

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

Coachinfo: Warming up from: 13:00 untill 13:50. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Van Dooren Glenn

Coaches: Vanhaesebroeck Nicolas

Coaches: Neiryndck Jan

Coaches: Dekker Tamiko

Coaches: Faes Sandra HEADCOACH

Coaches: Wouters Ivan

Coaches: Blaton Joke

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 : 1 Athlete: VAN LOOY MAREN					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:4, starttime: 14:08
Heat: 4/6 Lane : 5 Athlete: DE VIJLDER RIKKE					Q-time: 01:29:85
PB (25m pool): 01:29.85 Sint-Niklaas 11/01/2026					PB (50m pool): no time SB: 01:29.85 Sint-Niklaas 11/01/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:42.49		01:29.85	
	00:42.49 00:47.36				
					

Coach feedback:

Event number: 10: 100M FREESTYLE MIXED 10-9					Heat:5, starttime: 14:10
Heat: 5/6 Lane : 2 Athlete: BAKELANTS JULIA					Q-time: 01:28:47
PB (25m pool): 01:28.47 Stedelijk Zwembad Geel 15/02/2026					PB (50m pool): no time SB: 01:28.47 Stedelijk Zwembad Geel 15/02/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:42.38		01:28.47	
	00:42.38 00:46.09				
					

Coach feedback:

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Event number: 10: 100M FREESTYLE MIXED 10-9					Heat:6, starttime: 14:12
Heat: 6/6 Lane : 3 Athlete: GISCA KOSTYA					Q-time: 01:20:94
PB (25m pool): 01:20.94 Nijlen 01/03/2026			PB (50m pool): no time SB: 01:20.94 Nijlen 01/03/2026		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.91		01:20.94	
	00:37.91		00:43.03		
					

Coach feedback:

Event number: 11: 200M BACKSTROKE WOMEN 11+							Heat:1, starttime: 14:14	
Heat: 1/7 Lane : 6 Athlete: VAN BUGGENHOUT ISHANA							Q-time: 99:99:99	
PB (25m pool): 03:01.71 Meulebeke 26/05/2024				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		no time		no time		no time		03:01.71
	no time							
								

Coach feedback:

Event number: 11: 200M BACKSTROKE WOMEN 11+							Heat:2, starttime: 14:20	
Heat: 2/7 Lane : 1 Athlete: VAN CAUWENBERGE NORAH							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: 11: 200M BACKSTROKE WOMEN 11+							Heat:3, starttime: 14:24	
Heat: 3/7 Lane : 5 Athlete: VAN GINKEL LOES							Q-time: 03:23:01	
PB (25m pool): 03:23.01 TEMSE 23/11/2025			PB (50m pool): no time SB: 03:23.01 TEMSE 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		00:46.61		01:39.07		02:32.27		03:23.01
	00:46.61		00:52.46		00:53.20		00:50.74	
								

Coach feedback:

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Event number: 11: 200M BACKSTROKE WOMEN 11+							Heat:7, starttime: 14:42	
Heat: 7/7 Lane : 3 Athlete: DELIEN FLOOR							Q-time: 02:28:26	
PB (25m pool): 02:28.26 Antwerpen 12/10/2025				PB (50m pool): 02:33.13SB: 02:28.26 Antwerpen 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		00:35.67		01:13.35		01:51.19		02:28.26
	00:35.67		00:37.68		00:37.84		00:37.07	
								

Coach feedback:

Event number: 11: 200M BACKSTROKE WOMEN 11+							Heat:7, starttime: 14:42	
Heat: 7/7 Lane : 8 Athlete: BASSTANIE LIENE							Q-time: 02:33:50	
PB (25m pool): 02:33.50 Temse 17/11/2025				PB (50m pool): 02:42.55SB: 02:33.50 Temse 17/11/2025				
	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		00:34.78		01:13.25		01:53.86		02:33.50
	00:34.78		00:38.47		00:40.61		00:39.64	
								

Coach feedback:

Event number: 12: 200M BACKSTROKE MEN 11+							Heat:1, starttime: 14:44	
Heat: 1/6 Lane : 2 Athlete: GISCA DANIIL							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: 12: 200M BACKSTROKE MEN 11+							Heat:1, starttime: 14:44	
Heat: 1/6 Lane : 8 Athlete: THIJSBAERT NIO							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:6, starttime: 15:06	
Heat: 6/6 Lane : 3 Athlete: VAN DOOREN WARRE							Q-time: 02:17:91	
PB (25m pool): 02:17.91 TEMSE 23/11/2025				PB (50m pool): 02:23.22SB: 02:17.91 TEMSE 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		00:31.68		01:06.87		01:42.93		02:17.91
	00:31.68		00:35.19		00:36.06		00:34.98	
								

Coach feedback:

Event number: 13: 100M BACKSTROKE MIXED 10-9							Heat:1, starttime: 15:10		
Heat: 1/6 Lane : 2 Athlete: VAN LOOY MAREN							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 : 4 Athlete: BAKELANTS JULIA							Q-time: 01:46:99	
PB (25m pool): 01:46.99 Nijlen 16/11/2025				PB (50m pool): no time SB: 01:46.99 Nijlen 16/11/2025				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:52.44		01:46.99				
	00:52.44		00:54.55					
								

Coach feedback:

Event number: 13: 100M BACKSTROKE MIXED 10-9							Heat:5, starttime: 15:24	
Heat: 5/6 Lane : 3 Athlete: DE VIJLDER RIKKE							Q-time: 01:39:30	
PB (25m pool): 01:39.30 Sint-Niklaas 11/01/2026				PB (50m pool): no time SB: 01:39.30 Sint-Niklaas 11/01/2026				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:48.69		01:39.30				
	00:48.69		00:50.61					
								

Coach feedback:

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Event number: 14: 200M BUTTERFLY WOMEN 11+							Heat:1, starttime: 15:42	
Heat: 1/1 Lane : 7 Athlete: DIRICKX FINNE							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: 15: 200M BUTTERFLY MEN 11+							Heat:2, starttime: 15:50	
Heat: 2/2 Lane : 3 Athlete: THIJSBAERT NIO							Q-time: 02:44:36	
PB (25m pool): 02:44.36 Mol 28/12/2025			PB (50m pool): 02:47.93SB: 02:44.36 Mol 28/12/2025					
	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		00:36.21		01:17.22		02:00.84		02:44.36
	00:36.21		00:41.01		00:43.62		00:43.52	
								

Coach feedback:

Event number: 16: 400M FREESTYLE WOMEN 11+							Heat:6, starttime: 16:30	
Heat: 6/9 Lane : 5 Athlete: VAN BUGGENHOUT ISHANA							Q-time: 05:25:42	
PB (25m pool): 05:25.42 Arendonk 30/11/2025			PB (50m pool): no time SB: 05:25.42 Arendonk 30/11/2025					
	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		no time		01:17.89		no time		02:41.39
	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		05:25.42
								

Coach feedback:

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Event number: 17: 200M MEDLEY MEN 11+							Heat:4, starttime: 17:06	
Heat: 4/7 Lane : 8 Athlete: CAMBRé ARTHUR							Q-time: 03:03:02	
PB (25m pool): 03:03.02 Lier 04/04/2026				PB (50m pool): 03:27.32 SB: 03:03.02 Lier 04/04/2026				
	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		00:39.85		no time		no time		03:03.02
	00:39.85							
								

Coach feedback:

Event number: 17: 200M MEDLEY MEN 11+							Heat:6, starttime: 17:14	
Heat: 6/7 Lane : 5 Athlete: VERDONCK STAN							Q-time: 02:30:17	
PB (25m pool): 02:30.17 Lier 04/04/2026				PB (50m pool): 02:45.22SB: 02:30.17 Lier 04/04/2026				
	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		00:32.10		no time		no time		02:30.17
	00:32.10							
								

Coach feedback:

Event number: 17: 200M MEDLEY MEN 11+							Heat:7, starttime: 17:16	
Heat: 7/7 Lane : 1 Athlete: WYNANTS WARD							Q-time: 02:25:60	
PB (25m pool): 02:25.60 Mol 28/12/2025				PB (50m pool): 02:34.29SB: 02:25.60 Mol 28/12/2025				
	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		00:30.47		01:07.53		01:51.74		02:25.60
	00:30.47		00:37.06		00:44.21		00:33.86	
								

Coach feedback:

Event number: 17: 200M MEDLEY MEN 11+							Heat:7, starttime: 17:16	
Heat: 7/7 Lane : 8 Athlete: VAN DOOREN WARRE							Q-time: 02:27:56	
PB (25m pool): 02:27.56 Arendonk 30/11/2025				PB (50m pool): 02:28.47 SB: 02:27.56 Arendonk 30/11/2025				
	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		00:31.65		no time		no time		02:27.56
	00:31.65							
								

Coach feedback: