

ZIOS CVB 1mei: Session: 1: COACH Evaluation sheet for TEAM: ALZV

Coachinfo: Warming up from: 13:00 untill 13:55. Teamleadmeeting @ The listed starttimes are indicative!

PB => Personal Best time

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

Event number: 2: 400M MEDLEY MEN 11+

Heat:1, starttime: 14:00

Heat: 1/2 Lane : 4 Athlete: VAN DEN BERGHE VINCE							Q-time: 06:01:55	
PB (25m pool): 06:01.55 Ternat 14/12/2025				PB (50m pool): 06:09.81 SB: 06:01.55 Ternat 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		00:41.97		01:34.19		no time		no time
	00:41.97		00:52.22					
								
	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		06:01.55
								

Coach feedback:

Event number: 4: 50M FREESTYLE MEN 18+

Heat:2, starttime: 14:45

Heat: 2/2 Lane : 3 Athlete: DE MAESSCHALCK YARNE							Q-time: 00:24:86	
PB (25m pool): 00:24.86 LEUVEN. 22/02/2026				PB (50m pool): 00:25.76SB: 00:24.86 LEUVEN. 22/02/2026				
	2 5 M		5 0 M					
PB			00:24.86					
	00:24.86							
								

Coach feedback:

Event number: 7: 200M BACKSTROKE MEN 11+

Heat:1, starttime: 14:50

Heat: 1/8 Lane : 2 Athlete: VERMAELEN MAURO							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: 7: 200M BACKSTROKE MEN 11+							Heat:5, starttime: 15:10	
Heat: 5/8 Lane : 5 Athlete: DESMEDT TIMO							Q-time: 03:44:49	
PB (25m pool): 03:44.49 Dilbeek 11/05/2025				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		00:52.80		01:51.50		no time		03:44.49
	00:52.80		00:58.70					
								

Coach feedback:

Event number: 7: 200M BACKSTROKE MEN 11+							Heat:6, starttime: 15:15	
Heat: 6/8 Lane : 2 Athlete: HERMAN WOUT							Q-time: 02:54:05	
PB (25m pool): 02:54.05 Sint-Pieters-Leeuw 01/03/2026				PB (50m pool): 02:57.69SB: 02:54.05 Sint-Pieters-Leeuw 01/03/2026				
	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		00:40.60		01:24.88		no time		02:54.05
	00:40.60		00:44.28					
								

Coach feedback:

Event number: 7: 200M BACKSTROKE MEN 11+							Heat:7, starttime: 15:20	
Heat: 7/8 Lane : 3 Athlete: HERMANS VIKTOR							Q-time: 02:37:44	
PB (25m pool): 02:37.44 LEUVEN. 22/02/2026				PB (50m pool): no time SB: 02:37.44 LEUVEN. 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		00:36.70		01:17.02		no time		02:37.44
	00:36.70		00:40.32					
								

Coach feedback:

Event number: 8: 50M FREESTYLE WOMEN 11+										Heat:2, starttime: 15:30	
Heat: 2/7 Lane : 1 Athlete: STROOBANTS YINNE										Q-time: 00:39:53	
PB (25m pool): 00:39.53 Vilvoorde 18/05/2025					PB (50m pool): no time SB: 00:40.10 Meise 14/09/2025						
	2 5 M		5 0 M								
PB			00:39.53								
			00:39.53								
											

Coach feedback:

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Event number: 8: 50M FREESTYLE WOMEN 11+			Heat:4, starttime: 15:30
Heat: 4/7 Lane : 2 Athlete: VAN HOEYMISSEN JANNE			Q-time: 00:37:25
PB (25m pool): 00:37.25 Vilvoorde 18/05/2025			PB (50m pool): 00:34.93 SB: 00:37.87 Meise 14/09/2025
	2 5 M	5 0 M	
PB		00:37.25	
		00:37.25	
			

Coach feedback:

Event number: 8: 50M FREESTYLE WOMEN 11+			Heat:5, starttime: 15:35
Heat: 5/7 Lane : 4 Athlete: BRAMS ANN-SOPHIE			Q-time: 00:34:10
PB (25m pool): 00:34.10 Zaventem 16/02/2025			PB (50m pool): 00:35.84 SB: 00:35.19 Dilbeek 28/09/2025
	2 5 M	5 0 M	
PB		00:34.10	
		00:34.10	
			

Coach feedback:

Event number: 8: 50M FREESTYLE WOMEN 11+			Heat:5, starttime: 15:35
Heat: 5/7 Lane : 6 Athlete: PINTE ELLA			Q-time: 00:36:14
PB (25m pool): 00:36.14 LEUVEN. 22/02/2026			PB (50m pool): no time SB: 00:36.14 LEUVEN. 22/02/2026
	2 5 M	5 0 M	
PB		00:36.14	
		00:36.14	
			

Coach feedback:

Event number: 8: 50M FREESTYLE WOMEN 11+			Heat:7, starttime: 15:35
Heat: 7/7 Lane : 4 Athlete: VAN ROY ONAH			Q-time: 00:30:38
PB (25m pool): 00:30.38 LEUVEN. 22/02/2026			PB (50m pool): 00:31.99 SB: 00:30.38 LEUVEN. 22/02/2026
	2 5 M	5 0 M	
PB		00:30.38	
		00:30.38	
			

Coach feedback:

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Event number: 8: 50M FREESTYLE WOMEN 11+			Heat:7, starttime: 15:35
Heat: 7/7 Lane : 6 Athlete: NECULAE MARIA IULIA			Q-time: 00:31:93
PB (25m pool): 00:31.93 LEUVEN. 22/02/2026			PB (50m pool): 00:32.87 SB: 00:31.93 LEUVEN. 22/02/2026
	2 5 M	5 0 M	
PB		00:31.93	
		00:31.93	
			

Coach feedback:

Event number: 10: 50M BUTTERFLY MEN 11+			Heat:1, starttime: 15:55
Heat: 1/5 Lane : 2 Athlete: VERMAELEN MAURO			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: 10: 50M BUTTERFLY MEN 11+			Heat:3, starttime: 16:00
Heat: 3/5 Lane : 1 Athlete: DESMEDT TIMO			Q-time: 00:42:94
PB (25m pool): 00:42.94 LEUVEN. 22/02/2026			PB (50m pool): no time SB: 00:42.94 LEUVEN. 22/02/2026
	2 5 M	5 0 M	
PB		00:42.94	
		00:42.94	
			

Coach feedback:

Event number: 10: 50M BUTTERFLY MEN 11+			Heat:3, starttime: 16:00
Heat: 3/5 Lane : 3 Athlete: VAN DEN BERGHE VINCE			Q-time: 00:36:05
PB (25m pool): 00:36.05 LEUVEN. 22/02/2026			PB (50m pool): 00:35.39 SB: 00:36.05 LEUVEN. 22/02/2026
	2 5 M	5 0 M	
PB		00:36.05	
		00:36.05	
			

Coach feedback:

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Event number: 10: 50M BUTTERFLY MEN 11+			Heat:3, starttime: 16:00
Heat: 3/5 Lane : 4 Athlete: HERMAN WOUT			Q-time: 00:39:68
PB (25m pool): 00:39.68 LEUVEN. 22/02/2026			PB (50m pool): 00:40.60 SB: 00:39.68 LEUVEN. 22/02/2026
	2 5 M	5 0 M	
PB		00:39.68	
		00:39.68	
			

Coach feedback:

Event number: 10: 50M BUTTERFLY MEN 11+			Heat:4, starttime: 16:00
Heat: 4/5 Lane : 1 Athlete: HERMANS VIKTOR			Q-time: 00:35:05
PB (25m pool): 00:35.05 LEUVEN. 22/02/2026			PB (50m pool): 00:37.23 SB: 00:35.05 LEUVEN. 22/02/2026
	2 5 M	5 0 M	
PB		00:35.05	
		00:35.05	
			

Coach feedback:

Event number: 10: 50M BUTTERFLY MEN 11+			Heat:5, starttime: 16:00
Heat: 5/5 Lane : 3 Athlete: DE MAESSCHALCK YARNE			Q-time: 00:27:38
PB (25m pool): 00:27.38 LEUVEN. 22/02/2026			PB (50m pool): 00:27.99 SB: 00:27.38 LEUVEN. 22/02/2026
	2 5 M	5 0 M	
PB		00:27.38	
		00:27.38	
			

Coach feedback:

Event number: 11: 50M BUTTERFLY WOMEN 11+			Heat:2, starttime: 16:05
Heat: 2/5 Lane : 1 Athlete: STROOBANTS YINNE			Q-time: 00:48:88
PB (25m pool): 00:48.88 Leuven 23/02/2025			PB (50m pool): no time SB: no time
	2 5 M	5 0 M	
PB		00:48.88	
		00:48.88	
			

Coach feedback:

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Event number: 11: 50M BUTTERFLY WOMEN 11+			Heat:2, starttime: 16:05
Heat: 2/5 Lane : 3 Athlete: BRAMS ANN-SOPHIE			Q-time: 00:42:90
PB (25m pool): 00:42.90 Meise 14/09/2025			PB (50m pool): no time SB: 00:42.90 Meise 14/09/2025
	2 5 M	5 0 M	
PB		00:42.90	
		00:42.90	
			

Coach feedback:

Event number: 11: 50M BUTTERFLY WOMEN 11+			Heat:3, starttime: 16:05
Heat: 3/5 Lane : 4 Athlete: VAN HOEYMISSSEN JANNE			Q-time: 00:41:42
PB (25m pool): 00:41.42 Temse 17/11/2025			PB (50m pool): 00:42.48 SB: 00:41.42 Temse 17/11/2025
	2 5 M	5 0 M	
PB		00:41.42	
		00:41.42	
			

Coach feedback:

Event number: 11: 50M BUTTERFLY WOMEN 11+			Heat:3, starttime: 16:05
Heat: 3/5 Lane : 5 Athlete: PINTE ELLA			Q-time: 00:41:91
PB (25m pool): 00:41.91 LEUVEN. 22/02/2026			PB (50m pool): 00:40.26 SB: 00:41.91 LEUVEN. 22/02/2026
	2 5 M	5 0 M	
PB		00:41.91	
		00:41.91	
			

Coach feedback:

Event number: 11: 50M BUTTERFLY WOMEN 11+			Heat:5, starttime: 16:10
Heat: 5/5 Lane : 1 Athlete: NECULAE MARIA IULIA			Q-time: 00:33:92
PB (25m pool): 00:33.92 LEUVEN. 22/02/2026			PB (50m pool): 00:35.11 SB: 00:33.92 LEUVEN. 22/02/2026
	2 5 M	5 0 M	
PB		00:33.92	
		00:33.92	
			

Coach feedback:

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Event number: 11: 50M BUTTERFLY WOMEN 11+				Heat:5, starttime: 16:10			
Heat: 5/5 Lane : 4 Athlete: VAN ROY ONAH				Q-time: 00:31:96			
PB (25m pool): 00:31.96 LEUVEN. 22/02/2026				PB (50m pool): 00:31.49 SB: 00:31.96 LEUVEN. 22/02/2026			
	2 5 M	5 0 M					
PB		00:31.96					
		00:31.96					
							

Coach feedback:

Event number: 15: 50M FREESTYLE MEN 11+				Heat:3, starttime: 16:20			
Heat: 3/5 Lane : 6 Athlete: DESMEDT TIMO				Q-time: 00:35:10			
PB (25m pool): 00:35.10 LEUVEN. 22/02/2026				PB (50m pool): 00:34.88 SB: 00:35.10 LEUVEN. 22/02/2026			
	2 5 M	5 0 M					
PB		00:35.10					
		00:35.10					
							

Coach feedback:

Event number: 15: 50M FREESTYLE MEN 11+				Heat:4, starttime: 16:20			
Heat: 4/5 Lane : 4 Athlete: HERMANS VIKTOR				Q-time: 00:30:07			
PB (25m pool): 00:30.07 LEUVEN. 22/02/2026				PB (50m pool): 00:31.16 SB: 00:30.07 LEUVEN. 22/02/2026			
	2 5 M	5 0 M					
PB		00:30.07					
		00:30.07					
							

Coach feedback:

Event number: 16: 200M BACKSTROKE WOMEN 11+							Heat:4, starttime: 16:40	
Heat: 4/7 Lane : 3 Athlete: BRAMS ANN-SOPHIE							Q-time: 03:07:04	
PB (25m pool): 03:07.04 LEUVEN 21/12/2025			PB (50m pool): no time SB: 03:07.04 LEUVEN 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		00:44.47		01:32.07		02:20.81		03:07.04
	00:44.47		00:47.60		00:48.74		00:46.23	
								

Coach feedback:

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Event number: 16: 200M BACKSTROKE WOMEN 11+							Heat:5, starttime: 16:45	
Heat: 5/7 Lane : 3 Athlete: NECULAE MARIA IULIA							Q-time: 02:58:80	
PB (25m pool): 02:58.80 LEUVEN. 22/02/2026				PB (50m pool): no time SB: 02:58.80 LEUVEN. 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		00:42.92		01:28.49		no time		02:58.80
	00:42.92		00:45.57					
								

Coach feedback:

Event number: 17: 200M BREASTSTROKE MEN 11+							Heat:1, starttime: 16:55	
Heat: 1/4 Lane : 2 Athlete: VERMAELEN MAURO							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: 17: 200M BREASTSTROKE MEN 11+							Heat:3, starttime: 17:05	
Heat: 3/4 Lane : 2 Athlete: HERMAN WOUT							Q-time: 03:09:34	
PB (25m pool): 03:09.34 Leuven 12/10/2025				PB (50m pool): 03:15.17 SB: 03:09.34 Leuven 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		00:43.53		01:32.11		02:21.41		03:09.34
	00:43.53		00:48.58		00:49.30		00:47.93	
								

Coach feedback:

Event number: 18: 400M MEDLEY WOMEN 11+							Heat:1, starttime: 17:15	
Heat: 1/2 Lane : 1 Athlete: PINTE ELLA							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

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Coach feedback:

Event number: 18: 400M MEDLEY WOMEN 11+							Heat:1, starttime: 17:15	
Heat: 1/2 Lane : 4 Athlete: VAN HOEYMISSEN JANNE							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: 18: 400M MEDLEY WOMEN 11+							Heat:2, starttime: 17:20	
Heat: 2/2 Lane : 3 Athlete: VAN ROY ONAH							Q-time: 05:50:36	
PB (25m pool): 05:50.36 Ternat 14/12/2025			PB (50m pool): no time SB: 05:50.36 Ternat 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		00:37.36		01:20.78		no time		no time
	00:37.36		00:43.42					
								
	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		05:50.36
								

Coach feedback:

Event number: 19: 4x200M FREESTYLE MEN							Heat:1, starttime: 17:35	
Heat: 1/1 Lane : 6 Athlete: TEAM ALZV 1							Q-time: 10:32:45	
PB (25m pool):			PB (50m pool):			SB:		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB								
								
	4 5 0 M	5 0 0 M	5 5 0 M	6 0 0 M	6 5 0 M	7 0 0 M	7 5 0 M	8 0 0 M
PB								

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Coach feedback:

Event number: 20: 4x200M FREESTYLE WOMEN							Heat:1, starttime: 17:45	
Heat: 1/1 Lane : 6 Athlete: TEAM ALZV 1							Q-time: 10:48:08	
PB (25m pool):			PB (50m pool):			SB:		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB								
								
	4 5 0 M	5 0 0 M	5 5 0 M	6 0 0 M	6 5 0 M	7 0 0 M	7 5 0 M	8 0 0 M
PB								
								

Coach feedback: