

ZIOS CVB 1mei: Session: 1: COACH evaluation sheet for TEAM: SCWR

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

Coaches: ANSLOT Laurent

Coaches: DEBOCK Sabine HEADCOACH

PB => Personal Best time

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

Event number: 3: 200M BREASTSTROKE WOMEN 11+							Heat:3, starttime: 14:25	
Heat: 3/6 Lane : 4 Athlete: PINNOCK ANNA							Q-time: 03:26:27	
PB (25m pool): 03:26.27 Tremelo 18/01/2026				PB (50m pool): no time SB: 03:26.27 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		00:47.49		01:40.21		no time		03:26.27
	00:47.49		00:52.72					
								

Coach feedback:

Event number: 3: 200M BREASTSTROKE WOMEN 11+							Heat:6, starttime: 14:35	
Heat: 6/6 Lane : 5 Athlete: VAN SINTEJAN MANON							Q-time: 03:05:79	
PB (25m pool): 03:05.79 Braine l Alleud 05/04/2026				PB (50m pool): 03:11.88 SB: 03:05.79 Braine l Alleud 05/04/2026				
	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		00:43.00		01:31.26		02:18.43		03:05.79
	00:43.00		00:48.26		00:47.17		00:47.36	
								

Coach feedback:

Event number: 7: 200M BACKSTROKE MEN 11+							Heat:2, starttime: 14:55	
Heat: 2/8 Lane : 2 Athlete: BENALIOUA ILYES							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:

ZIOS CVB 1mei: Session: 1: COACH evaluation sheet for TEAM: SCWR

Event number: 7: 200M BACKSTROKE MEN 11+							Heat:3, starttime: 15:00	
Heat: 3/8 Lane : 6 Athlete: AOUATTAH WALID							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: 7: 200M BACKSTROKE MEN 11+							Heat:5, starttime: 15:10	
Heat: 5/8 Lane : 4 Athlete: VAN SINTEJAN BASTIEN							Q-time: 03:35:06	
PB (25m pool): 03:35.06 LEUVEN. 22/02/2026			PB (50m pool): no time SB: 03:35.06 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		00:52.37		01:46.69		no time		03:35.06
	00:52.37		00:54.32					
								

Coach feedback:

Event number: 7: 200M BACKSTROKE MEN 11+							Heat:6, starttime: 15:15	
Heat: 6/8 Lane : 4 Athlete: ANSLOT SACHA							Q-time: 02:49:15	
PB (25m pool): 02:49.15 LEUVEN. 22/02/2026			PB (50m pool): 02:55.98SB: 02:49.15 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		00:39.86		01:22.58		no time		02:49.15
	00:39.86		00:42.72					
								

Coach feedback:

Event number: 8: 50M FREESTYLE WOMEN 11+							Heat:4, starttime: 15:30	
Heat: 4/7 Lane : 4 Athlete: VAN SINTEJAN MANON							Q-time: 00:36:32	
PB (25m pool): 00:35.04 Dilbeek 29/09/2024							PB (50m pool): no time SB: 00:36.32 LEUVEN. 22/02/2026	
	2 5 M	5 0 M						
PB		00:35.04						
	00:35.04							
								

Coach feedback:

ZIOS CVB 1mei: Session: 1: COACH evaluation sheet for TEAM: SCWR

Event number: 8: 50M FREESTYLE WOMEN 11+			Heat:5, starttime: 15:35
Heat: 5/7 Lane : 1 Athlete: ANSLOT MéLINE			Q-time: 00:35:86
PB (25m pool): 00:35.86 LEUVEN. 22/02/2026			PB (50m pool): no time SB: 00:35.86 LEUVEN. 22/02/2026
	2 5 M	5 0 M	
PB		00:35.86	
		00:35.86	
			

Coach feedback:

Event number: 8: 50M FREESTYLE WOMEN 11+			Heat:5, starttime: 15:35
Heat: 5/7 Lane : 5 Athlete: PINNOCK ANNA			Q-time: 00:35:67
PB (25m pool): 00:35.67 LEUVEN 23/11/2025			PB (50m pool): no time SB: 00:35.67 LEUVEN 23/11/2025
	2 5 M	5 0 M	
PB		00:35.67	
		00:35.67	
			

Coach feedback:

Event number: 10: 50M BUTTERFLY MEN 11+			Heat:2, starttime: 15:55
Heat: 2/5 Lane : 1 Athlete: BENALIOUA ILYES			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:2, starttime: 15:55
Heat: 2/5 Lane : 2 Athlete: AOUATTAH WALID			Q-time: 99:99:99
PB (25m pool): 00:39.98 Zwembad De Wauwer 07/01/2024			PB (50m pool): no time SB: no time
	2 5 M	5 0 M	
PB		00:39.98	
		00:39.98	
			

Coach feedback:

ZIOS CVB 1mei: Session: 1: COACH evaluation sheet for TEAM: SCWR

Event number: 10: 50M BUTTERFLY MEN 11+			Heat:2, starttime: 15:55
Heat: 2/5 Lane : 4 Athlete: VAN SINTEJAN BASTIEN			Q-time: 00:52:17
PB (25m pool): 00:52.17 Braine l Alleud 05/04/2026			PB (50m pool): no time SB: 00:52.17 Braine l Alleud 05/04/2026
	2 5 M	5 0 M	
PB		00:52.17	
		00:52.17	
			

Coach feedback:

Event number: 11: 50M BUTTERFLY WOMEN 11+			Heat:2, starttime: 16:05
Heat: 2/5 Lane : 2 Athlete: PINNOCK ANNA			Q-time: 00:45:55
PB (25m pool): 00:48.96 Dilbeek 11/05/2025			PB (50m pool): 00:45.55 SB: no time
	2 5 M	5 0 M	
PB		00:48.96	
		00:48.96	
			

Coach feedback:

Event number: 11: 50M BUTTERFLY WOMEN 11+			Heat:3, starttime: 16:05
Heat: 3/5 Lane : 2 Athlete: ANSLOT MéLINE			Q-time: 00:41:89
PB (25m pool): 00:45.25 LEUVEN. 22/02/2026			PB (50m pool): 00:41.89 SB: 00:45.25 LEUVEN. 22/02/2026
	2 5 M	5 0 M	
PB		00:45.25	
		00:45.25	
			

Coach feedback:

Event number: 11: 50M BUTTERFLY WOMEN 11+			Heat:4, starttime: 16:05
Heat: 4/5 Lane : 5 Athlete: VAN SINTEJAN MANON			Q-time: 00:37:95
PB (25m pool): 00:37.95 Dilbeek 28/09/2025			PB (50m pool): 00:38.36 SB: 00:37.95 Dilbeek 28/09/2025
	2 5 M	5 0 M	
PB		00:37.95	
		00:37.95	
			

Coach feedback:

ZIOS CVB 1mei: Session: 1: COACH evaluation sheet for TEAM: SCWR

Event number: 15: 50M FREESTYLE MEN 11+				Heat:2, starttime: 16:20			
Heat: 2/5 Lane : 1 Athlete: VAN SINTEJAN BASTIEN				Q-time: 00:41:16			
PB (25m pool): 00:41.16 LEUVEN. 22/02/2026				PB (50m pool): no time SB: 00:41.16 LEUVEN. 22/02/2026			
	2 5 M	5 0 M					
PB		00:41.16					
		00:41.16					
							

Coach feedback:

Event number: 15: 50M FREESTYLE MEN 11+				Heat:2, starttime: 16:20			
Heat: 2/5 Lane : 4 Athlete: BENALIOUA ILYES				Q-time: 00:36:19			
PB (25m pool): 00:36.19 Dilbeek 28/09/2025				PB (50m pool): no time SB: 00:36.19 Dilbeek 28/09/2025			
	2 5 M	5 0 M					
PB		00:36.19					
		00:36.19					
							

Coach feedback:

Event number: 16: 200M BACKSTROKE WOMEN 11+							Heat:5, starttime: 16:45	
Heat: 5/7 Lane : 5 Athlete: ANSLOT MÉLINE							Q-time: 03:02:97	
PB (25m pool): 03:02.97 LEUVEN. 22/02/2026				PB (50m pool): no time SB: 03:02.97 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		00:43.16		01:30.06		no time		03:02.97
	00:43.16		00:46.90					
								

Coach feedback:

Event number: 17: 200M BREASTSTROKE MEN 11+							Heat:3, starttime: 17:05	
Heat: 3/4 Lane : 6 Athlete: ANSLOT SACHA							Q-time: 03:20:32	
PB (25m pool): 03:20.32 Leuven 12/10/2025				PB (50m pool): 03:25.99SB: 03:20.32 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		00:45.39		01:37.16		02:29.08		03:20.32
	00:45.39		00:51.77		00:51.92		00:51.24	
								

Coach feedback:

ZIOS CVB 1mei: Session: 1: COACH evaluation sheet for TEAM: SCWR

Event number: 17: 200M BREASTSTROKE MEN 11+							Heat:4, starttime: 17:10	
Heat: 4/4 Lane : 6 Athlete: AOUATTAH WALID							Q-time: 03:03:04	
PB (25m pool): 03:03.04 Mons 26/10/2025				PB (50m pool): 03:34.04 SB: 03:03.04 Mons 26/10/2025				
	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		00:40.80		01:27.15		02:15.16		03:03.04
	00:40.80		00:46.35		00:48.01		00:47.88	
								

Coach feedback: