

CVB ALZV 2026: Session: 1: COACH evaluation sheet for TEAM: SCSG

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

Coaches: Robion Luc HEADCOACH

PB => Personal Best time

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

Event number: 5: 100M BACKSTROKE WOMEN 11+					Heat:1, starttime: 14:53
Heat: 1/11 Lane : 2 Athlete: MOERMAN NOÉMIE					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: 5: 100M BACKSTROKE WOMEN 11+					Heat:6, starttime: 15:07
Heat: 6/11 Lane : 1 Athlete: VANDERVELDEN AUDE					Q-time: 01:31:92
PB (25m pool): 01:31.92 Ternat 29/03/2026		PB (50m pool): no time SB: 01:31.92 Ternat 29/03/2026			
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:45.14		01:31.92	
	00:45.14		00:46.78		
					

Coach feedback:

Event number: 6: 50M FREESTYLE MEN 11+					Heat:1, starttime: 15:21
Heat: 1/10 Lane : 2 Athlete: DEDONCKER MENNO					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:

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Event number: 6: 50M FREESTYLE MEN 11+						Heat:3, starttime: 15:24	
Heat: 3/10 Lane : 3 Athlete: RUBIO BELMAR RUBEN					Q-time: 00:45:42		
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: 6: 50M FREESTYLE MEN 11+										Heat:3, starttime: 15:24	
Heat: 3/10 Lane : 4 Athlete: GERITS JASPER										Q-time: 00:45:70	
PB (25m pool): 00:45.70 Overijse 29/11/2025										PB (50m pool): no time SB: 00:45.70 Overijse 29/11/2025	
PB	2 5 M		5 0 M								
			00:45.70								
			00:45.70								
											

Coach feedback:

Event number: 8: 200M FREESTYLE WOMEN 11+						Heat:1, starttime: 15:53		
Heat: 1/7 Lane : 4 Athlete: MOERMAN NOÉMIE						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: 200M FREESTYLE WOMEN 11+						Heat:4, starttime: 16:05		
Heat: 4/7 Lane : 5 Athlete: VANDERVELDEN AUDE						Q-time: 02:54:94		
PB (25m pool): 02:54.94 Vilvoorde 01/03/2026			PB (50m pool): no time			SB: 02:54.94 Vilvoorde 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		00:41.05		01:25.87		no time		02:54.94
	00:41.05		00:44.82					
								

Coach feedback:

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Event number: 9: 200M FREESTYLE MEN 11+							Heat:1, starttime: 16:18	
Heat: 1/6 Lane : 4 Athlete: RUBIO BELMAR RUBEN							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: 9: 200M FREESTYLE MEN 11+							Heat:3, starttime: 16:26	
Heat: 3/6 Lane : 5 Athlete: DEDONCKER MENNO							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: 12: 100M BACKSTROKE MEN 11+							Heat:3, starttime: 17:01			
Heat: 3/8 Lane : 5 Athlete: GERITS JASPER							Q-time: 01:48:05			
PB (25m pool): 01:48.05 Ternat 29/03/2026				PB (50m pool): no time SB: 01:48.05 Ternat 29/03/2026						
	2 5 M		5 0 M		7 5 M		1 0 0 M			
PB			00:54.45				01:48.05			
	00:54.45				00:53.60					
										

Coach feedback: