

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

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

Coaches: Houtevelt Kyllian

Coaches: Cobbaert Griet HEADCOACH

PB => Personal Best time

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

Event number: 1: 50M FREESTYLE MIXED 10-9							Heat:3, starttime: 14:02	
Heat: 3/3 Lane : 1 Athlete: LUBOWICKI ADA							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 : 1 Athlete: HEREMANS DITTE							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: 2: 400M MEDLEY WOMEN 11+							Heat:2, starttime: 14:11	
Heat: 2/2 Lane : 3 Athlete: LANDRIEU NORA							Q-time: 05:37:45	
PB (25m pool): 05:37.45 Aarschot 28/07/2025				PB (50m pool): 05:42.65 SB: 05:38.85 Leuven 12/10/2025				
	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		no time		01:24.88		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		05:37.45
								

Coach feedback:

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

Event number: 2: 400M MEDLEY WOMEN 11+							Heat:2, starttime: 14:11	
Heat: 2/2 Lane : 5 Athlete: DEROOST BEAU							Q-time: 06:09:82	
PB (25m pool): 06:09.82 LEUVEN 23/11/2025				PB (50m pool): 06:07.70SB: 06:09.82 LEUVEN 23/11/2025				
	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		00:39.11		01:26.23		02:13.56		03:01.39
	00:39.11		00:47.12		00:47.33		00:47.83	
								
	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		03:49.68		04:42.51		05:26.31		06:09.82
	00:48.29		00:52.83		00:43.80		00:43.51	
								

Coach feedback:

Event number: 3: 100M BUTTERFLY MEN 11+							Heat:4, starttime: 14:25	
Heat: 4/5 Lane : 1 Athlete: VAN HOUCKE QUINTEN							Q-time: 01:19:28	
PB (25m pool): 01:19.28 Liedekerke 11/11/2025				PB (50m pool): 01:32.32SB: 01:19.28 Liedekerke 11/11/2025				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:36.86		01:19.28				
	00:36.86		00:42.42					
								

Coach feedback:

Event number: 3: 100M BUTTERFLY MEN 11+							Heat:4, starttime: 14:25	
Heat: 4/5 Lane : 5 Athlete: LUBOWICKI OLIVIER							Q-time: 01:17:27	
PB (25m pool): 01:17.27 Ternat 29/03/2026				PB (50m pool): 01:22.84SB: 01:17.27 Ternat 29/03/2026				
PB	2 5 M	5 0 M	7 5 M	1 0 0 M				
		00:34.93		01:17.27				
	00:34.93		00:42.34					
								

Coach feedback:

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

Event number: 5: 100M BACKSTROKE WOMEN 11+					Heat:1, starttime: 14:53
Heat: 1/11 Lane : 4 Athlete: VAN DER POORTEN ELIEN					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:2, starttime: 14:56
Heat: 2/11 Lane : 4 Athlete: ANCOLET LAURE					Q-time: 01:46:23
PB (25m pool): 01:46.23 Sint-Niklaas 11/01/2026 PB (50m pool): no time SB: 01:46.23 Sint-Niklaas 11/01/2026					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:51.72		01:46.23	
	00:51.72 00:54.51				
					

Coach feedback:

Event number: 5: 100M BACKSTROKE WOMEN 11+					Heat:3, starttime: 14:59
Heat: 3/11 Lane : 1 Athlete: FAHY JULIE					Q-time: 01:44:23
PB (25m pool): 01:44.23 Sint-Niklaas 11/01/2026 PB (50m pool): no time SB: 01:44.23 Sint-Niklaas 11/01/2026					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:50.02		01:44.23	
	00:50.02 00:54.21				
					

Coach feedback:

Event number: 5: 100M BACKSTROKE WOMEN 11+					Heat:4, starttime: 15:01
Heat: 4/11 Lane : 2 Athlete: FAHY EMMA					Q-time: 01:40:19
PB (25m pool): 01:40.19 Sint-Niklaas 11/01/2026 PB (50m pool): no time SB: 01:40.19 Sint-Niklaas 11/01/2026					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:48.69		01:40.19	
	00:48.69 00:51.50				
					

Coach feedback:

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

Event number: 5: 100M BACKSTROKE WOMEN 11+					Heat:8, starttime: 15:12
Heat: 8/11 Lane : 3 Athlete: DE BISSCHOP LISSE					Q-time: 01:22:09
PB (25m pool): 01:22.09 Liedekerke 11/11/2025			PB (50m pool): 01:25.40 SB: 01:22.09 Liedekerke 11/11/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.16		01:22.09	
	00:40.16		00:41.93		
					

Coach feedback:

Event number: 6: 50M FREESTYLE MEN 11+					Heat:6, starttime: 15:27
Heat: 6/10 Lane : 4 Athlete: ASSELMAN JEFF					Q-time: 00:34:41
PB (25m pool): 00:34.41 Liedekerke 01/05/2026			PB (50m pool): no time SB: 00:34.41 Liedekerke 01/05/2026		
	2 5 M	5 0 M			
PB		00:34.41			
	00:34.41				
					

Coach feedback:

Event number: 6: 50M FREESTYLE MEN 11+					Heat:8, starttime: 15:29
Heat: 8/10 Lane : 4 Athlete: ANCOLET MATS					Q-time: 00:31:71
PB (25m pool): 00:31.71 Liedekerke 01/05/2026			PB (50m pool): no time SB: 00:31.71 Liedekerke 01/05/2026		
	2 5 M	5 0 M			
PB		00:31.71			
	00:31.71				
					

Coach feedback:

Event number: 6: 50M FREESTYLE MEN 11+					Heat:9, starttime: 15:30
Heat: 9/10 Lane : 3 Athlete: TURF SANDER					Q-time: 00:28:59
PB (25m pool): 00:28.59 LEUVEN. 22/02/2026			PB (50m pool): 00:29.10 SB: 00:28.59 LEUVEN. 22/02/2026		
	2 5 M	5 0 M			
PB		00:28.59			
	00:28.59				
					

Coach feedback:

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

Event number: 7: 200M BACKSTROKE MIXED 10-9							Heat:3, starttime: 15:40	
Heat: 3/3 Lane : 3 Athlete: LUBOWICKI ADA							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:6, starttime: 16:38	
Heat: 6/6 Lane : 3 Athlete: LUBOWICKI OLIVIER							Q-time: 02:22:28	
PB (25m pool): 02:22.28 Dilbeek 10/05/2026				PB (50m pool): 02:35.56SB: 02:22.28 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		00:31.73		01:08.73		no time		02:22.28
	00:31.73		00:37.00					
								

Coach feedback:

Event number: 11: 50M FREESTYLE WOMEN 11+										Heat:2, starttime: 16:45	
Heat: 2/10 Lane : 3 Athlete: ANCOLET LAURE										Q-time: 00:40:94	
PB (25m pool): 00:40.94 Liedekerke 01/05/2026										PB (50m pool): no time SB: 00:40.94 Liedekerke 01/05/2026	
PB	2 5 M		5 0 M								
			00:40.94								
			00:40.94								
											

Coach feedback:

Event number: 11: 50M FREESTYLE WOMEN 11+										Heat:4, starttime: 16:47	
Heat: 4/10 Lane : 2 Athlete: FAHY EMMA										Q-time: 00:37:51	
PB (25m pool): 00:37.51 Liedekerke 01/05/2026										PB (50m pool): no time SB: 00:37.51 Liedekerke 01/05/2026	
PB	2 5 M		5 0 M								
			00:37.51								
			00:37.51								
											

Coach feedback:

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

Event number: 11: 50M FREESTYLE WOMEN 11+			Heat:4, starttime: 16:47
Heat: 4/10 Lane : 4 Athlete: FAHY JULIE			Q-time: 00:37:51
PB (25m pool): 00:37.51 Liedekerke 01/05/2026			PB (50m pool): no time SB: 00:37.51 Liedekerke 01/05/2026
	2 5 M	5 0 M	
PB		00:37.51	
		00:37.51	
			

Coach feedback:

Event number: 11: 50M FREESTYLE WOMEN 11+			Heat:9, starttime: 16:52
Heat: 9/10 Lane : 1 Athlete: HEREMANS DITTE			Q-time: 00:31:80
PB (25m pool): 00:31.80 LEUVEN. 22/02/2026			PB (50m pool): 00:33.14 SB: 00:31.80 LEUVEN. 22/02/2026
	2 5 M	5 0 M	
PB		00:31.80	
		00:31.80	
			

Coach feedback:

Event number: 11: 50M FREESTYLE WOMEN 11+			Heat:9, starttime: 16:52
Heat: 9/10 Lane : 3 Athlete: DEROOST BEAU			Q-time: 00:30:39
PB (25m pool): 00:30.39 LEUVEN. 22/02/2026			PB (50m pool): 00:30.53 SB: 00:30.39 LEUVEN. 22/02/2026
	2 5 M	5 0 M	
PB		00:30.39	
		00:30.39	
			

Coach feedback:

Event number: 11: 50M FREESTYLE WOMEN 11+			Heat:10, starttime: 16:53
Heat: 10/10 Lane : 4 Athlete: LANDRIEU NORA			Q-time: 00:28:87
PB (25m pool): 00:28.87 Kapelle-op-den-Bos 19/04/2026			PB (50m pool): 00:28.69 SB: 00:28.87 Kapelle-op-den-Bos 19/04/2026
	2 5 M	5 0 M	
PB		00:28.87	
		00:28.87	
			

Coach feedback:

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

Event number: 12: 100M BACKSTROKE MEN 11+					Heat:4, starttime: 17:04
Heat: 4/8 Lane : 1 Athlete: ASSELMAN JEFF					Q-time: 01:38:16
PB (25m pool): 01:38.16 Liedekerke 11/11/2025			PB (50m pool): no time SB: 01:38.16 Liedekerke 11/11/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:46.87		01:38.16	
	00:46.87		00:51.29		
					

Coach feedback:

Event number: 12: 100M BACKSTROKE MEN 11+					Heat:6, starttime: 17:09
Heat: 6/8 Lane : 5 Athlete: ANCOLET MATS					Q-time: 01:24:89
PB (25m pool): 01:24.89 Sint-Pieters-Leeuw 05/10/2025			PB (50m pool): no time SB: 01:24.89 Sint-Pieters-Leeuw 05/10/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:42.57		01:24.89	
	00:42.57		00:42.32		
					

Coach feedback:

Event number: 13: 100M BUTTERFLY WOMEN 11+					Heat:1, starttime: 17:16
Heat: 1/5 Lane : 3 Athlete: VAN DER POORTEN ELIEN					Q-time: 01:46:93
PB (25m pool): 01:46.93 Ternat 14/12/2025			PB (50m pool): no time SB: 01:46.93 Ternat 14/12/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:47.93		01:46.93	
	00:47.93		00:59.00		
					

Coach feedback:

Event number: 13: 100M BUTTERFLY WOMEN 11+					Heat:4, starttime: 17:22
Heat: 4/5 Lane : 4 Athlete: DE BISSCHOP LISSE					Q-time: 01:22:87
PB (25m pool): 01:22.87 Liedekerke 11/11/2025			PB (50m pool): 01:27.94 SB: 01:22.87 Liedekerke 11/11/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.63		01:22.87	
	00:37.63		00:45.24		
					

Coach feedback:

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

Event number: 14: 400M MEDLEY MEN 11+							Heat:1, starttime: 17:27	
Heat: 1/2 Lane : 2 Athlete: VAN HOUCKE QUINTEN							Q-time: 99:99:99	
PB (25m pool): 06:26.59 Vilvoorde 07/05/2023				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		06:26.59
								

Coach feedback:

Event number: 14: 400M MEDLEY MEN 11+							Heat:2, starttime: 17:33	
Heat: 2/2 Lane : 4 Athlete: TURF SANDER							Q-time: 05:46:68	
PB (25m pool): 05:46.68 Ternat 14/12/2025				PB (50m pool): no time SB: 05:46.68 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		00:33.33		01:12.96		no time		no time
	00:33.33		00:39.63					
								
	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		05:46.68
								

Coach feedback: