

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

Coachinfo: Warming up from: 13:00 untill 13:50. 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: 10: 100M FREESTYLE MIXED 10-9					Heat:1, starttime: 14:00
Heat: 1/6 Lane : 3 Athlete: WYSGEER LOTTE					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: 10: 100M FREESTYLE MIXED 10-9					Heat:1, starttime: 14:00
Heat: 1/6 Lane : 5 Athlete: VAN DEN BROECK BABETTE					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: 10: 100M FREESTYLE MIXED 10-9					Heat:2, starttime: 14:02
Heat: 2/6 Lane : 1 Athlete: BIYIK NIDA					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:

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Event number: 10: 100M FREESTYLE MIXED 10-9					Heat:2, starttime: 14:02
Heat: 2/6 Lane : 6 Athlete: BLOCKMANS CHARLOTTE					Q-time: 01:52:44
PB (25m pool): 01:52.44 Aarschot 04/05/2025					PB (50m pool): 01:49.97 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:52.70		01:52.44	
	00:52.70		00:59.74		
					

Coach feedback:

Event number: 10: 100M FREESTYLE MIXED 10-9					Heat:2, starttime: 14:02
Heat: 2/6 Lane : 7 Athlete: GEERAERTS FLEUR					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: 10: 100M FREESTYLE MIXED 10-9					Heat:3, starttime: 14:04
Heat: 3/6 Lane : 1 Athlete: CRETSKENS LENISE					Q-time: 01:46:06
PB (25m pool): 01:46.06 Tremelo 18/01/2026					PB (50m pool): no time SB: 01:46.06 Tremelo 18/01/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:49.29		01:46.06	
	00:49.29		00:56.77		
					

Coach feedback:

Event number: 10: 100M FREESTYLE MIXED 10-9					Heat:4, starttime: 14:08
Heat: 4/6 Lane : 3 Athlete: SWEECK ISE					Q-time: 01:30:85
PB (25m pool): 01:30.85 Tremelo 18/01/2026					PB (50m pool): no time SB: 01:30.85 Tremelo 18/01/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:42.36		01:30.85	
	00:42.36		00:48.49		
					

Coach feedback:

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Event number: 10: 100M FREESTYLE MIXED 10-9					Heat:4, starttime: 14:08
Heat: 4/6 Lane : 6 Athlete: SLAGMOLEN PIM					Q-time: 01:31:50
PB (25m pool): 01:31.50 Tremelo 18/01/2026			PB (50m pool): no time SB: 01:31.50 Tremelo 18/01/2026		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.79		01:31.50	
	00:40.79		00:50.71		
					

Coach feedback:

Event number: 10: 100M FREESTYLE MIXED 10-9					Heat:5, starttime: 14:10
Heat: 5/6 Lane : 3 Athlete: VANDEPOEL JEF					Q-time: 01:27:97
PB (25m pool): 01:27.97 Tremelo 18/01/2026			PB (50m pool): no time SB: 01:27.97 Tremelo 18/01/2026		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.15		01:27.97	
	00:39.15		00:48.82		
					

Coach feedback:

Event number: 10: 100M FREESTYLE MIXED 10-9					Heat:5, starttime: 14:10
Heat: 5/6 Lane : 5 Athlete: ROCKELé ANNABEL					Q-time: 01:26:59
PB (25m pool): 01:26.59 Heist-op-den-Berg 10/01/2026			PB (50m pool): 01:31.45 SB: 01:26.59 Heist-op-den-Berg 10/01/2026		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:41.74		01:26.59	
	00:41.74		00:44.85		
					

Coach feedback:

Event number: 12: 200M BACKSTROKE MEN 11+							Heat:2, starttime: 14:50	
Heat: 2/6 Lane : 8 Athlete: CHRISTIAENS TUUR							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:

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Event number: 12: 200M BACKSTROKE MEN 11+							Heat:4, starttime: 14:58	
Heat: 4/6 Lane : 4 Athlete: VANDENWEGHE DRIES							Q-time: 02:46:13	
PB (25m pool): 02:46.13 Parklaan 58, Turnhout 29/03/2026				PB (50m pool): no time SB: 02:46.13 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		00:38.47		01:20.77		no time		02:46.13
	00:38.47		00:42.30					
								

Coach feedback:

Event number: 12: 200M BACKSTROKE MEN 11+							Heat:5, starttime: 15:02	
Heat: 5/6 Lane : 7 Athlete: MAERTENS TOON							Q-time: 02:39:03	
PB (25m pool): 02:39.03 Zaventem 15/07/2025				PB (50m pool): 02:46.68SB: 02:42.74 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		00:37.21		01:17.25		no time		02:39.03
	00:37.21		00:40.04					
								

Coach feedback:

Event number: 12: 200M BACKSTROKE MEN 11+							Heat:6, starttime: 15:06	
Heat: 6/6 Lane : 1 Athlete: MERTENS LANDER							Q-time: 02:31:13	
PB (25m pool): 02:31.13 Parklaan 58, Turnhout 29/03/2026				PB (50m pool): 02:42.16SB: 02:31.13 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		00:35.40		01:13.31		no time		02:31.13
	00:35.40		00:37.91					
								

Coach feedback:

Event number: 13: 100M BACKSTROKE MIXED 10-9							Heat:1, starttime: 15:10	
Heat: 1/6 Lane : 1 Athlete: VANDEPOEL JEF							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:

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Event number: 13: 100M BACKSTROKE MIXED 10-9					Heat:3, starttime: 15:16
Heat: 3/6 Lane : 2 Athlete: GEERAERTS FLEUR					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:3, starttime: 15:16
Heat: 3/6 Lane : 5 Athlete: BIYIK NIDA					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:3, starttime: 15:16
Heat: 3/6 Lane : 7 Athlete: VAN DEN BROECK BABETTE					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:4, starttime: 15:20
Heat: 4/6 Lane : 2 Athlete: WYSGEER LOTTE					Q-time: 01:52:29
PB (25m pool): 01:52.29 Aarschot 29/03/2026 PB (50m pool): no time SB: 01:52.29 Aarschot 29/03/2026					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:53.34		01:52.29	
	00:53.34 00:58.95				
					

Coach feedback:

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Event number: 13: 100M BACKSTROKE MIXED 10-9					Heat:4, starttime: 15:20
Heat: 4/6 Lane : 3 Athlete: CRETSKENS LENISE					Q-time: 01:49:46
PB (25m pool): 01:49.46 Aarschot 29/03/2026					PB (50m pool): no time SB: 01:49.46 Aarschot 29/03/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:52.71		01:49.46	
	00:52.71		00:56.75		
					

Coach feedback:

Event number: 13: 100M BACKSTROKE MIXED 10-9					Heat:4, starttime: 15:20
Heat: 4/6 Lane : 6 Athlete: BLOCKMANS CHARLOTTE					Q-time: 01:49:51
PB (25m pool): 01:49.51 Aarschot 29/03/2026					PB (50m pool): no time SB: 01:49.51 Aarschot 29/03/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:53.20		01:49.51	
	00:53.20		00:56.31		
					

Coach feedback:

Event number: 13: 100M BACKSTROKE MIXED 10-9					Heat:5, starttime: 15:24
Heat: 5/6 Lane : 2 Athlete: SWEECK ISE					Q-time: 01:41:56
PB (25m pool): 01:41.56 Aarschot 29/03/2026					PB (50m pool): no time SB: 01:41.56 Aarschot 29/03/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:51.47		01:41.56	
	00:51.47		00:50.09		
					

Coach feedback:

Event number: 13: 100M BACKSTROKE MIXED 10-9					Heat:5, starttime: 15:24
Heat: 5/6 Lane : 6 Athlete: ROCKELé ANNABEL					Q-time: 01:40:91
PB (25m pool): 01:40.91 Tienen 26/10/2025					PB (50m pool): no time SB: 01:40.91 Tienen 26/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:51.41		01:40.91	
	00:51.41		00:49.50		
					

Coach feedback:

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Event number: 13: 100M BACKSTROKE MIXED 10-9					Heat:6, starttime: 15:26
Heat: 6/6 Lane : 8 Athlete: SLAGMOLEN PIM					Q-time: 01:35:91
PB (25m pool): 01:35.91 Aarschot 29/03/2026					PB (50m pool): no time SB: 01:35.91 Aarschot 29/03/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:47.73		01:35.91	
	00:47.73		00:48.18		
					

Coach feedback:

Event number: 15: 200M BUTTERFLY MEN 11+							Heat:1, starttime: 15:46	
Heat: 1/2 Lane : 3 Athlete: ROCKELé LOWIE							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: 16: 400M FREESTYLE WOMEN 11+							Heat:5, starttime: 16:24	
Heat: 5/9 Lane : 2 Athlete: SALAETS TESS							Q-time: 05:45:25	
PB (25m pool): 05:45.25 Aarschot 29/03/2026			PB (50m pool): no time SB: 05:45.25 Aarschot 29/03/2026					
	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		01:19.50		no time		02:48.58
	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		05:45.25
								

Coach feedback:

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Event number: 16: 400M FREESTYLE WOMEN 11+							Heat:5, starttime: 16:24	
Heat: 5/9 Lane : 5 Athlete: BELIAEV EMILY							Q-time: 05:36:69	
PB (25m pool): 05:36.69 Tremelo 14/12/2025				PB (50m pool): no time SB: 05:36.69 Tremelo 14/12/2025				
	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		no time		01:22.41		no time		02:48.55
	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		05:36.69
								

Coach feedback:

Event number: 16: 400M FREESTYLE WOMEN 11+							Heat:6, starttime: 16:30	
Heat: 6/9 Lane : 3 Athlete: BOND MAYA							Q-time: 05:25:58	
PB (25m pool): 05:25.58 Heist-op-den-Berg 10/01/2026				PB (50m pool): 05:32.24 SB: 05:25.58 Heist-op-den-Berg 10/01/2026				
	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		01:17.29		no time		02:39.45
	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		05:25.58
								

Coach feedback:

Event number: 16: 400M FREESTYLE WOMEN 11+							Heat:6, starttime: 16:30	
Heat: 6/9 Lane : 4 Athlete: VERVLOET LIN							Q-time: 05:22:39	
PB (25m pool): 05:22.39 Zaventem 15/07/2025				PB (50m pool): 05:50.12 SB: 05:25.68 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		no time		01:14.96		no time		02:37.31
	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		05:22.39
								

Coach feedback:

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Event number: 16: 400M FREESTYLE WOMEN 11+							Heat:7, starttime: 16:36	
Heat: 7/9 Lane : 3 Athlete: PISCAER STANSE							Q-time: 05:09:93	
PB (25m pool): 05:09.93 LEUVEN 23/11/2025			PB (50m pool): 05:41.09SB: 05:09.93 LEUVEN 23/11/2025					
	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		00:33.66		01:12.28		01:52.29		02:31.51
	00:33.66		00:38.62		00:40.01		00:39.22	
								
	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		03:11.18		03:51.04		04:31.09		05:09.93
	00:39.67		00:39.86		00:40.05		00:38.84	
								

Coach feedback:

Event number: 16: 400M FREESTYLE WOMEN 11+							Heat:7, starttime: 16:36	
Heat: 7/9 Lane : 5 Athlete: JANSSEN LUCY							Q-time: 05:09:61	
PB (25m pool): 05:09.61 Heist-op-den-Berg 10/01/2026				PB (50m pool): 05:19.96SB: 05:09.61 Heist-op-den-Berg 10/01/2026				
	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		01:14.82		no time		02:34.30
	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		05:09.61
								

Coach feedback:

Event number: 16: 400M FREESTYLE WOMEN 11+							Heat:7, starttime: 16:36	
Heat: 7/9 Lane : 7 Athlete: DECALUWé ELOUISE							Q-time: 05:15:20	
PB (25m pool): 05:15.20 Heist-op-den-Berg 10/01/2026				PB (50m pool): 05:24.27 SB: 05:15.20 Heist-op-den-Berg 10/01/2026				
	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		01:15.84		no time		02:36.42
	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		05:15.20
								

Coach feedback:

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Event number: 16: 400M FREESTYLE WOMEN 11+							Heat:8, starttime: 16:42	
Heat: 8/9 Lane : 8 Athlete: UYTTERHOEVEN FIEBE							Q-time: 05:08:18	
PB (25m pool): 05:08.18 Leuven 12/10/2025				PB (50m pool): 05:44.66SB: 05:08.18 Leuven 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		00:34.84		01:15.09		01:54.00		02:33.51
	00:34.84		00:40.25		00:38.91		00:39.51	
								
	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		03:12.92		03:52.00		04:30.80		05:08.18
	00:39.41		00:39.08		00:38.80		00:37.38	
								

Coach feedback:

Event number: 17: 200M MEDLEY MEN 11+							Heat:4, starttime: 17:06	
Heat: 4/7 Lane : 3 Athlete: SOENS JACK							Q-time: 02:55:09	
PB (25m pool): 02:55.09 Parklaan 58, Turnhout 29/03/2026				PB (50m pool): 03:05.92SB: 02:55.09 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		00:41.79		no time		no time		02:55.09
	00:41.79							
								

Coach feedback:

Event number: 17: 200M MEDLEY MEN 11+							Heat:4, starttime: 17:06	
Heat: 4/7 Lane : 4 Athlete: VANDENWEGHE DRIES							Q-time: 02:54:78	
PB (25m pool): 02:54.78 Heist-op-den-Berg 10/01/2026				PB (50m pool): 03:06.20SB: 02:54.78 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		00:42.71		no time		no time		02:54.78
	00:42.71							
								

Coach feedback:

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Event number: 17: 200M MEDLEY MEN 11+							Heat:5, starttime: 17:10	
Heat: 5/7 Lane : 1 Athlete: MAERTENS TOON							Q-time: 02:49:14	
PB (25m pool): 02:49.14 Heist-op-den-Berg 10/01/2026				PB (50m pool): 02:54.75 SB: 02:49.14 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		00:38.00		no time		no time		02:49.14
	00:38.00							
								

Coach feedback:

Event number: 17: 200M MEDLEY MEN 11+							Heat:5, starttime: 17:10	
Heat: 5/7 Lane : 2 Athlete: SCHEPENS TOOR							Q-time: 02:43:92	
PB (25m pool): 02:43.92 Parklaan 58, Turnhout 29/03/2026				PB (50m pool): 02:56.79SB: 02:43.92 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		00:34.35		no time		no time		02:43.92
	00:34.35							
								

Coach feedback:

Event number: 17: 200M MEDLEY MEN 11+							Heat:5, starttime: 17:10	
Heat: 5/7 Lane : 3 Athlete: MERTENS LANDER							Q-time: 02:43:35	
PB (25m pool): 02:43.35 Leuven 12/10/2025				PB (50m pool): 02:52.19SB: 02:43.35 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		00:36.58		01:16.95		02:05.64		02:43.35
	00:36.58		00:40.37		00:48.69		00:37.71	
								

Coach feedback:

Event number: 17: 200M MEDLEY MEN 11+							Heat:5, starttime: 17:10	
Heat: 5/7 Lane : 7 Athlete: ROCKELé LOWIE							Q-time: 02:48:30	
PB (25m pool): 02:48.30 Parklaan 58, Turnhout 29/03/2026				PB (50m pool): 02:58.02SB: 02:48.30 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		00:32.36		no time		no time		02:48.30
	00:32.36							
								

Coach feedback: