

Nieuwjaarswedstrijd : Session: 1: COACH evaluation sheet for TEAM: ZCT

Coachinfo: Warming up from: 07:30 untill 08:50. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Horemans Nathalie

Coaches: Lelong Christel

Coaches: Coremans Vicky

Coaches: Wauters Tine HEADCOACH

Coaches: Janssen Koen

Coaches: Loeman Ejjennia

Coaches: Callebaut Joris

Coaches: Carriere Brenda

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

Event number: 1: 100M BREASTSTROKE MIXED 10-9 Heat:2, starttime: 09:03

Heat: 2/2 Lane : 6 Athlete: ROCKELé ANNABEL Q-time: 02:13:22

PB (25m pool): 02:13.22 Leuven. 23/02/2025 PB (50m pool): no time SB: no time

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		01:02.46		02:13.22	
	01:02.46		01:10.76		
					

Coach feedback:

Event number: 2: 100M BUTTERFLY WOMEN 11+ Heat:6, starttime: 09:17

Heat: 6/6 Lane : 1 Athlete: DECALUWé HELENA Q-time: 01:11:93

PB (25m pool): 01:11.93 Leuven 12/10/2025 PB (50m pool): 01:17.66 SB: 01:11.93 Leuven 12/10/2025

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.99		01:11.93	
	00:32.99		00:38.94		
					

Coach feedback:

Event number: 2: 100M BUTTERFLY WOMEN 11+ Heat:6, starttime: 09:17

Heat: 6/6 Lane : 5 Athlete: THIJS MAAIKE Q-time: 01:11:49

PB (25m pool): 01:11.49 Heist Op Den Berg 11/01/2025 PB (50m pool): 01:13.56 SB: 01:11.52 LEUVEN 21/12/2025

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.59		01:11.49	
	00:33.59		00:37.90		
					

Coach feedback:

Nieuwjaarswedstrijd : Session: 1: COACH evaluation sheet for TEAM: ZCT

Event number: 3: 100M BUTTERFLY MEN 11+					Heat:6, starttime: 09:29
Heat: 6/6 Lane : 1 Athlete: VAN GRUNDERBEECK BAS					Q-time: 01:05:19
PB (25m pool): 01:05.19 Leuven 12/10/2025					PB (50m pool): 01:08.43 SB: 01:05.19 Leuven 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.53		01:05.19	
	00:30.53		00:34.66		
					

Coach feedback:

Event number: 3: 100M BUTTERFLY MEN 11+					Heat:6, starttime: 09:29
Heat: 6/6 Lane : 3 Athlete: PELGRIMS LOWIE					Q-time: 01:01:76
PB (25m pool): 01:01.76 LEUVEN 23/11/2025					PB (50m pool): 01:04.15 SB: 01:01.76 LEUVEN 23/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:28.82		01:01.76	
	00:28.82		00:32.94		
					

Coach feedback:

Event number: 4: 200M BREASTSTROKE WOMEN 11+					Heat:5, starttime: 09:50			
Heat: 5/5 Lane : 3 Athlete: UYTTERHOEVEN FLO					Q-time: 02:47:81			
PB (25m pool): 02:47.81 Aarschot 28/07/2025					PB (50m pool): 02:52.91 SB: 02:51.29 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		00:38.08		01:21.83		no time		02:47.81
	00:38.08		00:43.75					
								

Coach feedback:

Event number: 7: 100M BACKSTROKE WOMEN 11+					Heat:3, starttime: 10:28			
Heat: 3/8 Lane : 2 Athlete: SALAETS TESS					Q-time: 01:33:73			
PB (25m pool): 01:33.73 Tienen 26/10/2025					PB (50m pool): no time SB: 01:33.73 Tienen 26/10/2025			
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:45.38		01:33.73				
	00:45.38		00:48.35					
								

Coach feedback:

Nieuwjaarswedstrijd : Session: 1: COACH evaluation sheet for TEAM: ZCT

Event number: 7: 100M BACKSTROKE WOMEN 11+				Heat:4, starttime: 10:30	
Heat: 4/8 Lane : 1 Athlete: MEERSMAN LORE				Q-time: 01:32:51	
PB (25m pool): 01:32.51 Aarschot 16/03/2025				PB (50m pool): 01:36.11 SB: no time	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:46.72		01:32.51	
	00:46.72		00:45.79		
					

Coach feedback:

Event number: 7: 100M BACKSTROKE WOMEN 11+				Heat:4, starttime: 10:30	
Heat: 4/8 Lane : 2 Athlete: BELIAEV EMILY				Q-time: 01:30:32	
PB (25m pool): 01:31.47 Leuven 12/10/2025				PB (50m pool): 01:30.32 SB: 01:31.47 Leuven 12/10/2025	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:45.48		01:31.47	
	00:45.48		00:45.99		
					

Coach feedback:

Event number: 7: 100M BACKSTROKE WOMEN 11+				Heat:5, starttime: 10:32	
Heat: 5/8 Lane : 2 Athlete: DE VOCHT FLORE				Q-time: 01:25:75	
PB (25m pool): 01:25.75 Tienen 26/10/2025				PB (50m pool): no time SB: 01:25.75 Tienen 26/10/2025	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:42.68		01:25.75	
	00:42.68		00:43.07		
					

Coach feedback:

Event number: 7: 100M BACKSTROKE WOMEN 11+				Heat:7, starttime: 10:36	
Heat: 7/8 Lane : 4 Athlete: UYTTERHOEVEN FLO				Q-time: 01:14:74	
PB (25m pool): 01:13.34 Diksmuide 17/11/2024				PB (50m pool): 01:15.80 SB: 01:14.74 Leuven 12/10/2025	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.24		01:13.34	
	00:36.24		00:37.10		
					

Coach feedback:

Nieuwjaarswedstrijd : Session: 1: COACH evaluation sheet for TEAM: ZCT

Event number: 8: 100M BACKSTROKE MEN 11+					Heat:2, starttime: 10:43
Heat: 2/5 Lane : 4 Athlete: MEERSMAN JONAS					Q-time: 01:38:08
PB (25m pool): 01:38.08 Tienen 26/10/2025					PB (50m pool): no time SB: 01:38.08 Tienen 26/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:48.73		01:38.08	
	00:48.73		00:49.35		
					

Coach feedback:

Event number: 8: 100M BACKSTROKE MEN 11+					Heat:2, starttime: 10:43
Heat: 2/5 Lane : 6 Athlete: TORDOIR MILAS					Q-time: 01:48:34
PB (25m pool): 01:48.34 Tremelo 12/01/2025					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:51.69		01:48.34	
	00:51.69		00:56.65		
					

Coach feedback:

Event number: 8: 100M BACKSTROKE MEN 11+					Heat:3, starttime: 10:45
Heat: 3/5 Lane : 4 Athlete: SOENS JACK					Q-time: 01:22:43
PB (25m pool): 01:22.43 Tienen 26/10/2025					PB (50m pool): no time SB: 01:22.43 Tienen 26/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.80		01:22.43	
	00:39.80		00:42.63		
					

Coach feedback:

Event number: 9: 100M MEDLEY WOMEN 11+					Heat:5, starttime: 10:59
Heat: 5/5 Lane : 2 Athlete: VERELST LAURA					Q-time: 01:09:43
PB (25m pool): 01:08.43 LEUVEN 21/12/2025					PB (50m pool): no time SB: 01:08.43 LEUVEN 21/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.77		01:08.43	
	00:31.77		00:36.66		
					

Coach feedback:

Nieuwjaarswedstrijd : Session: 1: COACH evaluation sheet for TEAM: ZCT

Event number: 9: 100M MEDLEY WOMEN 11+					Heat:5, starttime: 10:59
Heat: 5/5 Lane : 5 Athlete: DECALUWé HELENA					Q-time: 01:11:94
PB (25m pool): 01:11.15 LEUVEN 21/12/2025					PB (50m pool): no time SB: 01:11.15 LEUVEN 21/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.14		01:11.15	
	00:33.14		00:38.01		
					

Coach feedback:

Event number: 10: 100M MEDLEY MEN 11+					Heat:4, starttime: 11:08
Heat: 4/4 Lane : 4 Athlete: VAN GRUNDERBEECK BAS					Q-time: 01:06:40
PB (25m pool): 01:06.40 Stedelijk Zwembad Geel 16/02/2025					PB (50m pool): no time SB: 01:06.42 Liedekerke 11/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.18		01:06.40	
	00:30.18		00:36.22		
					

Coach feedback:

Event number: 11: 100M FREESTYLE MIXED 10-9					Heat:2, starttime: 11:12
Heat: 2/2 Lane : 2 Athlete: ROCKELé ANNABEL					Q-time: 01:31:45
PB (25m pool): 01:36.17 Aarschot 04/05/2025					PB (50m pool): 01:31.45 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:45.06		01:36.17	
	00:45.06		00:51.11		
					

Coach feedback:

Event number: 12: 400M FREESTYLE WOMEN 11+							Heat:2, starttime: 11:22	
Heat: 2/6 Lane : 3 Athlete: VERVLOET LIN							Q-time: 05:22:39	
PB (25m pool): 05:22.39 Zaventem 15/07/2025				PB (50m pool): 05:50.12 SB: 05:25.68 LEUVEN 21/12/2025				
	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		no time		01:14.96		no time		02:37.31
	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		05:22.39
								

Coach feedback:

Nieuwjaarswedstrijd : Session: 1: COACH evaluation sheet for TEAM: ZCT

Event number: 12: 400M FREESTYLE WOMEN 11+							Heat:2, starttime: 11:22	
Heat: 2/6 Lane : 4 Athlete: BOND MAYA							Q-time: 05:30:75	
PB (25m pool): 05:30.75 Sinbad 22/07/2025				PB (50m pool): 05:32.24 SB: 05:38.90 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		00:36.96		01:18.36		no time		02:43.14
	00:36.96		00:41.40					
								
	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		05:30.75
								

Coach feedback:

Event number: 12: 400M FREESTYLE WOMEN 11+							Heat:3, starttime: 11:29	
Heat: 3/6 Lane : 1 Athlete: DECALUWé ELOUISE							Q-time: 05:17:73	
PB (25m pool): 05:17.73 Leuven 12/10/2025				PB (50m pool): 05:24.27 SB: 05:17.73 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		00:35.87		01:15.68		01:56.28		02:37.05
	00:35.87		00:39.81		00:40.60		00:40.77	
								
	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		03:17.45		03:57.98		04:39.22		05:17.73
	00:40.40		00:40.53		00:41.24		00:38.51	
								

Coach feedback:

Event number: 12: 400M FREESTYLE WOMEN 11+							Heat:3, starttime: 11:29	
Heat: 3/6 Lane : 4 Athlete: JANSSEN LUCY							Q-time: 05:14:97	
PB (25m pool): 05:14.97 Sinbad 22/07/2025				PB (50m pool): 05:19.96SB: 05:20.11 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		00:36.00		01:16.05		no time		02:35.57
	00:36.00		00:40.05					
								
	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		05:14.97
								

Coach feedback:

Nieuwjaarswedstrijd : Session: 1: COACH evaluation sheet for TEAM: ZCT

Event number: 12: 400M FREESTYLE WOMEN 11+							Heat:3, starttime: 11:29	
Heat: 3/6 Lane : 6 Athlete: DE VOCHT LINNE							Q-time: 05:21:02	
PB (25m pool): 05:21.02 Aarschot 04/05/2025				PB (50m pool): 05:31.14 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		01:15.85		no time		02:39.27
	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		05:21.02
								

Coach feedback:

Event number: 12: 400M FREESTYLE WOMEN 11+							Heat:4, starttime: 11:35	
Heat: 4/6 Lane : 2 Athlete: PISCAER STANSE							Q-time: 05:09:93	
PB (25m pool): 05:09.93 LEUVEN 23/11/2025				PB (50m pool): 05:41.09SB: 05:09.93 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		00:33.66		01:12.28		01:52.29		02:31.51
	00:33.66		00:38.62		00:40.01		00:39.22	
								
	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		03:11.18		03:51.04		04:31.09		05:09.93
	00:39.67		00:39.86		00:40.05		00:38.84	
								

Coach feedback:

Event number: 12: 400M FREESTYLE WOMEN 11+							Heat:4, starttime: 11:35	
Heat: 4/6 Lane : 3 Athlete: UYTTERHOEVEN FIEBE							Q-time: 05:08:18	
PB (25m pool): 05:08.18 Leuven 12/10/2025				PB (50m pool): 05:44.66 SB: 05:08.18 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		00:34.84		01:15.09		01:54.00		02:33.51
	00:34.84		00:40.25		00:38.91		00:39.51	
								
	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		03:12.92		03:52.00		04:30.80		05:08.18
	00:39.41		00:39.08		00:38.80		00:37.38	
								

Coach feedback:

Nieuwjaarswedstrijd : Session: 1: COACH evaluation sheet for TEAM: ZCT

Event number: 12: 400M FREESTYLE WOMEN 11+							Heat:5, starttime: 11:40	
Heat: 5/6 Lane : 2 Athlete: THIJS MAAIKE							Q-time: 04:54:63	
PB (25m pool): 04:54.63 Heist Op Den Berg 11/01/2025				PB (50m pool): 05:04.75 SB: 04:55.27 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		01:10.34		no time		02:25.12
	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		04:54.63
								

Coach feedback:

Event number: 12: 400M FREESTYLE WOMEN 11+							Heat:6, starttime: 11:46	
Heat: 6/6 Lane : 2 Athlete: VELDHUIS VICTORIA							Q-time: 04:45:63	
PB (25m pool): 04:40.00 Leuven 20/10/2024				PB (50m pool): 04:56.81 SB: 04:52.05 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		00:32.79		01:08.69		01:44.30		02:19.91
	00:32.79		00:35.90		00:35.61		00:35.61	
								
	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		02:56.00		03:31.69		04:06.76		04:40.00
	00:36.09		00:35.69		00:35.07		00:33.24	
								

Coach feedback:

Event number: 12: 400M FREESTYLE WOMEN 11+							Heat:6, starttime: 11:46	
Heat: 6/6 Lane : 4 Athlete: BOHMER JANNE							Q-time: 04:45:15	
PB (25m pool): 04:45.15 Leuven 12/10/2025				PB (50m pool): 04:52.44 SB: 04:45.15 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		00:33.07		01:08.84		01:44.89		02:21.02
	00:33.07		00:35.77		00:36.05		00:36.13	
								
	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		02:57.62		03:34.22		04:10.55		04:45.15
	00:36.60		00:36.60		00:36.33		00:34.60	
								

Coach feedback:

Nieuwjaarswedstrijd : Session: 1: COACH evaluation sheet for TEAM: ZCT

Event number: 13: 400M FREESTYLE MEN 11+							Heat:2, starttime: 11:59	
Heat: 2/4 Lane : 1 Athlete: MERTENS LANDER							Q-time: 05:15:00	
PB (25m pool): 05:15.00 Tremelo 14/12/2025				PB (50m pool): 05:59.85 SB: 05:15.00 Tremelo 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		no time		01:15.93		no time		02:36.46
	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		05:15.00
								

Coach feedback:

Event number: 13: 400M FREESTYLE MEN 11+							Heat:2, starttime: 11:59	
Heat: 2/4 Lane : 2 Athlete: SCHEPENS TOOR							Q-time: 05:11:75	
PB (25m pool): 05:11.75 Zaventem 15/07/2025				PB (50m pool): 05:50.42SB: 05:15.52 LEUVEN 21/12/2025				
	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		no time		01:14.08		no time		02:33.75
	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		05:11.75
								

Coach feedback:

Event number: 13: 400M FREESTYLE MEN 11+							Heat:2, starttime: 11:59	
Heat: 2/4 Lane : 4 Athlete: ROCKELé LOWIE							Q-time: 05:10:31	
PB (25m pool): 05:10.31 Aarschot 04/05/2025				PB (50m pool): 05:37.22 SB: 05:20.49 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		01:13.73		no time		02:32.00
	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		05:10.31
								

Coach feedback:

Nieuwjaarswedstrijd : Session: 1: COACH evaluation sheet for TEAM: ZCT

Event number: 13: 400M FREESTYLE MEN 11+							Heat:2, starttime: 11:59	
Heat: 2/4 Lane : 6 Athlete: VANDENWEGHE DRIES							Q-time: 05:20:84	
PB (25m pool): 05:16.53 LEUVEN 21/12/2025				PB (50m pool): 05:43.76 SB: 05:16.53 LEUVEN 21/12/2025				
	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		00:37.01		01:18.20		01:58.86		02:39.79
	00:37.01		00:41.19		00:40.66		00:40.93	
								
	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		03:19.46		03:59.46		04:39.34		05:16.53
	00:39.67		00:40.00		00:39.88		00:37.19	
								

Coach feedback:

Event number: 13: 400M FREESTYLE MEN 11+							Heat:3, starttime: 12:05	
Heat: 3/4 Lane : 6 Athlete: MAERTENS TOON							Q-time: 05:04:36	
PB (25m pool): 05:04.36 Leuven 12/10/2025				PB (50m pool): 05:16.35SB: 05:04.36 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		00:34.00		01:12.15		01:50.90		02:29.37
	00:34.00		00:38.15		00:38.75		00:38.47	
								
	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		03:08.44		03:47.32		04:26.34		05:04.36
	00:39.07		00:38.88		00:39.02		00:38.02	
								

Coach feedback:

Event number: 13: 400M FREESTYLE MEN 11+							Heat:4, starttime: 12:11	
Heat: 4/4 Lane : 1 Athlete: PELGRIMS LOWIE							Q-time: 04:33:01	
PB (25m pool): 04:29.24 LEUVEN - Sportoase 22/12/2024				PB (50m pool): 04:37.21 SB: 04:33.01 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		00:30.87		01:04.90		01:39.26		02:13.37
	00:30.87		00:34.03		00:34.36		00:34.11	
								
	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		02:47.85		03:22.01		03:55.93		04:29.24
	00:34.48		00:34.16		00:33.92		00:33.31	
								

Coach feedback:

Nieuwjaarswedstrijd : Session: 1: COACH evaluation sheet for TEAM: ZCT

Event number: 13: 400M FREESTYLE MEN 11+							Heat:4, starttime: 12:11	
Heat: 4/4 Lane : 4 Athlete: GEENS DRé							Q-time: 04:20:15	
PB (25m pool): 04:20.15 Aarschot 28/07/2025				PB (50m pool): 04:32.85 SB: 04:31.33 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		01:02.70		no time		02:10.01
	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		04:20.15
								

Coach feedback: