

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

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

Coaches: Luyten Sjobbe

Coaches: Moors Joren HEADCOACH

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

Event number: 1: 100M BACKSTROKE MEN 11+					Heat:6, starttime: 08:45
Heat: 6/25 Lane : 2 Athlete: LECOMTE FLORENTIN					Q-time: 01:28:83
PB (25m pool): 01:28.83 Mol 28/12/2025					PB (50m pool): 01:42.62 SB: 01:28.83 Mol 28/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:43.72		01:28.83	
	00:43.72		00:45.11		
					

Coach feedback:

Event number: 1: 100M BACKSTROKE MEN 11+					Heat:7, starttime: 08:45
Heat: 7/25 Lane : 5 Athlete: JACOBS JOB					Q-time: 01:26:70
PB (25m pool): 01:26.70 Antwerpen 12/10/2025					PB (50m pool): 01:24.19 SB: 01:26.70 Antwerpen 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:42.60		01:26.70	
	00:42.60		00:44.10		
					

Coach feedback:

Event number: 1: 100M BACKSTROKE MEN 11+					Heat:10, starttime: 08:50
Heat: 10/25 Lane : 6 Athlete: NIJS LENNERT					Q-time: 01:18:87
PB (25m pool): 01:18.87 Mol 28/12/2025					PB (50m pool): 01:24.33 SB: 01:18.87 Mol 28/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.75		01:18.87	
	00:37.75		00:41.12		
					

Coach feedback:

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Event number: 1: 100M BACKSTROKE MEN 11+				Heat:19, starttime: 09:10	
Heat: 19/25 Lane : 5 Athlete: VERACHTEN LOUIS				Q-time: 01:05:92	
PB (25m pool): 01:05.92 Mol 28/12/2025				PB (50m pool): 01:08.59 SB: 01:05.92 Mol 28/12/2025	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.12		01:05.92	
	00:32.12		00:33.80		
					

Coach feedback:

Event number: 2: 100M BREASTSTROKE WOMEN 11+				Heat:17, starttime: 09:50	
Heat: 17/25 Lane : 3 Athlete: GEYPEN WIES				Q-time: 01:24:59	
PB (25m pool): 01:24.59 Stedelijk Zwembad Geel 16/02/2025				PB (50m pool): 01:27.68 SB: 01:28.95 Temse 17/11/2025	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.67		01:24.59	
	00:40.67		00:43.92		
					

Coach feedback:

Event number: 2: 100M BREASTSTROKE WOMEN 11+				Heat:20, starttime: 09:55	
Heat: 20/25 Lane : 4 Athlete: SPRANGERS KATO				Q-time: 01:22:26	
PB (25m pool): 01:22.26 Herentals 17/05/2025				PB (50m pool): 01:28.53 SB: no time	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.18		01:22.26	
	00:39.18		00:43.08		
					

Coach feedback:

Event number: 3: 100M BUTTERFLY MEN 11+				Heat:2, starttime: 10:10	
Heat: 2/18 Lane : 3 Athlete: LECOMTE FLORENTIN				Q-time: 02:02:10	
PB (25m pool): no time				PB (50m pool): 02:02.10 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:2, starttime: 10:10
Heat: 2/18 Lane : 6 Athlete: GEUDENS THOR					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: 3: 100M BUTTERFLY MEN 11+					Heat:3, starttime: 10:10
Heat: 3/18 Lane : 5 Athlete: HOOYBERGHS MIL					Q-time: 01:41:81
PB (25m pool): no time PB (50m pool): 01:26.05 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: 3: 100M BUTTERFLY MEN 11+					Heat:4, starttime: 10:15
Heat: 4/18 Lane : 3 Athlete: VAN HOVE NAND					Q-time: 01:25:77
PB (25m pool): 01:25.77 Antwerpen 12/10/2025 PB (50m pool): 01:27.55 SB: 01:25.77 Antwerpen 12/10/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.09		01:25.77	
	00:40.09		00:45.68		
					

Coach feedback:

Event number: 3: 100M BUTTERFLY MEN 11+					Heat:7, starttime: 10:20
Heat: 7/18 Lane : 1 Athlete: HUYSMANS SEPPE					Q-time: 01:16:26
PB (25m pool): no time PB (50m pool): 01:16.26 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: 4: 100M FREESTYLE WOMEN 11+					Heat:2, starttime: 10:50
Heat: 2/42 Lane : 2 Athlete: HUYSMANS ILIANA					Q-time: 01:37:00
PB (25m pool): 01:37.00 Mol 28/12/2025			PB (50m pool): no time SB: 01:37.00 Mol 28/12/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:45.27		01:37.00	
	00:45.27		00:51.73		
					

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+					Heat:2, starttime: 10:50
Heat: 2/42 Lane : 6 Athlete: HOEYBERGHS RYLEY					Q-time: 01:43:35
PB (25m pool): 01:43.35 Arendonk 30/11/2025			PB (50m pool): no time SB: 01:43.35 Arendonk 30/11/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:46.37		01:43.35	
	00:46.37		00:56.98		
					

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+					Heat:3, starttime: 10:50
Heat: 3/42 Lane : 3 Athlete: WOUTERS FENNA					Q-time: 01:30:56
PB (25m pool): 01:30.56 Herentals 17/05/2025			PB (50m pool): 01:30.65 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:44.04		01:30.56	
	00:44.04		00:46.52		
					

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+					Heat:5, starttime: 10:55
Heat: 5/42 Lane : 2 Athlete: DIRIX LILY					Q-time: 01:26:92
PB (25m pool): no time			PB (50m pool): 01:22.45 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: 4: 100M FREESTYLE WOMEN 11+					Heat:8, starttime: 11:00
Heat: 8/42 Lane : 2 Athlete: SAZAK REYHAN					Q-time: 01:18:67
PB (25m pool): 01:18.67 Arendonk 30/11/2025					PB (50m pool): no time SB: 01:18.67 Arendonk 30/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.67		01:18.67	
	00:36.67		00:42.00		
					

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+					Heat:15, starttime: 11:10
Heat: 15/42 Lane : 5 Athlete: CEULEMANS LENA					Q-time: 01:11:73
PB (25m pool): 01:11.73 Stedelijk Zwembad Geel 16/02/2025					PB (50m pool): 01:12.82 SB: 01:12.21 Antwerpen 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.54		01:11.73	
	00:34.54		00:37.19		
					

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+					Heat:21, starttime: 11:20
Heat: 21/42 Lane : 6 Athlete: HACHED LINA					Q-time: 01:08:38
PB (25m pool): 01:08.38 Stedelijk Zwembad Geel 16/02/2025					PB (50m pool): 01:10.53 SB: 01:10.92 Antwerpen 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.64		01:08.38	
	00:32.64		00:35.74		
					

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+					Heat:31, starttime: 11:35
Heat: 31/42 Lane : 4 Athlete: BAYGUNES DEFNE					Q-time: 01:04:23
PB (25m pool): 01:04.23 Stedelijk Zwembad Geel 16/02/2025					PB (50m pool): 01:06.91 SB: 01:05.28 Nijlen 16/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.83		01:04.23	
	00:30.83		00:33.40		
					

Coach feedback:

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Event number: 4: 100M FREESTYLE WOMEN 11+					Heat:35, starttime: 11:40
Heat: 35/42 Lane : 2 Athlete: VAN BAELEN YENTHE					Q-time: 01:02:72
PB (25m pool): 01:02.72 Mol 28/12/2025					PB (50m pool): 01:04.28 SB: 01:02.72 Mol 28/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.12		01:02.72	
	00:30.12		00:32.60		
					

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+					Heat:36, starttime: 11:40
Heat: 36/42 Lane : 1 Athlete: GEYPEN WIES					Q-time: 01:02:32
PB (25m pool): 01:02.32 Antwerpen 12/10/2025					PB (50m pool): 01:03.40 SB: 01:02.32 Antwerpen 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.49		01:02.32	
	00:30.49		00:31.83		
					

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+					Heat:38, starttime: 11:45
Heat: 38/42 Lane : 1 Athlete: SPRANGERS KATO					Q-time: 01:01:61
PB (25m pool): 01:01.61 Herentals 17/05/2025					PB (50m pool): 01:04.62 SB: 01:01.98 Antwerpen 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:29.95		01:01.61	
	00:29.95		00:31.66		
					

Coach feedback:

Event number: 5: 100M MEDLEY MEN 11+					Heat:3, starttime: 11:55
Heat: 3/28 Lane : 5 Athlete: KEMPS VINCE					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: 5: 100M MEDLEY MEN 11+					Heat:4, starttime: 11:55
Heat: 4/28 Lane : 5 Athlete: GEUDENS THOR					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:9, starttime: 12:10
Heat: 9/28 Lane : 2 Athlete: JACOBS JOB					Q-time: 01:30:44
PB (25m pool): 01:30.44 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		00:42.48		01:30.44	
	00:42.48		00:47.96		
					

Coach feedback:

Event number: 5: 100M MEDLEY MEN 11+					Heat:10, starttime: 12:10
Heat: 10/28 Lane : 4 Athlete: MEEKERS CARSTEN					Q-time: 01:24:82
PB (25m pool): 01:24.82 Mol 28/12/2025 PB (50m pool): no time SB: 01:24.82 Mol 28/12/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.25		01:24.82	
	00:38.25		00:46.57		
					

Coach feedback:

Event number: 5: 100M MEDLEY MEN 11+					Heat:11, starttime: 12:10
Heat: 11/28 Lane : 2 Athlete: HOOYBERGHS MIL					Q-time: 01:23:14
PB (25m pool): 01:23.14 Mol 28/12/2025 PB (50m pool): no time SB: 01:23.14 Mol 28/12/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.60		01:23.14	
	00:38.60		00:44.54		
					

Coach feedback:

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

Event number: 5: 100M MEDLEY MEN 11+					Heat:11, starttime: 12:10
Heat: 11/28 Lane : 5 Athlete: DE MESSEMAEKER ZYDRICH					Q-time: 01:23:38
PB (25m pool): 01:23.38 Arendonk 30/11/2025 PB (50m pool): no time SB: 01:23.38 Arendonk 30/11/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:23.38	
	no time				
					

Coach feedback:

Event number: 5: 100M MEDLEY MEN 11+					Heat:11, starttime: 12:10
Heat: 11/28 Lane : 6 Athlete: NIJS LENNERT					Q-time: 01:24:26
PB (25m pool): 01:24.26 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		00:39.53		01:24.26	
	00:39.53 00:44.73				
					

Coach feedback:

Event number: 5: 100M MEDLEY MEN 11+					Heat:12, starttime: 12:15
Heat: 12/28 Lane : 1 Athlete: VAN HOVE VICTOR					Q-time: 01:20:62
PB (25m pool): 01:20.62 Mol 28/12/2025 PB (50m pool): no time SB: 01:20.62 Mol 28/12/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.90		01:20.62	
	00:37.90 00:42.72				
					

Coach feedback:

Event number: 5: 100M MEDLEY MEN 11+					Heat:17, starttime: 12:20
Heat: 17/28 Lane : 5 Athlete: HUYSMANS SEPPE					Q-time: 01:12:06
PB (25m pool): 01:12.06 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		00:33.51		01:12.06	
	00:33.51 00:38.55				
					

Coach feedback:

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

Event number: 5: 100M MEDLEY MEN 11+										Heat:22, starttime: 12:30																													
Heat: 22/28															Lane : 3					Athlete: VERACHTEN LOUIS										Q-time: 01:06:37									
PB (25m pool): 01:06.37															Mol 28/12/2025					PB (50m pool): no time										SB: 01:06.37					Mol 28/12/2025				
		2 5 M				5 0 M				7 5 M				1 0 0 M																									
PB						00:30.74								01:06.37																									
		00:30.74								00:35.63																													
																																							

Coach feedback: