

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

Coachinfo: Warming up from: 13:00 until 13:50. 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: 10: 100M FREESTYLE MIXED 10-9					Heat:2, starttime: 14:02
Heat: 2/6 Lane : 4 Athlete: MEUNIER ELISE					Q-time: 01:47:25
PB (25m pool): 01:47.25 Nijlen 01/03/2026					PB (50m pool): no time SB: 01:47.25 Nijlen 01/03/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:50.04		01:47.25	
		00:50.04		00:57.21	
					

Coach feedback:

Event number: 10: 100M FREESTYLE MIXED 10-9					Heat:3, starttime: 14:04
Heat: 3/6 Lane : 4 Athlete: CEELEN BRECHT					Q-time: 01:38:61
PB (25m pool): 01:38.61 Nijlen 01/03/2026					PB (50m pool): no time SB: 01:38.61 Nijlen 01/03/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:46.45		01:38.61	
		00:46.45		00:52.16	
					

Coach feedback:

Event number: 10: 100M FREESTYLE MIXED 10-9					Heat:6, starttime: 14:12
Heat: 6/6 Lane : 2 Athlete: MEUNIER EMILE					Q-time: 01:21:58
PB (25m pool): 01:21.58 Nijlen 01/03/2026					PB (50m pool): no time SB: 01:21.58 Nijlen 01/03/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.76		01:21.58	
		00:38.76		00:42.82	
					

Coach feedback:

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Event number: 11: 200M BACKSTROKE WOMEN 11+							Heat:2, starttime: 14:20	
Heat: 2/7 Lane : 8 Athlete: VAN DE WOUWER MYRTHE							Q-time: 99:99:99	
PB (25m pool): no time			PB (50m pool): 03:18.00 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: 11: 200M BACKSTROKE WOMEN 11+							Heat:4, starttime: 14:30	
Heat: 4/7 Lane : 2 Athlete: ROZIERIS LILY							Q-time: 03:05:96	
PB (25m pool): 03:05.96 Heist-op-den-Berg 10/01/2026				PB (50m pool): no time SB: 03:05.96 Heist-op-den-Berg 10/01/2026				
	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		00:45.53		01:33.04		no time		03:05.96
	00:45.53		00:47.51					
								

Coach feedback:

Event number: 12: 200M BACKSTROKE MEN 11+							Heat:4, starttime: 14:58	
Heat: 4/6 Lane : 5 Athlete: SEYMUS AXEL							Q-time: 02:49:02	
PB (25m pool): 03:02.78 Heist Op Den Berg 11/01/2025				PB (50m pool): 02:49.02SB: 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		00:43.18		01:30.94		no time		03:02.78
	00:43.18		00:47.76					
								

Coach feedback:

Event number: 12: 200M BACKSTROKE MEN 11+							Heat:6, starttime: 15:06	
Heat: 6/6 Lane : 6 Athlete: DE CUYPER LENS							Q-time: 02:19:82	
PB (25m pool): 02:19.82 LEUVEN 21/12/2025				PB (50m pool): no time SB: 02:19.82 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		00:32.83		01:09.07		01:45.22		02:19.82
	00:32.83		00:36.24		00:36.15		00:34.60	
								

Coach feedback:

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Event number: 13: 100M BACKSTROKE MIXED 10-9					Heat:3, starttime: 15:16
Heat: 3/6 Lane : 6 Athlete: MEUNIER ELISE					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: 13: 100M BACKSTROKE MIXED 10-9					Heat:5, starttime: 15:24
Heat: 5/6 Lane : 8 Athlete: CEELLEN BRECHT					Q-time: 01:46:75
PB (25m pool): 01:46.75 Heist-op-den-Berg 10/01/2026 PB (50m pool): no time SB: 01:46.75 Heist-op-den-Berg 10/01/2026					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:51.36		01:46.75	
	00:51.36 00:55.39				
					

Coach feedback:

Event number: 13: 100M BACKSTROKE MIXED 10-9					Heat:6, starttime: 15:26
Heat: 6/6 Lane : 6 Athlete: MEUNIER EMILE					Q-time: 01:32:51
PB (25m pool): 01:32.51 Heist-op-den-Berg 10/01/2026 PB (50m pool): no time SB: 01:32.51 Heist-op-den-Berg 10/01/2026					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:45.12		01:32.51	
	00:45.12 00:47.39				
					

Coach feedback:

Event number: 14: 200M BUTTERFLY WOMEN 11+							Heat:1, starttime: 15:42	
Heat: 1/1 Lane : 2 Athlete: VAN LOOY ANKE							Q-time: 99:99:99	
PB (25m pool): 02:51.37 Turnhout 26/03/2023				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		02:51.37
	no time							
								

Coach feedback:

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Event number: 14: 200M BUTTERFLY WOMEN 11+							Heat:1, starttime: 15:42	
Heat: 1/1 Lane : 4 Athlete: ROMBOUT LISA							Q-time: 02:24:92	
PB (25m pool): 02:24.31 GROENENHOEK 28/10/2018				PB (50m pool): 02:24.55SB: 02:24.92 Gent 09/11/2025				
	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		no time		no time		no time		02:24.31
	no time							
								

Coach feedback:

Event number: 15: 200M BUTTERFLY MEN 11+							Heat:2, starttime: 15:50	
Heat: 2/2 Lane : 6 Athlete: SEYMUS AXEL							Q-time: 02:53:22	
PB (25m pool): 02:53.22 Parklaan 58, Turnhout 29/03/2026				PB (50m pool): 03:06.99SB: 02:53.22 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		00:37.70		01:24.22		no time		02:53.22
	00:37.70		00:46.52					
								

Coach feedback:

Event number: 16: 400M FREESTYLE WOMEN 11+							Heat:1, starttime: 15:54	
Heat: 1/9 Lane : 5 Athlete: LAMBRECHTS Fé							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:

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Event number: 16: 400M FREESTYLE WOMEN 11+							Heat:2, starttime: 16:02	
Heat: 2/9 Lane : 1 Athlete: WELSLAU INES							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: 16: 400M FREESTYLE WOMEN 11+							Heat:4, starttime: 16:18	
Heat: 4/9 Lane : 2 Athlete: ROZIERIS LILY							Q-time: 05:58:60	
PB (25m pool): 05:58.60 LEUVEN 21/12/2025			PB (50m pool): 06:59.02SB: 05:58.60 LEUVEN 21/12/2025					
	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		00:42.38		01:27.18		02:12.22		02:56.35
	00:42.38		00:44.80		00:45.04		00:44.13	
								
	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		03:42.32		04:27.96		05:13.03		05:58.60
	00:45.97		00:45.64		00:45.07		00:45.57	
								

Coach feedback:

Event number: 16: 400M FREESTYLE WOMEN 11+							Heat:5, starttime: 16:24	
Heat: 5/9 Lane : 4 Athlete: NEUVILLE AXELLE							Q-time: 05:35:16	
PB (25m pool): 05:35.16 Herentals 04/10/2025			PB (50m pool): 05:54.39SB: 05:35.16 Herentals 04/10/2025					
	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		00:37.38		01:19.44		02:02.62		02:46.57
	00:37.38		00:42.06		00:43.18		00:43.95	
								
	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		03:31.19		04:13.27		04:54.95		05:35.16
	00:44.62		00:42.08		00:41.68		00:40.21	
								

Coach feedback:

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Event number: 16: 400M FREESTYLE WOMEN 11+							Heat:5, starttime: 16:24	
Heat: 5/9 Lane : 8 Athlete: NEUVILLE ALIZÉE							Q-time: 05:53:08	
PB (25m pool): 05:53.08 Antwerpen 12/10/2025			PB (50m pool): no time SB: 05:53.08 Antwerpen 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		00:37.80		01:22.19		02:06.96		02:52.40
	00:37.80		00:44.39		00:44.77		00:45.44	
								
	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		03:38.25		04:24.70		05:10.23		05:53.08
	00:45.85		00:46.45		00:45.53		00:42.85	
								

Coach feedback:

Event number: 16: 400M FREESTYLE WOMEN 11+							Heat:8, starttime: 16:42	
Heat: 8/9 Lane : 1 Athlete: VAN DE WOUWER MYRTHE							Q-time: 05:07:65	
PB (25m pool): 05:07.65 Herentals 04/10/2025				PB (50m pool): 05:22.26SB: 05:07.65 Herentals 04/10/2025				
	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		00:34.31		01:12.67		01:52.21		02:31.86
	00:34.31		00:38.36		00:39.54		00:39.65	
								
	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		03:11.65		03:51.61		04:31.35		05:07.65
	00:39.79		00:39.96		00:39.74		00:36.30	
								

Coach feedback:

Event number: 17: 200M MEDLEY MEN 11+							Heat:6, starttime: 17:14	
Heat: 6/7 Lane : 8 Athlete: GORIS FINN							Q-time: 02:39:88	
PB (25m pool): 02:39.88 LEUVEN 21/12/2025				PB (50m pool): no time SB: 02:39.88 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		00:35.37		01:16.49		02:02.63		02:39.88
	00:35.37		00:41.12		00:46.14		00:37.25	
								

Coach feedback: