

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

Coachinfo: Warming up from: 13:00 untill 13:55. Teamleadmeeting @

The listed starttimes are indicative!

Coaches: Daelman Rudy

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 : 2 Athlete: VAN DEN BORRE SAM							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: 3: 200M BREASTSTROKE WOMEN 11+							Heat:1, starttime: 14:15	
Heat: 1/6 Lane : 2 Athlete: BRAVO YASEMIN							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: 3: 200M BREASTSTROKE WOMEN 11+							Heat:1, starttime: 14:15	
Heat: 1/6 Lane : 6 Athlete: EDIERS JADE							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: ZVW

Event number: 4: 50M FREESTYLE MEN 18+			Heat:1, starttime: 14:40
Heat: 1/2 Lane : 3 Athlete: VAN DEN BORRE SAM			Q-time: 00:29:36
PB (25m pool): 00:28.55 Sinbad 26/05/2024			PB (50m pool): 00:34.46 SB: no time
	2 5 M	5 0 M	
PB		00:28.55	
		00:28.55	
			

Coach feedback:

Event number: 4: 50M FREESTYLE MEN 18+			Heat:1, starttime: 14:40
Heat: 1/2 Lane : 4 Athlete: VEREECKE WOUT			Q-time: 00:32:36
PB (25m pool): 00:30.69 Sinbad 26/05/2024			PB (50m pool): 00:31.39 SB: no time
	2 5 M	5 0 M	
PB		00:30.69	
		00:30.69	
			

Coach feedback:

Event number: 4: 50M FREESTYLE MEN 18+			Heat:2, starttime: 14:45
Heat: 2/2 Lane : 1 Athlete: ERAUW DIEGO			Q-time: 00:28:39
PB (25m pool): 00:28.69 Liedekerke 01/05/2025			PB (50m pool): no time SB: no time
	2 5 M	5 0 M	
PB		00:28.69	
		00:28.69	
			

Coach feedback:

Event number: 5: 50M FREESTYLE WOMEN 18+			Heat:1, starttime: 14:45
Heat: 1/1 Lane : 5 Athlete: PLUQUET LENA			Q-time: 00:34:61
PB (25m pool): 00:32.44 Sinbad 26/05/2024			PB (50m pool): no time SB: no time
	2 5 M	5 0 M	
PB		00:32.44	
		00:32.44	
			

Coach feedback:

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

Event number: 7: 200M BACKSTROKE MEN 11+							Heat:1, starttime: 14:50	
Heat: 1/8 Lane : 3 Athlete: ERAUW LEANDRO							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:2, starttime: 14:55	
Heat: 2/8 Lane : 4 Athlete: ERAUW DIEGO							Q-time: 99:99:99	
PB (25m pool): 02:35.29 Sinbad 26/03/2023			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		02:35.29
	no time							
								

Coach feedback:

Event number: 7: 200M BACKSTROKE MEN 11+							Heat:3, starttime: 15:00	
Heat: 3/8 Lane : 2 Athlete: BOCKSTAELE LIAN							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:4, starttime: 15:05	
Heat: 4/8 Lane : 5 Athlete: VEREECKE WOUT							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: ZVW

Event number: 7: 200M BACKSTROKE MEN 11+							Heat:5, starttime: 15:10	
Heat: 5/8 Lane : 6 Athlete: DE GROOTE TIMON							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: 8: 50M FREESTYLE WOMEN 11+							Heat:4, starttime: 15:30		
Heat: 4/7 Lane : 5 Athlete: BRAVO YASEMIN							Q-time: 00:37:73		
PB (25m pool): 00:36.20 Sinbad 26/05/2024							PB (50m pool): 00:44.27 SB: no time		
	2 5 M		5 0 M						
PB			00:36.20						
	00:36.20								
									

Coach feedback:

Event number: 8: 50M FREESTYLE WOMEN 11+							Heat:6, starttime: 15:35		
Heat: 6/7 Lane : 1 Athlete: DE GROOTE ULRIKE							Q-time: 00:33:12		
PB (25m pool): 00:32.36 Sinbad 26/05/2024							PB (50m pool): 00:44.30 SB: no time		
	2 5 M		5 0 M						
PB			00:32.36						
	00:32.36								
									

Coach feedback:

Event number: 9: 100M BREASTSTROKE MIXED 10-9							Heat:1, starttime: 15:35			
Heat: 1/1 Lane : 4 Athlete: BOCKSTAELE MILO							Q-time: 02:03:91			
PB (25m pool): 02:03.91 Liedekerke 11/11/2025				PB (50m pool): no time SB: 02:03.91 Liedekerke 11/11/2025						
PB	2 5 M		5 0 M		7 5 M		1 0 0 M			
			00:57.41				02:03.91			
			00:57.41				01:06.50			
										

Coach feedback:

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

Event number: 10: 50M BUTTERFLY MEN 11+			Heat:1, starttime: 15:55
Heat: 1/5 Lane : 3 Athlete: DE GROOTE TIMON			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 : 2 Athlete: COPPENS NAND			Q-time: 00:40:96
PB (25m pool): 00:40.96 Liedekerke 01/05/2025 PB (50m pool): no time SB: no time			
	2 5 M	5 0 M	
PB		00:40.96	
	00:40.96		
			

Coach feedback:

Event number: 10: 50M BUTTERFLY MEN 11+			Heat:4, starttime: 16:00
Heat: 4/5 Lane : 6 Athlete: PAUWELS MAXIME			Q-time: 00:35:32
PB (25m pool): 00:35.32 Liedekerke 01/05/2025 PB (50m pool): no time SB: no time			
	2 5 M	5 0 M	
PB		00:35.32	
	00:35.32		
			

Coach feedback:

Event number: 10: 50M BUTTERFLY MEN 11+			Heat:5, starttime: 16:00
Heat: 5/5 Lane : 6 Athlete: ERAUW LEANDRO			Q-time: 00:31:49
PB (25m pool): 00:31.49 Liedekerke 01/05/2025 PB (50m pool): no time SB: no time			
	2 5 M	5 0 M	
PB		00:31.49	
	00:31.49		
			

Coach feedback:

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

Event number: 11: 50M BUTTERFLY WOMEN 11+					Heat:1, starttime: 16:05	
Heat: 1/5 Lane : 2 Athlete: DE GROOTE ULRIKE					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: 11: 50M BUTTERFLY WOMEN 11+				Heat:1, starttime: 16:05	
Heat: 1/5 Lane : 4 Athlete: EDIERS JADE				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: 11: 50M BUTTERFLY WOMEN 11+					Heat:3, starttime: 16:05	
Heat: 3/5 Lane : 6 Athlete: BRAVO YASEMIN					Q-time: 00:42:81	
PB (25m pool): 00:42.81 Liedekerke 01/05/2025					PB (50m pool): no time SB: no time	
	2 5 M	5 0 M				
PB		00:42.81				
	00:42.81					
						

Coach feedback:

Event number: 12: 100M MEDLEY MIXED 10-9					Heat:1, starttime: 16:10
Heat: 1/1 Lane : 3 Athlete: BOCKSTAELE MILO				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:

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

Event number: 13: 50M BUTTERFLY MEN 18+			Heat:1, starttime: 16:15
Heat: 1/2 Lane : 3 Athlete: VAN DEN BORRE SAM			Q-time: 00:32:59
PB (25m pool): 00:39.64 Lokeren 06/10/2019			PB (50m pool): 00:41.45 SB: no time
	2 5 M	5 0 M	
PB		00:39.64	
		00:39.64	
			

Coach feedback:

Event number: 13: 50M BUTTERFLY MEN 18+			Heat:1, starttime: 16:15
Heat: 1/2 Lane : 4 Athlete: VEREECKE WOUT			Q-time: 00:34:18
PB (25m pool): 00:34.18 Liedekerke 01/05/2025			PB (50m pool): no time SB: no time
	2 5 M	5 0 M	
PB		00:34.18	
		00:34.18	
			

Coach feedback:

Event number: 13: 50M BUTTERFLY MEN 18+			Heat:2, starttime: 16:15
Heat: 2/2 Lane : 5 Athlete: ERAUW DIEGO			Q-time: 00:30:04
PB (25m pool): 00:30.04 Liedekerke 01/05/2025			PB (50m pool): no time SB: no time
	2 5 M	5 0 M	
PB		00:30.04	
		00:30.04	
			

Coach feedback:

Event number: 14: 50M BUTTERFLY WOMEN 18+			Heat:1, starttime: 16:15
Heat: 1/1 Lane : 1 Athlete: PLUQUET LENA			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:

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

Event number: 15: 50M FREESTYLE MEN 11+			Heat:2, starttime: 16:20
Heat: 2/5 Lane : 2 Athlete: COPPENS NAND			Q-time: 00:36:27
PB (25m pool): 00:36.80 Sinbad 26/05/2024			PB (50m pool): 00:43.81 SB: no time
	2 5 M	5 0 M	
PB		00:36.80	
		00:36.80	
			

Coach feedback:

Event number: 15: 50M FREESTYLE MEN 11+			Heat:2, starttime: 16:20
Heat: 2/5 Lane : 3 Athlete: BOCKSTAELE LIAN			Q-time: 00:35:41
PB (25m pool): 00:37.36 Sinbad 26/05/2024			PB (50m pool): 00:45.96 SB: no time
	2 5 M	5 0 M	
PB		00:37.36	
		00:37.36	
			

Coach feedback:

Event number: 15: 50M FREESTYLE MEN 11+			Heat:2, starttime: 16:20
Heat: 2/5 Lane : 6 Athlete: EYLENBOSCH LOWIE			Q-time: 00:42:75
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: 15: 50M FREESTYLE MEN 11+			Heat:3, starttime: 16:20
Heat: 3/5 Lane : 1 Athlete: PAUWELS MAXIME			Q-time: 00:34:90
PB (25m pool): 00:32.41 Sinbad 26/05/2024			PB (50m pool): no time SB: no time
	2 5 M	5 0 M	
PB		00:32.41	
		00:32.41	
			

Coach feedback:

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

Event number: 15: 50M FREESTYLE MEN 11+							Heat:4, starttime: 16:20	
Heat: 4/5 Lane : 6 Athlete: DE GROOTE TIMON							Q-time: 00:33:38	
PB (25m pool): 00:36.88 Sinbad 26/05/2024							PB (50m pool): no time SB: no time	
	2 5 M		5 0 M					
PB			00:36.88					
	00:36.88							
								

Coach feedback:

Event number: 15: 50M FREESTYLE MEN 11+						Heat:5, starttime: 16:25	
Heat: 5/5 Lane : 1 Athlete: ERAUW LEANDRO						Q-time: 00:28:35	
PB (25m pool): 00:27.89 Sinbad 26/05/2024				PB (50m pool): no time SB: no time			
	2 5 M		5 0 M				
PB			00:27.89				
	00:27.89						
							

Coach feedback:

Event number: 17: 200M BREASTSTROKE MEN 11+							Heat:2, starttime: 17:00	
Heat: 2/4 Lane : 1 Athlete: EYLENBOSCH LOWIE							Q-time: 03:49:79	
PB (25m pool): 03:49.79 Liedekerke 01/05/2025				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		00:49.80		01:50.43		no time		03:49.79
	00:49.80		01:00.63					
								

Coach feedback:

Event number: 18: 400M MEDLEY WOMEN 11+							Heat:1, starttime: 17:15	
Heat: 1/2 Lane : 3 Athlete: DE GROOTE ULRIKE							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
								