

VBCSM 2 6: Session: 3: COACH evaluation sheet for TEAM: GZVN

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

Coaches: Smeets Mirthe

PB => Personal Best time

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

Event number: 18: 100M BUTTERFLY MEN 11+					Heat:2, starttime: 09:02
Heat: 2/3 Lane : 6 Athlete: VANDEBROEK JONAS					Q-time: 01:12:45
PB (25m pool): 01:12.45 Beringen 08/02/2026					PB (50m pool): 01:16.72 SB: 01:12.45 Beringen 08/02/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.85		01:12.45	
		00:32.85		00:39.60	
					

Coach feedback:

Event number: 18: 100M BUTTERFLY MEN 11+					Heat:3, starttime: 09:04
Heat: 3/3 Lane : 3 Athlete: KENENS SIMON					Q-time: 01:03:37
PB (25m pool): 01:03.37 Maastricht 30/12/2025					PB (50m pool): 01:06.13 SB: 01:03.37 Maastricht 30/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:29.31		01:03.37	
		00:29.31		00:34.06	
					

Coach feedback:

Event number: 19: 100M BUTTERFLY WOMEN 11+					Heat:1, starttime: 09:06
Heat: 1/4 Lane : 3 Athlete: VANHEES HANNAH					Q-time: 99:99:99
PB (25m pool): no time					PB (50m pool): 01:24.34 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: 19: 100M BUTTERFLY WOMEN 11+					Heat:2, starttime: 09:08
Heat: 2/4 Lane : 7 Athlete: RATSITKA IRINI					Q-time: 01:35:05
PB (25m pool): 01:35.05 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 01:39.22 SB: 01:35.05 Stedelijk Zwembad Geel 15/02/2026					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:42.02		01:35.05	
	00:42.02		00:53.03		
					

Coach feedback:

Event number: 19: 100M BUTTERFLY WOMEN 11+					Heat:3, starttime: 09:10
Heat: 3/4 Lane : 2 Athlete: GABRIËLS AMELIA					Q-time: 01:21:48
PB (25m pool): 01:21.48 Beringen 08/02/2026 PB (50m pool): 01:23.48 SB: 01:21.48 Beringen 08/02/2026					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.35		01:21.48	
	00:37.35		00:44.13		
					

Coach feedback:

Event number: 19: 100M BUTTERFLY WOMEN 11+					Heat:3, starttime: 09:10
Heat: 3/4 Lane : 7 Athlete: CUYPERS MANON					Q-time: 01:24:36
PB (25m pool): 01:21.24 Maastricht 30/12/2024 PB (50m pool): 01:24.11 SB: 01:24.36 Maastricht 30/12/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.51		01:21.24	
	00:37.51		00:43.73		
					

Coach feedback:

Event number: 19: 100M BUTTERFLY WOMEN 11+					Heat:4, starttime: 09:12
Heat: 4/4 Lane : 1 Athlete: CUYPERS LINNE					Q-time: 01:15:93
PB (25m pool): 01:14.92 Maastricht 30/12/2024 PB (50m pool): 01:14.37 SB: 01:17.08 Maastricht 30/12/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.35		01:14.92	
	00:34.35		00:40.57		
					

Coach feedback:

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Event number: 19: 100M BUTTERFLY WOMEN 11+					Heat:4, starttime: 09:12
Heat: 4/4 Lane : 7 Athlete: SCHEPERS MIRTHE					Q-time: 01:15:84
PB (25m pool): 01:11.98 Maastricht 30/12/2024			PB (50m pool): 01:12.09 SB: 01:15.84 Maastricht 30/12/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.68		01:11.98	
	00:32.68		00:39.30		
					

Coach feedback:

Event number: 20: 100M BREASTSTROKE MEN 11+					Heat:3, starttime: 09:20
Heat: 3/4 Lane : 4 Athlete: CUYPERS MAXIME					Q-time: 01:30:28
PB (25m pool): 01:30.28 Stedelijk Zwembad Geel 15/02/2026			PB (50m pool): 01:31.74 SB: 01:30.28 Stedelijk Zwembad Geel 15/02/2026		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:42.66		01:30.28	
	00:42.66		00:47.62		
					

Coach feedback:

Event number: 20: 100M BREASTSTROKE MEN 11+					Heat:3, starttime: 09:20
Heat: 3/4 Lane : 8 Athlete: CHRISTIAENS GIEL					Q-time: 01:45:23
PB (25m pool): 01:46.00 Arendonk 30/11/2025			PB (50m pool): 01:47.43 SB: 01:46.00 Arendonk 30/11/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:50.45		01:46.00	
	00:50.45		00:55.55		
					

Coach feedback:

Event number: 21: 100M BREASTSTROKE WOMEN 11+					Heat:3, starttime: 09:30
Heat: 3/5 Lane : 8 Athlete: PANNEMANS TESSA					Q-time: 01:43:19
PB (25m pool): 01:41.49 De Sprink 22/12/2024			PB (50m pool): 01:46.97 SB: 01:43.19 Hasselt 12/10/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:48.17		01:41.49	
	00:48.17		00:53.32		
					

Coach feedback:

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Event number: 22: 100M FREESTYLE MEN 11+					Heat:1, starttime: 09:36
Heat: 1/6 Lane : 3 Athlete: ACHTEN DAAN					Q-time: 01:32:46
PB (25m pool): no time			PB (50m pool): 01:27.80 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: 22: 100M FREESTYLE MEN 11+					Heat:2, starttime: 09:38
Heat: 2/6 Lane : 5 Athlete: THOELLEN SIMON					Q-time: 01:12:89
PB (25m pool): 01:12.89 Bree 21/12/2025			PB (50m pool): 01:14.43 SB: 01:12.89 Bree 21/12/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.79		01:12.89	
	00:34.79		00:38.10		
					

Coach feedback:

Event number: 22: 100M FREESTYLE MEN 11+					Heat:4, starttime: 09:42
Heat: 4/6 Lane : 3 Athlete: TORDEUR KILIAN					Q-time: 01:02:65
PB (25m pool): 01:02.65 Temse 17/11/2025			PB (50m pool): 01:03.34 SB: 01:02.65 Temse 17/11/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.32		01:02.65	
	00:30.32		00:32.33		
					

Coach feedback:

Event number: 22: 100M FREESTYLE MEN 11+					Heat:5, starttime: 09:44
Heat: 5/6 Lane : 7 Athlete: KENENS SIMON					Q-time: 00:58:93
PB (25m pool): 00:58.93 Maastricht 30/12/2025			PB (50m pool): 00:59.95 SB: 00:58.93 Maastricht 30/12/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:28.52		00:58.93	
	00:28.52		00:30.41		
					

Coach feedback:

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Event number: 23: 100M FREESTYLE WOMEN 11+					Heat:7, starttime: 10:00
Heat: 7/8 Lane : 3 Athlete: SCHEPERS MIRTHE					Q-time: 01:04:15
PB (25m pool): 01:04.15 Hasselt 12/10/2025			PB (50m pool): 01:05.15 SB: 01:04.15 Hasselt 12/10/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.29		01:04.15	
	00:31.29		00:32.86		
					

Coach feedback:

Event number: 23: 100M FREESTYLE WOMEN 11+					Heat:7, starttime: 10:00
Heat: 7/8 Lane : 6 Athlete: CUYPERS LINNE					Q-time: 01:05:29
PB (25m pool): 01:05.29 Stedelijk Zwembad Geel 15/02/2026			PB (50m pool): 01:06.59 SB: 01:05.29 Stedelijk Zwembad Geel 15/02/2026		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.83		01:05.29	
	00:31.83		00:33.46		
					

Coach feedback:

Event number: 24: 50M BREASTSTROKE MEN 11+					Heat:1, starttime: 10:18
Heat: 1/2 Lane : 6 Athlete: ACHTEN DAAN					Q-time: 00:52:60
PB (25m pool): 00:52.60 Hasselt 12/10/2025			PB (50m pool): 00:55.99 SB: 00:52.60 Hasselt 12/10/2025		
	2 5 M	5 0 M			
PB		00:52.60			
	00:52.60				
					

Coach feedback:

Event number: 25: 50M BREASTSTROKE WOMEN 11+					Heat:2, starttime: 10:24
Heat: 2/3 Lane : 3 Athlete: VANHEES HANNAH					Q-time: 00:43:01
PB (25m pool): 00:53.84 De Sprink 23/12/2023			PB (50m pool): 00:43.01 SB: no time		
	2 5 M	5 0 M			
PB		00:53.84			
	00:53.84				
					

Coach feedback:

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Event number: 25: 50M BREASTSTROKE WOMEN 11+			Heat:2, starttime: 10:24
Heat: 2/3 Lane : 5 Athlete: RATSITKA IRINI			Q-time: 00:42:24
PB (25m pool): 00:42.24 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 00:43.35 SB: 00:42.24 Stedelijk Zwembad Geel 15/02/2026			
	2 5 M	5 0 M	
PB		00:42.24	
		00:42.24	
			

Coach feedback:

Event number: 25: 50M BREASTSTROKE WOMEN 11+			Heat:2, starttime: 10:24
Heat: 2/3 Lane : 7 Athlete: CUYPERS MANON			Q-time: 00:43:60
PB (25m pool): 00:43.41 De Sprink 22/12/2024 PB (50m pool): 00:44.01 SB: 00:43.60 Stedelijk Zwembad Geel 15/02/2026			
	2 5 M	5 0 M	
PB		00:43.41	
		00:43.41	
			

Coach feedback:

Event number: 26: 50M FREESTYLE MEN 11+			Heat:2, starttime: 10:28
Heat: 2/6 Lane : 2 Athlete: CHRISTIAENS GIEL			Q-time: 00:43:27
PB (25m pool): 00:43.27 De Sprink Bree 31/05/2025 PB (50m pool): no time SB: no time			
	2 5 M	5 0 M	
PB		00:43.27	
		00:43.27	
			

Coach feedback:

Event number: 26: 50M FREESTYLE MEN 11+			Heat:5, starttime: 10:30
Heat: 5/6 Lane : 7 Athlete: VANDEBROEK JONAS			Q-time: 00:29:32
PB (25m pool): 00:29.32 Bree 21/12/2025 PB (50m pool): 00:29.73 SB: 00:29.32 Bree 21/12/2025			
	2 5 M	5 0 M	
PB		00:29.32	
		00:29.32	
			

Coach feedback:

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Event number: 27: 50M FREESTYLE WOMEN 11+							Heat:4, starttime: 10:36		
Heat: 4/6 Lane : 6 Athlete: GABRIËLS AMELIA							Q-time: 00:32:58		
PB (25m pool): 00:32.58 Beringen 08/02/2026							PB (50m pool): 00:32.37 SB: 00:32.58 Beringen 08/02/2026		
	2 5 M		5 0 M						
PB			00:32.58						
			00:32.58						
									

Coach feedback:

Event number: 27: 50M FREESTYLE WOMEN 11+										Heat:5, starttime: 10:38	
Heat: 5/6 Lane : 5 Athlete: PANNEMANS TESSA										Q-time: 00:29:72	
PB (25m pool): 00:29.72 Maastricht 30/12/2025					PB (50m pool): 00:30.73SB: 00:29.72 Maastricht 30/12/2025						
	2 5 M		5 0 M								
PB			00:29.72								
			00:29.72								
											

Coach feedback:

Event number: 28: 400M MEDLEY MEN 11+							Heat:1, starttime: 10:40	
Heat: 1/2 Lane : 3 Athlete: THOELEN SIMON							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:

VBCSM 2 6: Session: 3: COACH evaluation sheet for TEAM: GZVN

Event number: 28: 400M MEDLEY MEN 11+							Heat:1, starttime: 10:40	
Heat: 1/2 Lane : 5 Athlete: CUYPERS MAXIME							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: 28: 400M MEDLEY MEN 11+							Heat:2, starttime: 10:48	
Heat: 2/2 Lane : 7 Athlete: TORDEUR KILIAN							Q-time: 05:53:74	
PB (25m pool): 05:53.74 Aarschot 04/05/2025			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		01:24.09		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		05:53.74
								

Coach feedback: