

VBCSM 2 6: Session: 4: 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: 29: 200M MEDLEY MIXED 10-9							Heat:1, starttime: 14:00	
Heat: 1/1 Lane : 8 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	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:1, starttime: 14:06	
Heat: 1/3 Lane : 6 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: 30: 100M MEDLEY MIXED 10-9							Heat:1, starttime: 14:06	
Heat: 1/3 Lane : 8 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: 30: 100M MEDLEY MIXED 10-9					Heat:2, starttime: 14:08
Heat: 2/3 Lane : 3 Athlete: BLOCKMANS CHARLOTTE					Q-time: 01:49:65
PB (25m pool): 01:49.65 LEUVEN. 22/02/2026					PB (50m pool): no time SB: 01:49.65 LEUVEN. 22/02/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:49.65	
	no time				
					

Coach feedback:

Event number: 30: 100M MEDLEY MIXED 10-9					Heat:2, starttime: 14:08
Heat: 2/3 Lane : 6 Athlete: WYSGEER LOTTE					Q-time: 01:55:22
PB (25m pool): 01:55.22 LEUVEN. 22/02/2026					PB (50m pool): no time SB: 01:55.22 LEUVEN. 22/02/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:55.22	
	no time				
					

Coach feedback:

Event number: 30: 100M MEDLEY MIXED 10-9					Heat:2, starttime: 14:08
Heat: 2/3 Lane : 7 Athlete: CRETSKENS LENISE					Q-time: 02:04:55
PB (25m pool): 02:04.55 LEUVEN. 22/02/2026					PB (50m pool): no time SB: 02:04.55 LEUVEN. 22/02/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		02:04.55	
	no time				
					

Coach feedback:

Event number: 30: 100M MEDLEY MIXED 10-9					Heat:3, starttime: 14:10
Heat: 3/3 Lane : 1 Athlete: SLAGMOLEN PIM					Q-time: 01:44:04
PB (25m pool): 01:44.04 LEUVEN. 22/02/2026					PB (50m pool): no time SB: 01:44.04 LEUVEN. 22/02/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:44.04	
	no time				
					

Coach feedback:

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Event number: 30: 100M MEDLEY MIXED 10-9					Heat:3, starttime: 14:10
Heat: 3/3 Lane : 6 Athlete: SWEECK ISE					Q-time: 01:40:63
PB (25m pool): 01:40.63 LEUVEN. 22/02/2026			PB (50m pool): no time SB: 01:40.63 LEUVEN. 22/02/2026		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:40.63	
	no time				
					

Coach feedback:

Event number: 32: 100M MEDLEY MEN 11+					Heat:1, starttime: 14:30
Heat: 1/6 Lane : 7 Athlete: CHRISTIAENS TUUR					Q-time: 01:58:13
PB (25m pool): 01:58.13 Aarschot 29/03/2026			PB (50m pool): no time SB: 01:58.13 Aarschot 29/03/2026		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:58.13	
	no time				
					

Coach feedback:

Event number: 32: 100M MEDLEY MEN 11+					Heat:4, starttime: 14:36
Heat: 4/6 Lane : 7 Athlete: MERTENS LANDER					Q-time: 01:15:53
PB (25m pool): 01:15.53 Stedelijk Zwembad Geel 15/02/2026			PB (50m pool): no time SB: 01:15.53 Stedelijk Zwembad Geel 15/02/2026		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.00		01:15.53	
	00:34.00		00:41.53		
					

Coach feedback:

Event number: 33: 100M BREASTSTROKE MIXED 10-9					Heat:1, starttime: 14:42
Heat: 1/4 Lane : 3 Athlete: SWEECK ISE					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: 33: 100M BREASTSTROKE MIXED 10-9					Heat:1, starttime: 14:42
Heat: 1/4 Lane : 4 Athlete: SLAGMOLEN PIM					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: 34: 100M BACKSTROKE WOMEN 11+					Heat:6, starttime: 15:06
Heat: 6/7 Lane : 7 Athlete: PISCAER STANSE					Q-time: 01:17:18
PB (25m pool): 01:17.18 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 01:19.48 SB: 01:17.18 Stedelijk Zwembad Geel 15/02/2026					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.61		01:17.18	
	00:37.61 00:39.57				
					

Coach feedback:

Event number: 35: 100M BACKSTROKE MEN 11+					Heat:1, starttime: 15:12
Heat: 1/5 Lane : 5 Athlete: WINDEY LOUIS					Q-time: 01:43:32
PB (25m pool): 01:43.32 Tienen 26/10/2025 PB (50m pool): 01:37.10 SB: 01:43.32 Tienen 26/10/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:50.16		01:43.32	
	00:50.16 00:53.16				
					

Coach feedback:

Event number: 35: 100M BACKSTROKE MEN 11+					Heat:2, starttime: 15:14
Heat: 2/5 Lane : 4 Athlete: TORDOIR MILAS					Q-time: 01:25:59
PB (25m pool): 01:25.59 Heist-op-den-Berg 10/01/2026 PB (50m pool): 01:25.90 SB: 01:25.59 Heist-op-den-Berg 10/01/2026					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:41.10		01:25.59	
	00:41.10 00:44.49				
					

Coach feedback:

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Event number: 35: 100M BACKSTROKE MEN 11+					Heat:3, starttime: 15:16
Heat: 3/5 Lane : 3 Athlete: VANDENWEGHE DRIES					Q-time: 01:20:29
PB (25m pool): 01:20.29 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 01:26.04 SB: 01:20.29 Stedelijk Zwembad Geel 15/02/2026					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.14		01:20.29	
		00:38.14		00:42.15	
					

Coach feedback:

Event number: 35: 100M BACKSTROKE MEN 11+					Heat:4, starttime: 15:20
Heat: 4/5 Lane : 7 Athlete: MAERTENS TOON					Q-time: 01:15:10
PB (25m pool): 01:15.10 LEUVEN 21/12/2025 PB (50m pool): 01:16.61 SB: 01:15.10 LEUVEN 21/12/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.80		01:15.10	
		00:36.80		00:38.30	
					

Coach feedback:

Event number: 36: 200M MEDLEY WOMEN 11+					Heat:3, starttime: 15:46			
Heat: 3/7 Lane : 1 Athlete: SALAETS TESS					Q-time: 03:12:25			
PB (25m pool): 03:12.25 Tremelo 18/01/2026 PB (50m pool): no time SB: 03:12.25 Tremelo 18/01/2026								
	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		00:42.58		no time		no time		03:12.25
		00:42.58						
								

Coach feedback:

Event number: 36: 200M MEDLEY WOMEN 11+					Heat:3, starttime: 15:46			
Heat: 3/7 Lane : 4 Athlete: BELIAEV EMILY					Q-time: 03:02:78			
PB (25m pool): 03:02.78 Parklaan 58, Turnhout 29/03/2026 PB (50m pool): 03:05.05 SB: 03:02.78 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		00:40.58		no time		no time		03:02.78
		00:40.58						
								

Coach feedback:

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Event number: 36: 200M MEDLEY WOMEN 11+							Heat:4, starttime: 15:50	
Heat: 4/7 Lane : 7 Athlete: BOND MAYA							Q-time: 02:58:61	
PB (25m pool): 02:58.61 Heist-op-den-Berg 10/01/2026				PB (50m pool): 03:02.31 SB: 02:58.61 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		00:39.23		no time		no time		02:58.61
	00:39.23							
								

Coach feedback:

Event number: 36: 200M MEDLEY WOMEN 11+							Heat:5, starttime: 15:52	
Heat: 5/7 Lane : 5 Athlete: DECALUWé ELOUISE							Q-time: 02:49:56	
PB (25m pool): 02:49.56 Heist-op-den-Berg 10/01/2026				PB (50m pool): 02:59.25SB: 02:49.56 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		00:37.63		no time		no time		02:49.56
	00:37.63							
								

Coach feedback:

Event number: 36: 200M MEDLEY WOMEN 11+							Heat:5, starttime: 15:52	
Heat: 5/7 Lane : 8 Athlete: VERVLOET LIN							Q-time: 02:52:24	
PB (25m pool): 02:52.24 Parklaan 58, Turnhout 29/03/2026				PB (50m pool): 02:55.52 SB: 02:52.24 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		00:38.59		no time		no time		02:52.24
	00:38.59							
								

Coach feedback:

Event number: 36: 200M MEDLEY WOMEN 11+							Heat:6, starttime: 15:56	
Heat: 6/7 Lane : 2 Athlete: JANSSEN LUCY							Q-time: 02:42:42	
PB (25m pool): 02:42.42 Parklaan 58, Turnhout 29/03/2026				PB (50m pool): 02:51.65SB: 02:42.42 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		00:34.46		no time		no time		02:42.42
	00:34.46							
								

Coach feedback:

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Event number: 36: 200M MEDLEY WOMEN 11+							Heat:6, starttime: 15:56	
Heat: 6/7 Lane : 6 Athlete: UYTTERHOEVEN FIEBE							Q-time: 02:41:00	
PB (25m pool): 02:41.00 Parklaan 58, Turnhout 29/03/2026				PB (50m pool): 02:46.03SB: 02:41.00 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		00:34.84		no time		no time		02:41.00
	00:34.84							
								

Coach feedback:

Event number: 37: 400M FREESTYLE MEN 11+							Heat:3, starttime: 16:20	
Heat: 3/5 Lane : 2 Athlete: VANDENWEGHE DRIES							Q-time: 05:16:53	
PB (25m pool): 05:16.53 LEUVEN 21/12/2025			PB (50m pool): 05:43.76SB: 05:16.53 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		00:37.01		01:18.20		01:58.86		02:39.79
	00:37.01		00:41.19		00:40.66		00:40.93	
								
	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		03:19.46		03:59.46		04:39.34		05:16.53
	00:39.67		00:40.00		00:39.88		00:37.19	
								

Coach feedback:

Event number: 37: 400M FREESTYLE MEN 11+							Heat:3, starttime: 16:20	
Heat: 3/5 Lane : 3 Athlete: SCHEPENS TOOR							Q-time: 05:11:75	
PB (25m pool): 05:11.75 Zaventem 15/07/2025				PB (50m pool): 05:50.42SB: 05:12.47 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		01:14.08		no time		02:33.75
	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		05:11.75
								

Coach feedback:

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Event number: 37: 400M FREESTYLE MEN 11+							Heat:3, starttime: 16:20	
Heat: 3/5 Lane : 4 Athlete: MAERTENS TOON							Q-time: 05:04:36	
PB (25m pool): 05:04.36 Leuven 12/10/2025				PB (50m pool): 05:13.80SB: 05:04.36 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		00:34.00		01:12.15		01:50.90		02:29.37
	00:34.00		00:38.15		00:38.75		00:38.47	
								
	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		03:08.44		03:47.32		04:26.34		05:04.36
	00:39.07		00:38.88		00:39.02		00:38.02	
								

Coach feedback:

Event number: 37: 400M FREESTYLE MEN 11+							Heat:3, starttime: 16:20	
Heat: 3/5 Lane : 5 Athlete: ROCKELé LOWIE							Q-time: 05:10:31	
PB (25m pool): 05:10.31 Aarschot 04/05/2025				PB (50m pool): 05:37.22SB: 05:15.44 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		01:13.73		no time		02:32.00
	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		05:10.31
								

Coach feedback:

Event number: 37: 400M FREESTYLE MEN 11+							Heat:3, starttime: 16:20	
Heat: 3/5 Lane : 6 Athlete: MERTENS LANDER							Q-time: 05:15:00	
PB (25m pool): 05:15.00 Tremelo 14/12/2025				PB (50m pool): 05:59.85SB: 05:15.00 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		01:15.93		no time		02:36.46
	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		05:15.00
								

Coach feedback:

VBCSM 2 6: Session: 4: COACH evaluation sheet for TEAM: ZCT

Event number: 37: 400M FREESTYLE MEN 11+							Heat:3, starttime: 16:20	
Heat: 3/5 Lane : 7 Athlete: SOENS JACK							Q-time: 05:33:71	
PB (25m pool): 05:33.71 Tremelo 14/12/2025			PB (50m pool): no time SB: 05:33.71 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		01:19.48		no time		02:45.77
	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		05:33.71
								

Coach feedback:

Event number: 38: 4x50M FREESTYLE WOMEN 11+							Heat:2, starttime: 16:44	
Heat: 2/2 Lane : 3 Athlete: TEAM ZCT 1							Q-time: 02:05:00	
PB (25m pool):			PB (50m pool):		SB:			
	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								
								

Coach feedback:

Event number: 38: 4x50M FREESTYLE WOMEN 11+							Heat:2, starttime: 16:44	
Heat: 2/2 Lane : 6 Athlete: TEAM ZCT 2							Q-time: 02:11:00	
PB (25m pool):			PB (50m pool):		SB:			
	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								
								

Coach feedback:

VBCSM 2 6: Session: 4: COACH evaluation sheet for TEAM: ZCT

Event number: 39: 4x50M FREESTYLE MEN 11+							Heat:2, starttime: 16:50	
Heat: 2/2 Lane : 1 Athlete: TEAM ZCT 2							Q-time: 02:13:00	
PB (25m pool):			PB (50m pool):		SB:			
	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								
								

Coach feedback:

Event number: 39: 4x50M FREESTYLE MEN 11+							Heat:2, starttime: 16:50	
Heat: 2/2 Lane : 2 Athlete: TEAM ZCT 1							Q-time: 02:02:00	
PB (25m pool):			PB (50m pool):		SB:			
	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								
								

Coach feedback: