

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

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

Coaches: Van Eylen Thomas HEADCOACH

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

Event number: 2: 100M BUTTERFLY WOMEN 11+ Heat:5, starttime: 09:15

Heat: 5/6 Lane : 1 Athlete: BOXHO ALICE Q-time: 01:18:70

PB (25m pool): 01:19.90 LEUVEN 24/11/2024 PB (50m pool): 01:18.70 SB: no time

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.07		01:19.90	
		00:34.07		00:45.83	
					

Coach feedback:

Event number: 3: 100M BUTTERFLY MEN 11+ Heat:6, starttime: 09:29

Heat: 6/6 Lane : 5 Athlete: EUGENE FELIX Q-time: 01:04:91

PB (25m pool): 01:04.91 Sinbad 22/07/2025 PB (50m pool): 01:08.41 SB: no time

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.20		01:04.91	
		00:30.20		00:34.71	
					

Coach feedback:

Event number: 4: 200M BREASTSTROKE WOMEN 11+ Heat:4, starttime: 09:46

Heat: 4/5 Lane : 3 Athlete: GAYTANT MIRTHE Q-time: 02:57:04

PB (25m pool): 02:57.04 Sinbad 22/07/2025 PB (50m pool): 03:07.52 SB: 02:59.27 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		00:40.27		01:24.54		no time		02:57.04
		00:40.27		00:44.27				
								

Coach feedback:

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

Event number: 4: 200M BREASTSTROKE WOMEN 11+							Heat:5, starttime: 09:50	
Heat: 5/5 Lane : 6 Athlete: DE CORTE ALIX							Q-time: 02:55:00	
PB (25m pool): 02:55.00 Leuven 12/10/2025				PB (50m pool): 03:03.82 SB: 02:55.00 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		00:40.04		01:24.05		02:09.73		02:55.00
	00:40.04		00:44.01		00:45.68		00:45.27	
								

Coach feedback:

Event number: 7: 100M BACKSTROKE WOMEN 11+							Heat:8, starttime: 10:38	
Heat: 8/8 Lane : 4 Athlete: GAYTANT STERRE							Q-time: 01:09:41	
PB (25m pool): 01:09.41 Nijlen 16/11/2025				PB (50m pool): 01:13.83 SB: 01:09.41 Nijlen 16/11/2025				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:32.81		01:09.41				
	00:32.81		00:36.60					
								

Coach feedback:

Event number: 8: 100M BACKSTROKE MEN 11+							Heat:5, starttime: 10:49	
Heat: 5/5 Lane : 5 Athlete: TRIANGLE LARS							Q-time: 01:06:95	
PB (25m pool): 01:06.95 Overijse 29/11/2025				PB (50m pool): 01:10.96 SB: 01:06.95 Overijse 29/11/2025				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:32.51		01:06.95				
	00:32.51		00:34.44					
								

Coach feedback:

Event number: 12: 400M FREESTYLE WOMEN 11+							Heat:5, starttime: 11:40	
Heat: 5/6 Lane : 3 Athlete: GAYTANT STERRE							Q-time: 04:52:09	
PB (25m pool): 04:52.09 LEUVEN 23/11/2025				PB (50m pool): 04:53.72 SB: 04:52.09 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		00:30.81		01:06.43		01:43.49		02:21.53
	00:30.81		00:35.62		00:37.06		00:38.04	
								
	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		02:58.75		03:36.55		04:14.93		04:52.09
	00:37.22		00:37.80		00:38.38		00:37.16	
								

Coach feedback:

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Event number: 12: 400M FREESTYLE WOMEN 11+							Heat:5, starttime: 11:40	
Heat: 5/6 Lane : 4 Athlete: GAYTANT MIRTHE							Q-time: 04:52:47	
PB (25m pool): 04:52.47 Zaventem 15/07/2025				PB (50m pool): 05:05.85 SB: 04:56.20 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		01:07.29		no time		02:20.89
	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		04:52.47
								

Coach feedback:

Event number: 12: 400M FREESTYLE WOMEN 11+							Heat:5, starttime: 11:40	
Heat: 5/6 Lane : 5 Athlete: BOXHO ALICE							Q-time: 04:57:48	
PB (25m pool): 04:57.48 Aarschot 04/05/2025				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		01:10.36		no time		02:26.44
	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		04:57.48
								

Coach feedback:

Event number: 12: 400M FREESTYLE WOMEN 11+							Heat:5, starttime: 11:40	
Heat: 5/6 Lane : 6 Athlete: DE CORTE ALIX							Q-time: 05:05:19	
PB (25m pool): 05:05.19 Aarschot 28/07/2025				PB (50m pool): 05:32.97 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		01:11.22		no time		02:28.90
	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		05:05.19
								

Coach feedback:

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Event number: 13: 400M FREESTYLE MEN 11+							Heat:1, starttime: 11:52	
Heat: 1/4 Lane : 6 Athlete: TRIANGLE LARS							Q-time: 99:99:99	
PB (25m pool): 04:53.05 Aarschot 30/04/2023				PB (50m pool): 05:03.79SB: 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		04:53.05
								

Coach feedback:

Event number: 13: 400M FREESTYLE MEN 11+							Heat:3, starttime: 12:05	
Heat: 3/4 Lane : 4 Athlete: EUGENE FELIX							Q-time: 04:46:49	
PB (25m pool): 05:14.17 Tienen 23/10/2022				PB (50m pool): 04:46.49 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		05:14.17
								

Coach feedback: