:25.64 Leuven 12/10/2025				PB (50m pool): 02:27.84SB: 02:25.64 Leuven 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		00:32.80		01:09.73		01:48.03		02:25.64
	00:32.80		00:36.93		00:38.30		00:37.61	
								

Coach feedback:

Event number: 4: 200M FREESTYLE MEN 11+							Heat:4, starttime: 09:46	
Heat: 4/6 Lane : 7 Athlete: MERTENS LANDER							Q-time: 02:29:26	
PB (25m pool): 02:29.26 Parklaan 58, Turnhout 29/03/2026				PB (50m pool): 02:34.20SB: 02:29.26 Parklaan 58, Turnhout 29/03/2026				
	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		00:34.70		01:13.22		no time		02:29.26
	00:34.70		00:38.52					
								

Coach feedback:

Event number: 5: 50M BACKSTROKE WOMEN 11+										Heat:4, starttime: 10:02	
Heat: 4/6 Lane : 6 Athlete: BOND MAYA										Q-time: 00:39:50	
PB (25m pool): 00:39.50 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): no time SB: 00:39.50 Stedelijk Zwembad Geel 15/02/2026											
PB	2 5 M		5 0 M								
			00:39.50								
			00:39.50								
											

Coach feedback:

Event number: 6: 50M BACKSTROKE MEN 11+										Heat:3, starttime: 10:26	
Heat: 3/5 Lane : 1 Athlete: SOENS JACK										Q-time: 00:42:92	
PB (25m pool): no time					PB (50m pool): 00:42.92SB: no time						
	2 5 M		5 0 M								
PB			no time								
			no time								
											

Coach feedback:

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Event number: 6: 50M BACKSTROKE MEN 11+										Heat:4, starttime: 10:28																													
Heat: 4/5 Lane : 2 Athlete: MAERTENS TOON																				Q-time: 00:34:36																			
PB (25m pool): 00:34.36 Stedelijk Zwembad Geel 15/02/2026																				PB (50m pool): 00:34.74 SB: 00:34.36 Stedelijk Zwembad Geel 15/02/2026																			
	2 5 M					5 0 M																																	
PB						00:34.36																																	
	00:34.36																																						
																																							

Coach feedback:

Event number: 7: 200M BREASTSTROKE WOMEN 11+						Heat:2, starttime: 10:36		
Heat: 2/4 Lane : 1 Athlete: SALAETS TESS						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	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 : 3 Athlete: VERVLOET LIN						Q-time: 03:18:50		
PB (25m pool): 03:18.50 Parklaan 58, Turnhout 29/03/2026						PB (50m pool): 03:25.65 SB: 03:18.50 Parklaan 58, Turnhout 29/03/2026		
	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		00:46.12		01:37.31		no time		03:18.50
	00:46.12		00:51.19					
								

Coach feedback:

Event number: 7: 200M BREASTSTROKE WOMEN 11+						Heat:3, starttime: 10:40		
Heat: 3/4 Lane : 5 Athlete: DECALUWé ELOUISE						Q-time: 03:13:45		
PB (25m pool): 03:13.45 Parklaan 58, Turnhout 29/03/2026						PB (50m pool): no time SB: 03:13.45 Parklaan 58, Turnhout 29/03/2026		
	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		00:44.84		01:34.74		no time		03:13.45
	00:44.84		00:49.90					
								

Coach feedback:

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Event number: 7: 200M BREASTSTROKE WOMEN 11+							Heat:3, starttime: 10:40	
Heat: 3/4 Lane : 6 Athlete: BELIAEV EMILY							Q-time: 03:20:94	
PB (25m pool): 03:20.94 Parklaan 58, Turnhout 29/03/2026				PB (50m pool): no time SB: 03:20.94 Parklaan 58, Turnhout 29/03/2026				
	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		00:46.79		01:39.83		no time		03:20.94
	00:46.79		00:53.04					
								

Coach feedback:

Event number: 7: 200M BREASTSTROKE WOMEN 11+							Heat:4, starttime: 10:44	
Heat: 4/4 Lane : 3 Athlete: UYTTERHOEVEN FIEBE							Q-time: 02:59:59	
PB (25m pool): 02:59.59 Heist Op Den Berg 11/01/2025				PB (50m pool): 03:00.03SB: 03:00.78 LEUVEN 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		00:39.51		01:25.19		no time		02:59.59
	00:39.51		00:45.68					
								

Coach feedback:

Event number: 7: 200M BREASTSTROKE WOMEN 11+							Heat:4, starttime: 10:44	
Heat: 4/4 Lane : 7 Athlete: JANSSEN LUCY							Q-time: 03:09:84	
PB (25m pool): 03:09.84 Parklaan 58, Turnhout 29/03/2026				PB (50m pool): no time SB: 03:09.84 Parklaan 58, Turnhout 29/03/2026				
	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		00:42.40		01:30.47		no time		03:09.84
	00:42.40		00:48.07					
								

Coach feedback:

Event number: 7: 200M BREASTSTROKE WOMEN 11+							Heat:4, starttime: 10:44	
Heat: 4/4 Lane : 8 Athlete: PISCAER STANSE							Q-time: 03:12:02	
PB (25m pool): 03:12.02 Parklaan 58, Turnhout 29/03/2026				PB (50m pool): 03:27.00SB: 03:12.02 Parklaan 58, Turnhout 29/03/2026				
	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		00:43.00		01:32.88		no time		03:12.02
	00:43.00		00:49.88					
								

Coach feedback:

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Event number: 8: 200M BREASTSTROKE MEN 11+							Heat:3, starttime: 10:56	
Heat: 3/4 Lane : 3 Athlete: VANDENWEGHE DRIES							Q-time: 03:14:68	
PB (25m pool): 03:14.68 Parklaan 58, Turnhout 29/03/2026				PB (50m pool): 03:24.32 SB: 03:14.68 Parklaan 58, Turnhout 29/03/2026				
	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		00:43.54		01:33.92		no time		03:14.68
	00:43.54		00:50.38					
								

Coach feedback:

Event number: 8: 200M BREASTSTROKE MEN 11+							Heat:3, starttime: 10:56	
Heat: 3/4 Lane : 4 Athlete: SCHEPENS TOOR							Q-time: 03:06:12	
PB (25m pool): 03:06.12 Parklaan 58, Turnhout 29/03/2026				PB (50m pool): 03:18.94SB: 03:06.12 Parklaan 58, Turnhout 29/03/2026				
	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		00:41.94		01:29.50		no time		03:06.12
	00:41.94		00:47.56					
								

Coach feedback: