

ZGEEL 2daagse 26: Session: 1: COACH evaluation sheet for TEAM: BEST

Coachinfo: Warming up from: 07:10 untill 08:25. Teamleadmeeting @ 07:45 The listed starttimes are indicative!

Coaches: Roosbeek Stefanie HEADCOACH

PB => Personal Best time

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

Event number: 1: 100M BACKSTROKE MEN 11+					Heat:2, starttime: 08:35
Heat: 2/25 Lane : 2 Athlete: JAMAR JONATHAN					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: 1: 100M BACKSTROKE MEN 11+					Heat:3, starttime: 08:35
Heat: 3/25 Lane : 1 Athlete: KHAN RAJA BALAJ					Q-time: 01:56:09
PB (25m pool): no time PB (50m pool): 01:56.09 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: 1: 100M BACKSTROKE MEN 11+					Heat:5, starttime: 08:40
Heat: 5/25 Lane : 1 Athlete: VANINBROUKX TOON					Q-time: 01:33:97
PB (25m pool): 01:40.00 Tremelo 25/05/2025 PB (50m pool): 01:33.97 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:47.93		01:40.00	
	00:47.93 00:52.07				
					

Coach feedback:

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Event number: 1: 100M BACKSTROKE MEN 11+					Heat:5, starttime: 08:40
Heat: 5/25 Lane : 3 Athlete: VANGENECHTEN MATTHIAS					Q-time: 01:31:47
PB (25m pool): 01:31.47 Pelt 05/10/2025					PB (50m pool): 01:29.94 SB: 01:31.47 Pelt 05/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:45.65		01:31.47	
	00:45.65		00:45.82		
					

Coach feedback:

Event number: 1: 100M BACKSTROKE MEN 11+					Heat:15, starttime: 09:00
Heat: 15/25 Lane : 6 Athlete: PROUVé VIKTOR					Q-time: 01:12:00
PB (25m pool): 01:12.00 LEUVEN 23/11/2025					PB (50m pool): 01:14.66 SB: 01:12.00 LEUVEN 23/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.53		01:12.00	
	00:34.53		00:37.47		
					

Coach feedback:

Event number: 1: 100M BACKSTROKE MEN 11+					Heat:16, starttime: 09:05
Heat: 16/25 Lane : 4 Athlete: VAN HOOFF COBE					Q-time: 01:09:69
PB (25m pool): 01:09.60 Diksmuide 17/11/2024					PB (50m pool): 01:12.54 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.30		01:09.60	
	00:33.30		00:36.30		
					

Coach feedback:

Event number: 2: 100M BREASTSTROKE WOMEN 11+					Heat:4, starttime: 09:25
Heat: 4/25 Lane : 3 Athlete: GHOOS KATO					Q-time: 01:36:87
PB (25m pool): 01:36.87 Tienen 26/10/2025					PB (50m pool): 01:36.31 SB: 01:36.87 Tienen 26/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:45.89		01:36.87	
	00:45.89		00:50.98		
					

Coach feedback:

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Event number: 2: 100M BREASTSTROKE WOMEN 11+					Heat:9, starttime: 09:35
Heat: 9/25 Lane : 1 Athlete: KERCKHOFS WOUKE					Q-time: 01:32:00
PB (25m pool): 01:32.00 Mol 28/12/2025					PB (50m pool): 01:35.01 SB: 01:32.00 Mol 28/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:45.15		01:32.00	
	00:45.15		00:46.85		
					

Coach feedback:

Event number: 2: 100M BREASTSTROKE WOMEN 11+					Heat:18, starttime: 09:50
Heat: 18/25 Lane : 5 Athlete: KERCKHOFS NIENKE					Q-time: 01:24:09
PB (25m pool): 01:24.09 Temse 17/11/2025					PB (50m pool): 01:28.74 SB: 01:24.09 Temse 17/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.94		01:24.09	
	00:39.94		00:44.15		
					

Coach feedback:

Event number: 2: 100M BREASTSTROKE WOMEN 11+					Heat:23, starttime: 10:00
Heat: 23/25 Lane : 6 Athlete: VANDERLINDEN PAULIEN					Q-time: 01:19:02
PB (25m pool): 01:19.02 Temse 17/11/2025					PB (50m pool): 01:22.22 SB: 01:19.02 Temse 17/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.54		01:19.02	
	00:37.54		00:41.48		
					

Coach feedback:

Event number: 3: 100M BUTTERFLY MEN 11+					Heat:1, starttime: 10:05
Heat: 1/18 Lane : 5 Athlete: YAKILI FURKAN					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:

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Event number: 3: 100M BUTTERFLY MEN 11+					Heat:3, starttime: 10:10
Heat: 3/18 Lane : 4 Athlete: JAMAR ALEXANDER					Q-time: 01:35:52
PB (25m pool): 01:35.52 Pelt 05/10/2025					PB (50m pool): 01:35.81 SB: 01:35.52 Pelt 05/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:45.99		01:35.52	
	00:45.99		00:49.53		
					

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+					Heat:2, starttime: 10:50
Heat: 2/42 Lane : 4 Athlete: DE BRIER ROSALIE					Q-time: 01:35:46
PB (25m pool): 01:35.46 Pelt 05/10/2025					PB (50m pool): no time SB: 01:35.46 Pelt 05/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:46.82		01:35.46	
	00:46.82		00:48.64		
					

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+					Heat:3, starttime: 10:50
Heat: 3/42 Lane : 2 Athlete: BERTOLAZZI MONA					Q-time: 01:30:95
PB (25m pool): 01:36.81 Pelt 05/10/2025					PB (50m pool): 01:25.39 SB: 01:36.81 Pelt 05/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:45.56		01:36.81	
	00:45.56		00:51.25		
					

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+					Heat:4, starttime: 10:50
Heat: 4/42 Lane : 2 Athlete: VANGENECHTEN ANNA					Q-time: 01:28:42
PB (25m pool): 01:29.86 Pelt 05/10/2025					PB (50m pool): 01:20.82 SB: 01:29.86 Pelt 05/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:45.21		01:29.86	
	00:45.21		00:44.65		
					

Coach feedback:

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Event number: 4: 100M FREESTYLE WOMEN 11+					Heat:4, starttime: 10:50
Heat: 4/42 Lane : 5 Athlete: SMEETS LOU					Q-time: 01:28:65
PB (25m pool): 01:28.65 Pelt 05/10/2025					PB (50m pool): 01:27.97 SB: 01:28.65 Pelt 05/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:42.55		01:28.65	
	00:42.55		00:46.10		
					

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+					Heat:6, starttime: 10:55
Heat: 6/42 Lane : 6 Athlete: VANMECHELEN KATO					Q-time: 01:24:73
PB (25m pool): 01:26.20 Mol 28/12/2025					PB (50m pool): 01:24.73 SB: 01:26.20 Mol 28/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:43.04		01:26.20	
	00:43.04		00:43.16		
					

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+					Heat:9, starttime: 11:00
Heat: 9/42 Lane : 1 Athlete: KERCKHOFS WOUKE					Q-time: 01:17:54
PB (25m pool): 01:17.54 Mol 28/12/2025					PB (50m pool): 01:18.51 SB: 01:17.54 Mol 28/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.05		01:17.54	
	00:39.05		00:38.49		
					

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+					Heat:15, starttime: 11:10
Heat: 15/42 Lane : 2 Athlete: GHOOS KATO					Q-time: 01:11:61
PB (25m pool): 01:11.61 Temse 17/11/2025					PB (50m pool): 01:11.91 SB: 01:11.61 Temse 17/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.11		01:11.61	
	00:35.11		00:36.50		
					

Coach feedback:

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Event number: 4: 100M FREESTYLE WOMEN 11+					Heat:29, starttime: 11:30
Heat: 29/42 Lane : 6 Athlete: KERCKHOFS NIENKE					Q-time: 01:05:50
PB (25m pool): 01:05.50 Pelt 05/10/2025					PB (50m pool): 01:06.61 SB: 01:05.50 Pelt 05/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.78		01:05.50	
	00:31.78		00:33.72		
					

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+					Heat:36, starttime: 11:40
Heat: 36/42 Lane : 4 Athlete: VANDERLINDEN PAULIEN					Q-time: 01:02:18
PB (25m pool): 01:02.18 Temse 17/11/2025					PB (50m pool): 01:04.61 SB: 01:02.18 Temse 17/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.20		01:02.18	
	00:30.20		00:31.98		
					

Coach feedback:

Event number: 5: 100M MEDLEY MEN 11+					Heat:3, starttime: 11:55
Heat: 3/28 Lane : 1 Athlete: KHAN RAJA BALAJ					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 MEDLEY MEN 11+					Heat:4, starttime: 11:55
Heat: 4/28 Lane : 3 Athlete: JAMAR JONATHAN					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:

ZGEEL 2daagse 26: Session: 1: COACH evaluation sheet for TEAM: BEST

Event number: 5: 100M MEDLEY MEN 11+					Heat:6, starttime: 12:00
Heat: 6/28 Lane : 3 Athlete: VANGENECHTEN MATTHIAS					Q-time: 01:43:56
PB (25m pool): 01:43.56 Aarschot 16/03/2025 PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:43.56	
	no time				
					

Coach feedback:

Event number: 5: 100M MEDLEY MEN 11+					Heat:7, starttime: 12:05
Heat: 7/28 Lane : 2 Athlete: VANINBROUKX TOON					Q-time: 01:39:35
PB (25m pool): 01:39.35 Tienen 26/10/2025 PB (50m pool): no time SB: 01:39.35 Tienen 26/10/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:39.35	
	no time				
					

Coach feedback:

Event number: 5: 100M MEDLEY MEN 11+					Heat:8, starttime: 12:05
Heat: 8/28 Lane : 6 Athlete: YAKILI FURKAN					Q-time: 01:37:25
PB (25m pool): 01:37.25 LEUVEN 21/12/2025 PB (50m pool): no time SB: 01:37.25 LEUVEN 21/12/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:46.45		01:37.25	
	00:46.45		00:50.80		
					

Coach feedback:

Event number: 5: 100M MEDLEY MEN 11+					Heat:9, starttime: 12:10
Heat: 9/28 Lane : 5 Athlete: JAMAR ALEXANDER					Q-time: 01:31:23
PB (25m pool): 01:31.23 Stedelijk Zwembad Geel 16/02/2025 PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:43.64		01:31.23	
	00:43.64		00:47.59		
					

Coach feedback:

ZGEEL 2daagse 26: Session: 1: COACH evaluation sheet for TEAM: BEST

Event number: 5: 100M MEDLEY MEN 11+					Heat:15, starttime: 12:20
Heat: 15/28 Lane : 3 Athlete: PROUVÉ VIKTOR					Q-time: 01:13:80
PB (25m pool): 01:13.80 Mol 28/12/2025					PB (50m pool): no time SB: 01:13.80 Mol 28/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.09		01:13.80	
	00:33.09		00:40.71		
					

Coach feedback:

Event number: 5: 100M MEDLEY MEN 11+					Heat:22, starttime: 12:30
Heat: 22/28 Lane : 6 Athlete: VAN HOOFF COBE					Q-time: 01:06:82
PB (25m pool): 01:06.76 LEUVEN - Sportoase 22/12/2024					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.11		01:06.76	
	00:31.11		00:35.65		
					

Coach feedback: