

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

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

Coaches: Van den Brande Liesbeth

Coaches: Van Den Broeck Dennis

PB => Personal Best time

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

Event number: 1: 50M FREESTYLE MIXED 10-9

Heat:1, starttime: 14:00

Heat: 1/3 Lane : 3 Athlete: VERMEIR SENNE

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: 2: 400M MEDLEY WOMEN 11+

Heat:2, starttime: 14:11

Heat: 2/2 Lane : 2 Athlete: VAN HOOMISSEN CHELSEA

Q-time: 05:53:98

PB (25m pool): 05:53.98 Bastogne 05/04/2026 PB (50m pool): 06:03.73 SB: 05:53.98 Bastogne 05/04/2026

	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		00:35.50		01:16.96		02:01.95		02:46.38
	00:35.50		00:41.46		00:44.99		00:44.43	
								
	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		03:40.54		04:33.62		05:15.60		05:53.98
	00:54.16		00:53.08		00:41.98		00:38.38	
								

Coach feedback:

Event number: 3: 100M BUTTERFLY MEN 11+

Heat:2, starttime: 14:20

Heat: 2/5 Lane : 5 Athlete: VANDERWEE MATTIAS

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:

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

Event number: 3: 100M BUTTERFLY MEN 11+					Heat:3, starttime: 14:22
Heat: 3/5 Lane : 5 Athlete: LAUWENS FINN					Q-time: 01:34:43
PB (25m pool): 01:34.43 Zaventem 15/07/2025			PB (50m pool): 01:37.74 SB: 01:35.85 Bastogne 05/04/2026		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:43.94		01:34.43	
	00:43.94		00:50.49		
					

Coach feedback:

Event number: 5: 100M BACKSTROKE WOMEN 11+					Heat:3, starttime: 14:59
Heat: 3/11 Lane : 5 Athlete: VAN DEN EYNDE PAULIEN					Q-time: 01:43:77
PB (25m pool): 01:43.77 Ternat 14/12/2025			PB (50m pool): no time SB: 01:43.77 Ternat 14/12/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:50.12		01:43.77	
	00:50.12		00:53.65		
					

Coach feedback:

Event number: 5: 100M BACKSTROKE WOMEN 11+					Heat:4, starttime: 15:01
Heat: 4/11 Lane : 5 Athlete: REYNIERS SINNE					Q-time: 01:40:80
PB (25m pool): 01:42.80 Ternat 29/03/2026			PB (50m pool): 01:40.80 SB: 01:42.80 Ternat 29/03/2026		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:49.80		01:42.80	
	00:49.80		00:53.00		
					

Coach feedback:

Event number: 5: 100M BACKSTROKE WOMEN 11+					Heat:6, starttime: 15:07
Heat: 6/11 Lane : 4 Athlete: DE TOLLENAERE LAURA					Q-time: 01:29:15
PB (25m pool): 01:29.15 Temse 21/12/2025			PB (50m pool): 01:30.36 SB: 01:29.15 Temse 21/12/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:48.89		01:29.15	
	00:48.89		00:40.26		
					

Coach feedback:

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

Event number: 5: 100M BACKSTROKE WOMEN 11+					Heat:8, starttime: 15:12
Heat: 8/11 Lane : 2 Athlete: SEGHERS MILLA					Q-time: 01:23:05
PB (25m pool): 01:23.05 Bastogne 05/04/2026			PB (50m pool): 01:26.02 SB: 01:23.05 Bastogne 05/04/2026		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.97		01:23.05	
	00:40.97		00:42.08		
					

Coach feedback:

Event number: 5: 100M BACKSTROKE WOMEN 11+					Heat:9, starttime: 15:14
Heat: 9/11 Lane : 2 Athlete: REYNIERS FIEN					Q-time: 01:20:19
PB (25m pool): 01:20.19 Liedekerke 11/11/2025			PB (50m pool): 01:22.42 SB: 01:20.19 Liedekerke 11/11/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.14		01:20.19	
	00:39.14		00:41.05		
					

Coach feedback:

Event number: 5: 100M BACKSTROKE WOMEN 11+					Heat:9, starttime: 15:14
Heat: 9/11 Lane : 5 Athlete: DE SITTER KIRA					Q-time: 01:20:46
PB (25m pool): 01:20.46 Temse 21/12/2025			PB (50m pool): 01:24.96 SB: 01:20.46 Temse 21/12/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.82		01:20.46	
	00:38.82		00:41.64		
					

Coach feedback:

Event number: 5: 100M BACKSTROKE WOMEN 11+					Heat:10, starttime: 15:16
Heat: 10/11 Lane : 5 Athlete: NUYTKENS MARIE					Q-time: 01:18:09
PB (25m pool): 01:18.09 Temse 21/12/2025			PB (50m pool): 01:19.70 SB: 01:18.09 Temse 21/12/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.89		01:18.09	
	00:37.89		00:40.20		
					

Coach feedback:

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

Event number: 5: 100M BACKSTROKE WOMEN 11+					Heat:11, starttime: 15:19
Heat: 11/11 Lane : 2 Athlete: VERSPECHT KAAAT					Q-time: 01:14:84
PB (25m pool): 01:14.84 Bastogne 05/04/2026			PB (50m pool): 01:17.34 SB: 01:14.84 Bastogne 05/04/2026		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.06		01:14.84	
	00:36.06		00:38.78		
					

Coach feedback:

Event number: 6: 50M FREESTYLE MEN 11+					Heat:5, starttime: 15:26
Heat: 5/10 Lane : 2 Athlete: VAN DEN BRANDE JASPER					Q-time: 00:39:11
PB (25m pool): 00:40.12 Kapelle-op-den-Bos 19/04/2026			PB (50m pool): 00:39.11 SB: 00:40.12 Kapelle-op-den-Bos 19/04/2026		
	2 5 M	5 0 M			
PB		00:40.12			
	00:40.12				
					

Coach feedback:

Event number: 6: 50M FREESTYLE MEN 11+					Heat:7, starttime: 15:28
Heat: 7/10 Lane : 4 Athlete: LAUWENS FINN					Q-time: 00:32:95
PB (25m pool): 00:32.95 Kapelle-op-den-Bos 19/04/2026			PB (50m pool): 00:34.21 SB: 00:32.95 Kapelle-op-den-Bos 19/04/2026		
	2 5 M	5 0 M			
PB		00:32.95			
	00:32.95				
					

Coach feedback:

Event number: 7: 200M BACKSTROKE MIXED 10-9							Heat:2, starttime: 15:36	
Heat: 2/3 Lane : 5 Athlete: VERMEIR SENNE							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:

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

Event number: 8: 200M FREESTYLE WOMEN 11+							Heat:2, starttime: 15:57	
Heat: 2/7 Lane : 2 Athlete: VAN DEN EYNDE PAULIEN							Q-time: 03:22:45	
PB (25m pool): 03:22.45 Tienen 26/10/2025				PB (50m pool): no time SB: 03:22.45 Tienen 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		00:45.71		01:40.35		no time		03:22.45
	00:45.71		00:54.64					
								

Coach feedback:

Event number: 8: 200M FREESTYLE WOMEN 11+							Heat:3, starttime: 16:01	
Heat: 3/7 Lane : 5 Athlete: REYNIERS SINNE							Q-time: 03:12:82	
PB (25m pool): 03:12.82 Dilbeek 10/05/2026				PB (50m pool): 03:39.60SB: 03:12.82 Dilbeek 10/05/2026				
	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		00:43.40		01:33.41		no time		03:12.82
	00:43.40		00:50.01					
								

Coach feedback:

Event number: 8: 200M FREESTYLE WOMEN 11+							Heat:5, starttime: 16:08	
Heat: 5/7 Lane : 2 Athlete: SEGHERS MILLA							Q-time: 02:38:43	
PB (25m pool): 02:40.01 Mol 28/12/2025				PB (50m pool): 02:38.43SB: 02:40.01 Mol 28/12/2025				
	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		00:37.97		01:19.34		02:01.51		02:40.01
	00:37.97		00:41.37		00:42.17		00:38.50	
								

Coach feedback:

Event number: 8: 200M FREESTYLE WOMEN 11+							Heat:6, starttime: 16:11	
Heat: 6/7 Lane : 2 Athlete: DE TOLLENAERE LAURA							Q-time: 02:34:81	
PB (25m pool): 02:34.81 Dilbeek 10/05/2026				PB (50m pool): 02:45.55SB: 02:34.81 Dilbeek 10/05/2026				
	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		00:36.00		01:15.85		no time		02:34.81
	00:36.00		00:39.85					
								

Coach feedback:

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

Event number: 8: 200M FREESTYLE WOMEN 11+							Heat:6, starttime: 16:11	
Heat: 6/7 Lane : 4 Athlete: DE SITTER KIRA							Q-time: 02:32:69	
PB (25m pool): 02:32.69 Ternat 14/12/2025				PB (50m pool): no time SB: 02:32.69 Ternat 14/12/2025				
	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		00:34.48		01:13.77		no time		02:32.69
	00:34.48		00:39.29					
								

Coach feedback:

Event number: 8: 200M FREESTYLE WOMEN 11+							Heat:7, starttime: 16:14	
Heat: 7/7 Lane : 2 Athlete: VAN HOOMISSEN CHELSEA							Q-time: 02:26:87	
PB (25m pool): 02:26.87 Bastogne 05/04/2026				PB (50m pool): 02:29.66 SB: 02:26.87 Bastogne 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		00:33.33		01:10.81		01:49.59		02:26.87
	00:33.33		00:37.48		00:38.78		00:37.28	
								

Coach feedback:

Event number: 9: 200M FREESTYLE MEN 11+							Heat:1, starttime: 16:18	
Heat: 1/6 Lane : 3 Athlete: VAN DEN BRANDE JASPER							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:5, starttime: 16:34	
Heat: 5/6 Lane : 2 Athlete: VANDERWEE MATTIAS							Q-time: 02:52:70	
PB (25m pool): 02:52.70 Meise 22/06/2025			PB (50m pool): no time SB: 02:53.38 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		00:38.65		01:23.93		no time		02:52.70
	00:38.65		00:45.28					
								

Coach feedback:

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

Event number: 9: 200M FREESTYLE MEN 11+							Heat:6, starttime: 16:38	
Heat: 6/6 Lane : 1 Athlete: LAUWENS FINN							Q-time: 02:38:58	
PB (25m pool): 02:38.69 Vilvoorde 18/05/2025				PB (50m pool): 02:38.58SB: 02:40.12 Bastogne 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		00:38.19		01:19.12		no time		02:38.69
	00:38.19		00:40.93					
								

Coach feedback:

Event number: 11: 50M FREESTYLE WOMEN 11+							Heat:3, starttime: 16:46		
Heat: 3/10 Lane : 5 Athlete: REYNIERS SINNE							Q-time: 00:39:61		
PB (25m pool): 00:41.28 Kapelle-op-den-Bos 19/04/2026				PB (50m pool): 00:39.61 SB: 00:41.28 Kapelle-op-den-Bos 19/04/2026					
	2 5 M		5 0 M						
PB			00:41.28						
			00:41.28						
									

Coach feedback:

Event number: 11: 50M FREESTYLE WOMEN 11+										Heat:4, starttime: 16:47	
Heat: 4/10 Lane : 3 Athlete: VAN DEN EYNDE PAULIEN										Q-time: 00:37:49	
PB (25m pool): 00:37.49 Liedekerke 01/05/2026					PB (50m pool): no time SB: 00:37.49 Liedekerke 01/05/2026						
	2 5 M		5 0 M								
PB			00:37.49								
			00:37.49								
											

Coach feedback:

Event number: 11: 50M FREESTYLE WOMEN 11+							Heat:7, starttime: 16:50			
Heat: 7/10 Lane : 1 Athlete: DE TOLLENAERE LAURA							Q-time: 00:33:74			
PB (25m pool): 00:33.89 Kapelle-op-den-Bos 19/04/2026				PB (50m pool): 00:33.74 SB: 00:33.89 Kapelle-op-den-Bos 19/04/2026						
	2 5 M		5 0 M							
PB			00:33.89							
	00:33.89									
										

Coach feedback:

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

Event number: 11: 50M FREESTYLE WOMEN 11+			Heat:7, starttime: 16:50
Heat: 7/10 Lane : 4 Athlete: REYNIERS FIEN			Q-time: 00:33:24
PB (25m pool): 00:33.24 Stedelijk Zwembad Geel 15/02/2026			PB (50m pool): 00:34.46 SB: 00:33.24 Stedelijk Zwembad Geel 15/02/2026
	2 5 M	5 0 M	
PB		00:33.24	
		00:33.24	
			

Coach feedback:

Event number: 11: 50M FREESTYLE WOMEN 11+			Heat:7, starttime: 16:50
Heat: 7/10 Lane : 5 Athlete: SEGHERS MILLA			Q-time: 00:33:44
PB (25m pool): 00:33.44 Overijse 29/11/2025			PB (50m pool): 00:33.48 SB: 00:33.44 Overijse 29/11/2025
	2 5 M	5 0 M	
PB		00:33.44	
		00:33.44	
			

Coach feedback:

Event number: 11: 50M FREESTYLE WOMEN 11+			Heat:8, starttime: 16:51
Heat: 8/10 Lane : 2 Athlete: VERSPECHT KAAT			Q-time: 00:32:28
PB (25m pool): 00:32.28 Stedelijk Zwembad Geel 15/02/2026			PB (50m pool): 00:32.30 SB: 00:32.28 Stedelijk Zwembad Geel 15/02/2026
	2 5 M	5 0 M	
PB		00:32.28	
		00:32.28	
			

Coach feedback:

Event number: 11: 50M FREESTYLE WOMEN 11+			Heat:10, starttime: 16:53
Heat: 10/10 Lane : 1 Athlete: NUYTKENS MARIE			Q-time: 00:30:31
PB (25m pool): 00:30.31 Kapelle-op-den-Bos 19/04/2026			PB (50m pool): 00:31.16 SB: 00:30.31 Kapelle-op-den-Bos 19/04/2026
	2 5 M	5 0 M	
PB		00:30.31	
		00:30.31	
			

Coach feedback:

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

Event number: 12: 100M BACKSTROKE MEN 11+					Heat:6, starttime: 17:09
Heat: 6/8 Lane : 1 Athlete: VANDERWEE MATTIAS					Q-time: 01:28:83
PB (25m pool): 01:28.83 Liedekerke 11/11/2025					PB (50m pool): 01:29.87 SB: 01:28.83 Liedekerke 11/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:41.44		01:28.83	
	00:41.44		00:47.39		
					

Coach feedback:

Event number: 13: 100M BUTTERFLY WOMEN 11+					Heat:2, starttime: 17:18
Heat: 2/5 Lane : 2 Athlete: DE SITTER KIRA					Q-time: 01:41:38
PB (25m pool): 01:41.38 Liedekerke 11/11/2025					PB (50m pool): no time SB: 01:41.38 Liedekerke 11/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:46.14		01:41.38	
	00:46.14		00:55.24		
					

Coach feedback:

Event number: 13: 100M BUTTERFLY WOMEN 11+					Heat:3, starttime: 17:20
Heat: 3/5 Lane : 1 Athlete: REYNIERS FIEN					Q-time: 01:28:76
PB (25m pool): 01:28.76 Liedekerke 11/11/2025					PB (50m pool): 01:30.31 SB: 01:28.76 Liedekerke 11/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.11		01:28.76	
	00:40.11		00:48.65		
					

Coach feedback:

Event number: 13: 100M BUTTERFLY WOMEN 11+					Heat:4, starttime: 17:22
Heat: 4/5 Lane : 1 Athlete: VERSPECHT KAAAT					Q-time: 01:25:11
PB (25m pool): 01:28.03 Sint-Niklaas 28/12/2025					PB (50m pool): 01:25.11 SB: 01:28.03 Sint-Niklaas 28/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.97		01:28.03	
	00:38.97		00:49.06		
					

Coach feedback:

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

Event number: 13: 100M BUTTERFLY WOMEN 11+					Heat:5, starttime: 17:24
Heat: 5/5 Lane : 1 Athlete: NUYTKENS MARIE					Q-time: 01:17:00
PB (25m pool): 01:17.00 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 01:18.74 SB: 01:17.00 Stedelijk Zwembad Geel 15/02/2026					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.89		01:17.00	
	00:34.89		00:42.11		
					

Coach feedback:

Event number: 13: 100M BUTTERFLY WOMEN 11+					Heat:5, starttime: 17:24
Heat: 5/5 Lane : 2 Athlete: VAN HOOMISSEN CHELSEA					Q-time: 01:14:90
PB (25m pool): 01:14.90 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 01:15.99 SB: 01:14.90 Stedelijk Zwembad Geel 15/02/2026					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.39		01:14.90	
	00:34.39		00:40.51		
					

Coach feedback: