

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

Coachinfo: Warming up from: 08:00 untill 08:50. 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: 18: 100M BUTTERFLY MEN 11+					Heat:2, starttime: 09:02
Heat: 2/3 Lane : 2 Athlete: SEYMUS AXEL					Q-time: 01:16:52
PB (25m pool): 01:16.52 Heist-op-den-Berg 10/01/2026 PB (50m pool): 01:15.65 SB: 01:16.52 Heist-op-den-Berg 10/01/2026					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.02		01:16.52	
	00:36.02		00:40.50		
					

Coach feedback:

Event number: 19: 100M BUTTERFLY WOMEN 11+					Heat:1, starttime: 09:06
Heat: 1/4 Lane : 5 Athlete: GORIS ARWEN					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: 19: 100M BUTTERFLY WOMEN 11+					Heat:2, starttime: 09:08
Heat: 2/4 Lane : 3 Athlete: ROZIERIS LILY					Q-time: 01:33:66
PB (25m pool): 01:33.66 Heist-op-den-Berg 10/01/2026 PB (50m pool): no time SB: 01:33.66 Heist-op-den-Berg 10/01/2026					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:44.91		01:33.66	
	00:44.91		00:48.75		
					

Coach feedback:

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

Event number: 19: 100M BUTTERFLY WOMEN 11+					Heat:3, starttime: 09:10
Heat: 3/4 Lane : 5 Athlete: FAES ELYNE					Q-time: 01:18:82
PB (25m pool): 01:18.82 Heist-op-den-Berg 10/01/2026					PB (50m pool): 01:19.16 SB: 01:18.82 Heist-op-den-Berg 10/01/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.07		01:18.82	
	00:37.07		00:41.75		
					

Coach feedback:

Event number: 22: 100M FREESTYLE MEN 11+					Heat:2, starttime: 09:38
Heat: 2/6 Lane : 7 Athlete: GYSELS RUBEN					Q-time: 01:17:77
PB (25m pool): 01:17.77 Stedelijk Zwembad Geel 15/02/2026					PB (50m pool): no time SB: 01:17.77 Stedelijk Zwembad Geel 15/02/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.55		01:17.77	
	00:37.55		00:40.22		
					

Coach feedback:

Event number: 22: 100M FREESTYLE MEN 11+					Heat:3, starttime: 09:40
Heat: 3/6 Lane : 7 Athlete: PIETERS KOBE					Q-time: 01:09:37
PB (25m pool): 01:09.37 Nijlen 16/11/2025					PB (50m pool): 01:13.60 SB: 01:09.37 Nijlen 16/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.22		01:09.37	
	00:33.22		00:36.15		
					

Coach feedback:

Event number: 22: 100M FREESTYLE MEN 11+					Heat:4, starttime: 09:42
Heat: 4/6 Lane : 8 Athlete: VERBEEK MATTS					Q-time: 01:07:17
PB (25m pool): 01:07.84 Antwerpen 12/10/2025					PB (50m pool): 01:07.17 SB: 01:07.84 Antwerpen 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.35		01:07.84	
	00:33.35		00:34.49		
					

Coach feedback:

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

Event number: 23: 100M FREESTYLE WOMEN 11+					Heat:4, starttime: 09:54
Heat: 4/8 Lane : 6 Athlete: NEUVILLE ALIZÉE					Q-time: 01:12:46
PB (25m pool): 01:12.46 LEUVEN 23/11/2025					PB (50m pool): 01:13.87 SB: 01:12.46 LEUVEN 23/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.83		01:12.46	
	00:33.83		00:38.63		
					

Coach feedback:

Event number: 23: 100M FREESTYLE WOMEN 11+					Heat:5, starttime: 09:56
Heat: 5/8 Lane : 5 Athlete: NEUVILLE AXELLE					Q-time: 01:09:19
PB (25m pool): 01:09.19 Temse 17/11/2025					PB (50m pool): 01:10.47 SB: 01:09.19 Temse 17/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.17		01:09.19	
	00:33.17		00:36.02		
					

Coach feedback:

Event number: 24: 50M BREASTSTROKE MEN 11+					Heat:1, starttime: 10:18
Heat: 1/2 Lane : 7 Athlete: GYSELS RUBEN					Q-time: 99:99:99
PB (25m pool): no time					PB (50m pool): no time SB: no time
	2 5 M	5 0 M			
PB		no time			
	no time				
					

Coach feedback:

Event number: 25: 50M BREASTSTROKE WOMEN 11+					Heat:2, starttime: 10:24
Heat: 2/3 Lane : 1 Athlete: GORIS ARWEN					Q-time: 00:47:49
PB (25m pool): 00:47.49 Antwerpen 12/10/2025					PB (50m pool): 00:49.82 SB: 00:47.49 Antwerpen 12/10/2025
	2 5 M	5 0 M			
PB		00:47.49			
	00:47.49				
					

Coach feedback:

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

Event number: 26: 50M FREESTYLE MEN 11+			Heat:4, starttime: 10:30
Heat: 4/6 Lane : 6 Athlete: PIETERS KOBE			Q-time: 00:31:46
PB (25m pool): 00:31.46 LEUVEN 23/11/2025			PB (50m pool): 00:32.64 SB: 00:31.46 LEUVEN 23/11/2025
	2 5 M	5 0 M	
PB		00:31.46	
		00:31.46	
			

Coach feedback:

Event number: 26: 50M FREESTYLE MEN 11+			Heat:5, starttime: 10:30
Heat: 5/6 Lane : 8 Athlete: VERBEEK MATTS			Q-time: 00:29:93
PB (25m pool): 00:29.93 LEUVEN 23/11/2025			PB (50m pool): 00:30.21 SB: 00:29.93 LEUVEN 23/11/2025
	2 5 M	5 0 M	
PB		00:29.93	
		00:29.93	
			

Coach feedback:

Event number: 27: 50M FREESTYLE WOMEN 11+			Heat:1, starttime: 10:34
Heat: 1/6 Lane : 2 Athlete: ROZIERIS LILY			Q-time: 99:99:99
PB (25m pool): no time			PB (50m pool): no time SB: no time
	2 5 M	5 0 M	
PB		no time	
		no time	
			

Coach feedback:

Event number: 27: 50M FREESTYLE WOMEN 11+			Heat:3, starttime: 10:36
Heat: 3/6 Lane : 5 Athlete: GORIS ARWEN			Q-time: 00:35:32
PB (25m pool): 00:35.32 Nijlen 16/11/2025			PB (50m pool): 00:34.43 SB: 00:35.32 Nijlen 16/11/2025
	2 5 M	5 0 M	
PB		00:35.32	
		00:35.32	
			

Coach feedback:

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Event number: 27: 50M FREESTYLE WOMEN 11+							Heat:5, starttime: 10:38		
Heat: 5/6 Lane : 1 Athlete: FAES ELYNE							Q-time: 00:31:45		
PB (25m pool): 00:31.45 Stedelijk Zwembad Geel 15/02/2026							PB (50m pool): 00:32.26 SB: 00:31.45 Stedelijk Zwembad Geel 15/02/2026		
	2 5 M		5 0 M						
PB			00:31.45						
			00:31.45						
									

Coach feedback:

Event number: 28: 400M MEDLEY MEN 11+							Heat:2, starttime: 10:48	
Heat: 2/2 Lane : 1 Athlete: SEYMUS AXEL							Q-time: 06:13:46	
PB (25m pool): 06:13.46 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		01:32.43		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		06:13.46
								

Coach feedback: