

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

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

Coaches: Goyvaerts An HEADCOACH

Coaches: Van Dyck Nina

Coaches: De Cuyper Tibo

Coaches: Gullentops Axel

Coaches: Cannaearts Jens

PB => Personal Best time

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

Event number: 1: 100M BACKSTROKE MEN 11+ Heat:24, starttime: 09:15

Heat: 24/25 Lane : 6 Athlete: DE CUYPER LENS					Q-time: 01:02:73
PB (25m pool): 01:02.73 LEUVEN 21/12/2025					PB (50m pool): 01:11.60 SB: 01:02.73 LEUVEN 21/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.77		01:02.73	
	00:30.77		00:31.96		
					

Coach feedback:

Event number: 2: 100M BREASTSTROKE WOMEN 11+ Heat:7, starttime: 09:30

Heat: 7/25 Lane : 5 Athlete: WIJCKMANS LENE					Q-time: 01:33:71
PB (25m pool): 01:25.85 Nijlen 17/11/2024					PB (50m pool): 01:33.71 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.78		01:25.85	
	00:40.78		00:45.07		
					

Coach feedback:

Event number: 2: 100M BREASTSTROKE WOMEN 11+ Heat:18, starttime: 09:50

Heat: 18/25 Lane : 6 Athlete: VANDERWEYDEN LAURE					Q-time: 01:24:24
PB (25m pool): 01:24.24 Heist-op-den-Berg 10/01/2026					PB (50m pool): 01:26.22 SB: 01:24.24 Heist-op-den-Berg 10/01/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.16		01:24.24	
	00:39.16		00:45.08		
					

Coach feedback:

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Event number: 2: 100M BREASTSTROKE WOMEN 11+					Heat:24, starttime: 10:05
Heat: 24/25 Lane : 4 Athlete: STRUYF LIESELOT					Q-time: 01:13:92
PB (25m pool): 01:13.92 Stedelijk Zwembad Geel 16/02/2025 PB (50m pool): 01:16.88 SB: 01:17.62 Antwerpen 12/10/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.92		01:13.92	
	00:34.92		00:39.00		
					

Coach feedback:

Event number: 3: 100M BUTTERFLY MEN 11+					Heat:11, starttime: 10:25
Heat: 11/18 Lane : 3 Athlete: BROWN QUINTEN					Q-time: 01:06:14
PB (25m pool): 01:06.14 LEUVEN 23/11/2025 PB (50m pool): 01:09.24 SB: 01:06.14 LEUVEN 23/11/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.37		01:06.14	
	00:30.37		00:35.77		
					

Coach feedback:

Event number: 3: 100M BUTTERFLY MEN 11+					Heat:13, starttime: 10:25
Heat: 13/18 Lane : 4 Athlete: DE CUYPER LENS					Q-time: 01:04:06
PB (25m pool): 01:04.06 Stedelijk Zwembad Geel 16/02/2025 PB (50m pool): no time SB: 01:04.86 Heist-op-den-Berg 10/01/2026					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.11		01:04.06	
	00:30.11		00:33.95		
					

Coach feedback:

Event number: 3: 100M BUTTERFLY MEN 11+					Heat:16, starttime: 10:30
Heat: 16/18 Lane : 3 Athlete: LEIRS BAVO					Q-time: 00:56:67
PB (25m pool): 00:56.67 Nijlen 16/11/2025 PB (50m pool): 00:57.29 SB: 00:56.67 Nijlen 16/11/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:26.58		00:56.67	
	00:26.58		00:30.09		
					

Coach feedback:

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Event number: 4: 100M FREESTYLE WOMEN 11+					Heat:2, starttime: 10:50
Heat: 2/42 Lane : 1 Athlete: WELSLAU INES					Q-time: 01:42:97
PB (25m pool): 01:42.97 Heist-op-den-Berg 10/01/2026					PB (50m pool): no time SB: 01:42.97 Heist-op-den-Berg 10/01/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:48.11		01:42.97	
	00:48.11		00:54.86		
					

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+					Heat:13, starttime: 11:05
Heat: 13/42 Lane : 6 Athlete: FAES ELYNE					Q-time: 01:13:32
PB (25m pool): 01:11.24 LEUVEN - Sportoase 22/12/2024					PB (50m pool): 01:13.32 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.88		01:11.24	
	00:34.88		00:36.36		
					

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+					Heat:19, starttime: 11:15
Heat: 19/42 Lane : 2 Athlete: VAN RILLAER YINTHE					Q-time: 01:08:82
PB (25m pool): 01:08.82 LEUVEN 23/11/2025					PB (50m pool): 01:11.25 SB: 01:08.82 LEUVEN 23/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.48		01:08.82	
	00:33.48		00:35.34		
					

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+					Heat:20, starttime: 11:20
Heat: 20/42 Lane : 1 Athlete: DE LAET ELINE					Q-time: 01:08:63
PB (25m pool): 01:08.63 Heist-op-den-Berg 10/01/2026					PB (50m pool): 01:11.45 SB: 01:08.63 Heist-op-den-Berg 10/01/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.48		01:08.63	
	00:32.48		00:36.15		
					

Coach feedback:

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Event number: 4: 100M FREESTYLE WOMEN 11+					Heat:20, starttime: 11:20
Heat: 20/42 Lane : 3 Athlete: VANDERWEYDEN LAURE					Q-time: 01:08:41
PB (25m pool): 01:08.41 Herentals 17/05/2025					PB (50m pool): 01:08.93 SB: 01:08.45 LEUVEN 23/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.85		01:08.41	
	00:33.85		00:34.56		
					

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+					Heat:21, starttime: 11:20
Heat: 21/42 Lane : 4 Athlete: VAN DE WOUWER MYRTHE					Q-time: 01:07:98
PB (25m pool): 01:07.98 Temse 17/11/2025					PB (50m pool): 01:08.69 SB: 01:07.98 Temse 17/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.67		01:07.98	
	00:33.67		00:34.31		
					

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+					Heat:27, starttime: 11:30
Heat: 27/42 Lane : 4 Athlete: WIJCKMANS LENE					Q-time: 01:05:80
PB (25m pool): 01:05.80 Antwerpen 12/10/2025					PB (50m pool): 01:06.78 SB: 01:05.80 Antwerpen 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.67		01:05.80	
	00:31.67		00:34.13		
					

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+					Heat:40, starttime: 11:45
Heat: 40/42 Lane : 2 Athlete: ROMBOUT LISA					Q-time: 00:59:59
PB (25m pool): 00:59.11 Heist o/d Berg 06/01/2019					PB (50m pool): 00:59.70 SB: 01:00.29 Antwerpen 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		00:59.11	
	no time				
					

Coach feedback:

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Event number: 5: 100M MEDLEY MEN 11+				Heat:26, starttime: 12:35	
Heat: 26/28 Lane : 1 Athlete: LEIRS BAVO				Q-time: 01:01:20	
PB (25m pool): 01:01.20 Gent 09/11/2025				PB (50m pool): no time SB: 01:01.20 Gent 09/11/2025	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:28.21		01:01.20	
	00:28.21		00:32.99		
					

Coach feedback: