

# VBCSM 2 6: Session: 4: COACH evaluation sheet for TEAM: GZVN

Coachinfo: Warming up from: 13:00 untill 13:50. 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: 29: 200M MEDLEY MIXED 10-9         |           |           |                        |           |           |             | Heat:1, starttime: 14:00 |           |
|--------------------------------------------------|-----------|-----------|------------------------|-----------|-----------|-------------|--------------------------|-----------|
| Heat: 1/1    Lane : 1    Athlete: OLAERTS FLORIS |           |           |                        |           |           |             | 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: 30: 100M MEDLEY MIXED 10-9                                                                                                          |           |           |           |           | Heat:2, starttime: 14:08 |  |
|---------------------------------------------------------------------------------------------------------------------------------------------------|-----------|-----------|-----------|-----------|--------------------------|--|
| Heat: 2/3    Lane : 1    Athlete: TORDEUR ROMI                                                                                                    |           |           |           |           | Q-time: 02:06:48         |  |
| PB (25m pool): 02:06.48    Stedelijk Zwembad Geel    15/02/2026    PB (50m pool): no time    SB: 02:06.48    Stedelijk Zwembad Geel    15/02/2026 |           |           |           |           |                          |  |
|                                                                                                                                                   | 2 5 M     | 5 0 M     | 7 5 M     | 1 0 0 M   |                          |  |
| PB                                                                                                                                                |           | 01:00.35  |           | 02:06.48  |                          |  |
|                                                                                                                                                   | 01:00.35  |           | 01:06.13  |           |                          |  |
|                                                                                                                                                   | . . . . . | . . . . . | . . . . . | . . . . . |                          |  |

Coach feedback:

| Event number: 31: 100M MEDLEY WOMEN 11+         |           |           |           |                                       |  |  | Heat:1, starttime: 14:14 |  |
|-------------------------------------------------|-----------|-----------|-----------|---------------------------------------|--|--|--------------------------|--|
| Heat: 1/8    Lane : 7    Athlete: CUYPERS MANON |           |           |           |                                       |  |  | Q-time: 99:99:99         |  |
| PB (25m pool): 01:26.21    Aarschot 28/04/2024  |           |           |           | PB (50m pool): no time    SB: no time |  |  |                          |  |
|                                                 | 2 5 M     | 5 0 M     | 7 5 M     | 1 0 0 M                               |  |  |                          |  |
| PB                                              |           | no time   |           | 01:26.21                              |  |  |                          |  |
|                                                 | no time   |           |           |                                       |  |  |                          |  |
|                                                 | . . . . . | . . . . . | . . . . . | . . . . .                             |  |  |                          |  |

Coach feedback:

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| Event number: 31: 100M MEDLEY WOMEN 11+     |         |         |       |          | Heat:4, starttime: 14:20           |
|---------------------------------------------|---------|---------|-------|----------|------------------------------------|
| Heat: 4/8 Lane : 1 Athlete: RATSITSKA IRINI |         |         |       |          | Q-time: 01:31:87                   |
| PB (25m pool): 01:31.87 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  |                                    |
| PB                                          |         | no time |       | 01:31.87 |                                    |
|                                             | no time |         |       |          |                                    |
|                                             | .....   | .....   | ..... | .....    |                                    |

Coach feedback:

| Event number: 31: 100M MEDLEY WOMEN 11+    |         |         |       |          | Heat:5, starttime: 14:22                            |
|--------------------------------------------|---------|---------|-------|----------|-----------------------------------------------------|
| Heat: 5/8 Lane : 2 Athlete: VANHEES HANNAH |         |         |       |          | Q-time: 01:23:21                                    |
| PB (25m pool): 01:23.21 Bree 21/12/2025    |         |         |       |          | PB (50m pool): no time SB: 01:23.21 Bree 21/12/2025 |
|                                            | 2 5 M   | 5 0 M   | 7 5 M | 1 0 0 M  |                                                     |
| PB                                         |         | no time |       | 01:23.21 |                                                     |
|                                            | no time |         |       |          |                                                     |
|                                            | .....   | .....   | ..... | .....    |                                                     |

Coach feedback:

| Event number: 31: 100M MEDLEY WOMEN 11+     |         |         |       |          | Heat:7, starttime: 14:26                                  |
|---------------------------------------------|---------|---------|-------|----------|-----------------------------------------------------------|
| Heat: 7/8 Lane : 1 Athlete: SCHEPERS MIRTHE |         |         |       |          | Q-time: 01:17:02                                          |
| PB (25m pool): 01:15.15 Beringen 05/03/2023 |         |         |       |          | PB (50m pool): no time SB: 01:17.02 Maastricht 30/12/2025 |
|                                             | 2 5 M   | 5 0 M   | 7 5 M | 1 0 0 M  |                                                           |
| PB                                          |         | no time |       | 01:15.15 |                                                           |
|                                             | no time |         |       |          |                                                           |
|                                             | .....   | .....   | ..... | .....    |                                                           |

Coach feedback:

| Event number: 31: 100M MEDLEY WOMEN 11+       |                   |          |       |          | Heat:7, starttime: 14:26                                  |
|-----------------------------------------------|-------------------|----------|-------|----------|-----------------------------------------------------------|
| Heat: 7/8 Lane : 6 Athlete: CUYPERS LINNE     |                   |          |       |          | Q-time: 01:15:68                                          |
| PB (25m pool): 01:15.68 Maastricht 30/12/2025 |                   |          |       |          | PB (50m pool): no time SB: 01:15.68 Maastricht 30/12/2025 |
|                                               | 2 5 M             | 5 0 M    | 7 5 M | 1 0 0 M  |                                                           |
| PB                                            |                   | 00:35.24 |       | 01:15.68 |                                                           |
|                                               | 00:35.24 00:40.44 |          |       |          |                                                           |
|                                               | .....             | .....    | ..... | .....    |                                                           |

Coach feedback:

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| Event number: 32: 100M MEDLEY MEN 11+                                                                                           |          |          |          |          | Heat:1, starttime: 14:30 |
|---------------------------------------------------------------------------------------------------------------------------------|----------|----------|----------|----------|--------------------------|
| Heat: 1/6 Lane : 5 Athlete: CHRISTIAENS GIEL                                                                                    |          |          |          |          | Q-time: 01:39:59         |
| PB (25m pool): 01:39.59 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): no time SB: 01:39.59 Stedelijk Zwembad Geel 15/02/2026 |          |          |          |          |                          |
|                                                                                                                                 | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                          |
| PB                                                                                                                              |          | 00:47.42 |          | 01:39.59 |                          |
|                                                                                                                                 | 00:47.42 |          | 00:52.17 |          |                          |
|                                                                                                                                 | .....    | .....    | .....    | .....    |                          |

Coach feedback:

| Event number: 32: 100M MEDLEY MEN 11+                                                                                           |          |          |          |          | Heat:2, starttime: 14:32 |
|---------------------------------------------------------------------------------------------------------------------------------|----------|----------|----------|----------|--------------------------|
| Heat: 2/6 Lane : 2 Athlete: KÄHLER MATHIAS                                                                                      |          |          |          |          | Q-time: 01:29:15         |
| PB (25m pool): 01:29.15 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): no time SB: 01:29.15 Stedelijk Zwembad Geel 15/02/2026 |          |          |          |          |                          |
|                                                                                                                                 | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                          |
| PB                                                                                                                              |          | 00:41.14 |          | 01:29.15 |                          |
|                                                                                                                                 | 00:41.14 |          | 00:48.01 |          |                          |
|                                                                                                                                 | .....    | .....    | .....    | .....    |                          |

Coach feedback:

| Event number: 32: 100M MEDLEY MEN 11+                                                                   |          |          |          |          | Heat:3, starttime: 14:34 |
|---------------------------------------------------------------------------------------------------------|----------|----------|----------|----------|--------------------------|
| Heat: 3/6 Lane : 2 Athlete: THOELLEN SIMON                                                              |          |          |          |          | Q-time: 01:22:39         |
| PB (25m pool): 01:22.39 Maastricht 30/12/2025 PB (50m pool): no time SB: 01:22.39 Maastricht 30/12/2025 |          |          |          |          |                          |
|                                                                                                         | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                          |
| PB                                                                                                      |          | 00:39.81 |          | 01:22.39 |                          |
|                                                                                                         | 00:39.81 |          | 00:42.58 |          |                          |
|                                                                                                         | .....    | .....    | .....    | .....    |                          |

Coach feedback:

| Event number: 32: 100M MEDLEY MEN 11+                                                                                           |          |          |          |          | Heat:3, starttime: 14:34 |
|---------------------------------------------------------------------------------------------------------------------------------|----------|----------|----------|----------|--------------------------|
| Heat: 3/6 Lane : 3 Athlete: CUYPERS MAXIME                                                                                      |          |          |          |          | Q-time: 01:20:04         |
| PB (25m pool): 01:20.33 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): no time SB: 01:20.33 Stedelijk Zwembad Geel 15/02/2026 |          |          |          |          |                          |
|                                                                                                                                 | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                          |
| PB                                                                                                                              |          | 00:38.39 |          | 01:20.33 |                          |
|                                                                                                                                 | 00:38.39 |          | 00:41.94 |          |                          |
|                                                                                                                                 | .....    | .....    | .....    | .....    |                          |

Coach feedback:

# VBCSM 2 6: Session: 4: COACH evaluation sheet for TEAM: GZVN

| Event number: 32: 100M MEDLEY MEN 11+        |         |         |       |          | Heat:4, starttime: 14:36                              |
|----------------------------------------------|---------|---------|-------|----------|-------------------------------------------------------|
| Heat: 4/6 Lane : 2 Athlete: VANDEBROEK JONAS |         |         |       |          | Q-time: 01:14:84                                      |
| PB (25m pool): 01:14.84 Bilzen 25/01/2026    |         |         |       |          | PB (50m pool): no time SB: 01:14.84 Bilzen 25/01/2026 |
|                                              | 2 5 M   | 5 0 M   | 7 5 M | 1 0 0 M  |                                                       |
| PB                                           |         | no time |       | 01:14.84 |                                                       |
|                                              | no time |         |       |          |                                                       |
|                                              | .....   | .....   | ..... | .....    |                                                       |

Coach feedback:

| Event number: 32: 100M MEDLEY MEN 11+                     |                   |          |       |          | Heat:4, starttime: 14:36                                              |
|-----------------------------------------------------------|-------------------|----------|-------|----------|-----------------------------------------------------------------------|
| Heat: 4/6 Lane : 4 Athlete: TORDEUR KILIAN                |                   |          |       |          | Q-time: 01:11:76                                                      |
| PB (25m pool): 01:11.76 Stedelijk Zwembad Geel 15/02/2026 |                   |          |       |          | PB (50m pool): no time SB: 01:11.76 Stedelijk Zwembad Geel 15/02/2026 |
|                                                           | 2 5 M             | 5 0 M    | 7 5 M | 1 0 0 M  |                                                                       |
| PB                                                        |                   | 00:33.18 |       | 01:11.76 |                                                                       |
|                                                           | 00:33.18 00:38.58 |          |       |          |                                                                       |
|                                                           | .....             | .....    | ..... | .....    |                                                                       |

Coach feedback:

| Event number: 32: 100M MEDLEY MEN 11+                     |                   |          |       |          | Heat:5, starttime: 14:38                                              |
|-----------------------------------------------------------|-------------------|----------|-------|----------|-----------------------------------------------------------------------|
| Heat: 5/6 Lane : 2 Athlete: KENENS SIMON                  |                   |          |       |          | Q-time: 01:08:51                                                      |
| PB (25m pool): 01:08.51 Stedelijk Zwembad Geel 15/02/2026 |                   |          |       |          | PB (50m pool): no time SB: 01:08.51 Stedelijk Zwembad Geel 15/02/2026 |
|                                                           | 2 5 M             | 5 0 M    | 7 5 M | 1 0 0 M  |                                                                       |
| PB                                                        |                   | 00:30.58 |       | 01:08.51 |                                                                       |
|                                                           | 00:30.58 00:37.93 |          |       |          |                                                                       |
|                                                           | .....             | .....    | ..... | .....    |                                                                       |

Coach feedback:

| Event number: 33: 100M BREASTSTROKE MIXED 10-9 |                   |          |       |          | Heat:2, starttime: 14:44                               |
|------------------------------------------------|-------------------|----------|-------|----------|--------------------------------------------------------|
| Heat: 2/4 Lane : 3 Athlete: TORDEUR ROMI       |                   |          |       |          | Q-time: 02:11:29                                       |
| PB (25m pool): 02:11.29 Bilzen 25/01/2026      |                   |          |       |          | PB (50m pool): 02:10.62 SB: 02:11.29 Bilzen 25/01/2026 |
|                                                | 2 5 M             | 5 0 M    | 7 5 M | 1 0 0 M  |                                                        |
| PB                                             |                   | 01:01.00 |       | 02:11.29 |                                                        |
|                                                | 01:01.00 01:10.29 |          |       |          |                                                        |
|                                                | .....             | .....    | ..... | .....    |                                                        |

Coach feedback:

# VBCSM 2 6: Session: 4: COACH evaluation sheet for TEAM: GZVN

| Event number: 33: 100M BREASTSTROKE MIXED 10-9 |          |          |                                                        |          | Heat:4, starttime: 14:50 |
|------------------------------------------------|----------|----------|--------------------------------------------------------|----------|--------------------------|
| Heat: 4/4 Lane : 5 Athlete: OLAERTS FLORIS     |          |          |                                                        |          | Q-time: 01:40:41         |
| PB (25m pool): 01:40.41 Bilzen 25/01/2026      |          |          | PB (50m pool): 01:51.18 SB: 01:40.41 Bilzen 25/01/2026 |          |                          |
|                                                | 2 5 M    | 5 0 M    | 7 5 M                                                  | 1 0 0 M  |                          |
| PB                                             |          | 00:47.82 |                                                        | 01:40.41 |                          |
|                                                | 00:47.82 |          | 00:52.59                                               |          |                          |
|                                                | .....    | .....    | .....                                                  | .....    |                          |

Coach feedback:

| Event number: 34: 100M BACKSTROKE WOMEN 11+ |          |          |                                                      |          | Heat:6, starttime: 15:06 |
|---------------------------------------------|----------|----------|------------------------------------------------------|----------|--------------------------|
| Heat: 6/7 Lane : 4 Athlete: CUYPERS LINNE   |          |          |                                                      |          | Q-time: 01:15:79         |
| PB (25m pool): 01:15.79 Pelt 05/10/2025     |          |          | PB (50m pool): 01:19.93 SB: 01:15.79 Pelt 05/10/2025 |          |                          |
|                                             | 2 5 M    | 5 0 M    | 7 5 M                                                | 1 0 0 M  |                          |
| PB                                          |          | 00:36.30 |                                                      | 01:15.79 |                          |
|                                             | 00:36.30 |          | 00:39.49                                             |          |                          |
|                                             | .....    | .....    | .....                                                | .....    |                          |

Coach feedback:

| Event number: 35: 100M BACKSTROKE MEN 11+    |          |          |                                                      |          | Heat:1, starttime: 15:12 |
|----------------------------------------------|----------|----------|------------------------------------------------------|----------|--------------------------|
| Heat: 1/5 Lane : 3 Athlete: CHRISTIAENS GIEL |          |          |                                                      |          | Q-time: 01:47:70         |
| PB (25m pool): 01:47.70 Pelt 05/10/2025      |          |          | PB (50m pool): 01:43.91 SB: 01:47.70 Pelt 05/10/2025 |          |                          |
|                                              | 2 5 M    | 5 0 M    | 7 5 M                                                | 1 0 0 M  |                          |
| PB                                           |          | 00:49.72 |                                                      | 01:47.70 |                          |
|                                              | 00:49.72 |          | 00:57.98                                             |          |                          |
|                                              | .....    | .....    | .....                                                | .....    |                          |

Coach feedback:

| Event number: 35: 100M BACKSTROKE MEN 11+    |          |          |                                     |          | Heat:4, starttime: 15:20 |
|----------------------------------------------|----------|----------|-------------------------------------|----------|--------------------------|
| Heat: 4/5 Lane : 8 Athlete: VANDEBROEK JONAS |          |          |                                     |          | Q-time: 01:17:20         |
| PB (25m pool): 01:17.20 Bree 16/02/2025      |          |          | PB (50m pool): 01:19.77 SB: no time |          |                          |
|                                              | 2 5 M    | 5 0 M    | 7 5 M                               | 1 0 0 M  |                          |
| PB                                           |          | 00:37.39 |                                     | 01:17.20 |                          |
|                                              | 00:37.39 |          | 00:39.81                            |          |                          |
|                                              | .....    | .....    | .....                               | .....    |                          |

Coach feedback:

# VBCSM 2 6: Session: 4: COACH evaluation sheet for TEAM: GZVN

| Event number: 35: 100M BACKSTROKE MEN 11+       |         |         |       |          | Heat:5, starttime: 15:22                                   |
|-------------------------------------------------|---------|---------|-------|----------|------------------------------------------------------------|
| Heat: 5/5 Lane : 1 Athlete: KENENS SIMON        |         |         |       |          | Q-time: 01:09:09                                           |
| PB (25m pool): 01:07.92 3500 Hasselt 20/10/2024 |         |         |       |          | PB (50m pool): 01:10.54 SB: 01:09.09 Maastricht 30/12/2025 |
|                                                 | 2 5 M   | 5 0 M   | 7 5 M | 1 0 0 M  |                                                            |
| PB                                              |         | no time |       | 01:07.92 |                                                            |
|                                                 | no time |         |       |          |                                                            |
|                                                 | .....   | .....   | ..... | .....    |                                                            |

Coach feedback:

| Event number: 36: 200M MEDLEY WOMEN 11+           |         |         |       |                                    |       |         | Heat:3, starttime: 15:46 |          |
|---------------------------------------------------|---------|---------|-------|------------------------------------|-------|---------|--------------------------|----------|
| Heat: 3/7    Lane : 8    Athlete: RATSITSKA IRINI |         |         |       |                                    |       |         | Q-time: 03:12:97         |          |
| PB (25m pool): 03:12.97    Zaventem 21/06/2025    |         |         |       | PB (50m pool): 03:12.11SB: 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 |                          | 03:12.97 |
|                                                   | no time |         |       |                                    |       |         |                          |          |
|                                                   | .....   | .....   | ..... | .....                              | ..... | .....   | .....                    | .....    |

Coach feedback:

| Event number: 36: 200M MEDLEY WOMEN 11+               |           |           |           |                                                           |           |           | Heat:4, starttime: 15:50 |           |
|-------------------------------------------------------|-----------|-----------|-----------|-----------------------------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 4/7    Lane : 1    Athlete: CUYPERS MANON       |           |           |           |                                                           |           |           | Q-time: 02:59:67         |           |
| PB (25m pool): 02:54.40    3500 Hasselt    24/11/2024 |           |           |           | PB (50m pool): 03:01.00SB: 03:00.66    Bree    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                                                    |           | 00:37.82  |           | 01:22.43                                                  |           | 02:12.90  |                          | 02:54.40  |
|                                                       | 00:37.82  |           | 00:44.61  |                                                           | 00:50.47  |           | 00:41.50                 |           |
|                                                       | . . . . . | . . . . . | . . . . . | . . . . .                                                 | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 36: 200M MEDLEY WOMEN 11+           |           |           |           |                                                             |           |           | Heat:4, starttime: 15:50 |           |
|---------------------------------------------------|-----------|-----------|-----------|-------------------------------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 4/7    Lane : 2    Athlete: GABRIËLS AMELIA |           |           |           |                                                             |           |           | Q-time: 02:58:31         |           |
| PB (25m pool): 02:58.31    Lommel    22/02/2026   |           |           |           | PB (50m pool): 03:07.52SB: 02:58.31    Lommel    22/02/2026 |           |           |                          |           |
|                                                   | 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                                                |           | 00:36.46  |           | no time                                                     |           | no time   |                          | 02:58.31  |
|                                                   | 00:36.46  |           |           |                                                             |           |           |                          |           |
|                                                   | . . . . . | . . . . . | . . . . . | . . . . .                                                   | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

# VBCSM 2 6: Session: 4: COACH evaluation sheet for TEAM: GZVN

| Event number: 36: 200M MEDLEY WOMEN 11+           |           |           |           |                                                              |           |           | Heat:4, starttime: 15:50 |           |
|---------------------------------------------------|-----------|-----------|-----------|--------------------------------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 4/7    Lane : 8    Athlete: PANNEMANS TESSA |           |           |           |                                                              |           |           | Q-time: 02:59:70         |           |
| PB (25m pool): 02:59.70    Hasselt    12/10/2025  |           |           |           | PB (50m pool): 03:16.29SB: 02:59.70    Hasselt    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                                                |           | 00:36.67  |           | no time                                                      |           | no time   |                          | 02:59.70  |
|                                                   | 00:36.67  |           |           |                                                              |           |           |                          |           |
|                                                   | . . . . . | . . . . . | . . . . . | . . . . .                                                    | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 36: 200M MEDLEY WOMEN 11+          |           |           |           |                                                         |           |           | Heat:5, starttime: 15:52 |           |
|--------------------------------------------------|-----------|-----------|-----------|---------------------------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 5/7    Lane : 2    Athlete: VANHEES HANNAH |           |           |           |                                                         |           |           | Q-time: 02:50:77         |           |
| PB (25m pool): 02:54.39    Bree 21/12/2025       |           |           |           | PB (50m pool): 02:53.80 SB: 02:54.39    Bree 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                                               |           | 00:37.89  |           | no time                                                 |           | no time   |                          | 02:54.39  |
|                                                  | 00:37.89  |           |           |                                                         |           |           |                          |           |
|                                                  | . . . . . | . . . . . | . . . . . | . . . . .                                               | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 37: 400M FREESTYLE MEN 11+         |         |         |                                                           |          |         |         | Heat:2, starttime: 16:12 |          |
|--------------------------------------------------|---------|---------|-----------------------------------------------------------|----------|---------|---------|--------------------------|----------|
| Heat: 2/5    Lane : 4    Athlete: KÄHLER MATHIAS |         |         |                                                           |          |         |         | Q-time: 05:43:47         |          |
| PB (25m pool): 05:43.47    Bree    21/12/2025    |         |         | PB (50m pool): 06:33.63SB: 05:43.47    Bree    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 |                                                           | 01:22.25 |         | no time |                          | 02:52.27 |
|                                                  | 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 |                          | 05:43.47 |
|                                                  |         |         |                                                           |          |         |         |                          |          |
|                                                  | .....   | .....   | .....                                                     | .....    | .....   | .....   | .....                    | .....    |

Coach feedback:

# VBCSM 2 6: Session: 4: COACH evaluation sheet for TEAM: GZVN

| Event number: 37: 400M FREESTYLE MEN 11+         |           |           |           |                                                                 |           |           | Heat:2, starttime: 16:12 |           |
|--------------------------------------------------|-----------|-----------|-----------|-----------------------------------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 2/5    Lane : 5    Athlete: THOELEN SIMON  |           |           |           |                                                                 |           |           | Q-time: 05:49:76         |           |
| PB (25m pool): 05:49.76    Hasselt    12/10/2025 |           |           |           | PB (50m pool): no time    SB: 05:49.76    Hasselt    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                                               |           | 00:40.22  |           | 01:25.05                                                        |           | 02:10.28  |                          | 02:55.41  |
|                                                  | 00:40.22  |           | 00:44.83  |                                                                 | 00:45.23  |           | 00:45.13                 |           |
|                                                  | . . . . . | . . . . . | . . . . . | . . . . .                                                       | . . . . . | . . . . . | . . . . .                | . . . . . |
|                                                  | 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                                               |           | 03:40.71  |           | 04:26.20                                                        |           | 05:09.56  |                          | 05:49.76  |
|                                                  | 00:45.30  |           | 00:45.49  |                                                                 | 00:43.36  |           | 00:40.20                 |           |
|                                                  | . . . . . | . . . . . | . . . . . | . . . . .                                                       | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 37: 400M FREESTYLE MEN 11+       |         |         |         |                                       |         |         | Heat:2, starttime: 16:12 |          |
|------------------------------------------------|---------|---------|---------|---------------------------------------|---------|---------|--------------------------|----------|
| Heat: 2/5    Lane : 7    Athlete: ACHTEN DAAN  |         |         |         |                                       |         |         | Q-time: 07:05:46         |          |
| PB (25m pool): 07:05.46    Beringen 16/03/2025 |         |         |         | 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 |         | 01:38.55                              |         | no time |                          | 03:29.56 |
|                                                | 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 |                          | 07:05.46 |
|                                                |         |         |         |                                       |         |         |                          |          |
|                                                | ...     | ...     | ...     | ...                                   | ...     | ...     | ...                      | ...      |

Coach feedback:

| Event number: 37: 400M FREESTYLE MEN 11+         |           |           |                                                              |           |           |           | Heat:3, starttime: 16:20 |           |
|--------------------------------------------------|-----------|-----------|--------------------------------------------------------------|-----------|-----------|-----------|--------------------------|-----------|
| Heat: 3/5    Lane : 8    Athlete: CUYPERS MAXIME |           |           |                                                              |           |           |           | Q-time: 05:39:88         |           |
| PB (25m pool): 05:39.88    Hasselt    12/10/2025 |           |           | PB (50m pool): 05:49.87SB: 05:39.88    Hasselt    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                                               |           | 00:39.98  |                                                              | 01:23.62  |           | 02:07.83  |                          | 02:51.48  |
|                                                  | 00:39.98  |           | 00:43.64                                                     |           | 00:44.21  |           | 00:43.65                 |           |
|                                                  | . . . . . | . . . . . | . . . . .                                                    | . . . . . | . . . . . | . . . . . | . . . . .                | . . . . . |
|                                                  | 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                                               |           | 03:35.24  |                                                              | 04:18.59  |           | 05:01.37  |                          | 05:39.88  |
|                                                  | 00:43.76  |           | 00:43.35                                                     |           | 00:42.78  |           | 00:38.51                 |           |
|                                                  | . . . . . | . . . . . | . . . . .                                                    | . . . . . | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

# VBCSM 2 6: Session: 4: COACH evaluation sheet for TEAM: GZVN

| Event number: 37: 400M FREESTYLE MEN 11+          |         |         |                                                               |          |         |         | Heat:4, starttime: 16:26 |          |
|---------------------------------------------------|---------|---------|---------------------------------------------------------------|----------|---------|---------|--------------------------|----------|
| Heat: 4/5    Lane : 7    Athlete: TORDEUR KILIAN  |         |         |                                                               |          |         |         | Q-time: 04:53:17         |          |
| PB (25m pool): 04:53.17    Arendonk    30/11/2025 |         |         | PB (50m pool): 04:50.78SB: 04:53.17    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 |                                                               | 01:09.50 |         | no time |                          | 02:24.08 |
|                                                   | 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 |                          | 04:53.17 |
|                                                   |         |         |                                                               |          |         |         |                          |          |
|                                                   | .....   | .....   | .....                                                         | .....    | .....   | .....   | .....                    | .....    |

Coach feedback: