

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

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

Coaches: Gysemberg Cedric

Coaches: Franckx Stan

Coaches: Cauwe Pierrette HEADCOACH

Coaches: Vanderhulst Kasper

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 : 6 Athlete: MAES TILL					Q-time: 01:31:16
PB (25m pool): 01:31.16 Zaventem 21/06/2025					PB (50m pool): 01:30.20 SB: 01:31.25 LEUVEN 21/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:45.50		01:31.16	
		00:45.50		00:45.66	
					

Coach feedback:

Event number: 1: 100M BACKSTROKE MEN 11+					Heat:7, starttime: 08:45
Heat: 7/25 Lane : 1 Athlete: LARDAUX LEON					Q-time: 01:26:84
PB (25m pool): 01:26.84 Temse 17/11/2025					PB (50m pool): 01:30.90 SB: 01:26.84 Temse 17/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:42.56		01:26.84	
		00:42.56		00:44.28	
					

Coach feedback:

Event number: 1: 100M BACKSTROKE MEN 11+					Heat:9, starttime: 08:50
Heat: 9/25 Lane : 2 Athlete: LEMMENS LUCA					Q-time: 01:20:88
PB (25m pool): 01:20.88 Temse 17/11/2025					PB (50m pool): 01:24.01 SB: 01:20.88 Temse 17/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.04		01:20.88	
		00:39.04		00:41.84	
					

Coach feedback:

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Event number: 1: 100M BACKSTROKE MEN 11+					Heat:9, starttime: 08:50
Heat: 9/25 Lane : 5 Athlete: FEYAERTS JEROEN					Q-time: 01:21:05
PB (25m pool): 01:21.05 Temse 17/11/2025					PB (50m pool): 01:23.32 SB: 01:21.05 Temse 17/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.88		01:21.05	
	00:39.88		00:41.17		
					

Coach feedback:

Event number: 1: 100M BACKSTROKE MEN 11+					Heat:12, starttime: 08:55
Heat: 12/25 Lane : 3 Athlete: NIJS BAS					Q-time: 01:14:53
PB (25m pool): 01:14.53 LEUVEN 21/12/2025					PB (50m pool): 01:16.81 SB: 01:14.53 LEUVEN 21/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.78		01:14.53	
	00:36.78		00:37.75		
					

Coach feedback:

Event number: 1: 100M BACKSTROKE MEN 11+					Heat:22, starttime: 09:15
Heat: 22/25 Lane : 3 Athlete: STERCKX DAAN					Q-time: 01:03:07
PB (25m pool): 01:03.07 LEUVEN 23/11/2025					PB (50m pool): 01:04.92 SB: 01:03.07 LEUVEN 23/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.80		01:03.07	
	00:30.80		00:32.27		
					

Coach feedback:

Event number: 2: 100M BREASTSTROKE WOMEN 11+					Heat:1, starttime: 09:20
Heat: 1/25 Lane : 4 Athlete: REMANS ALICE					Q-time: 01:42:17
PB (25m pool): 01:42.17 Stedelijk Zwembad Geel 16/02/2025					PB (50m pool): 01:41.08 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:47.36		01:42.17	
	00:47.36		00:54.81		
					

Coach feedback:

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Event number: 2: 100M BREASTSTROKE WOMEN 11+					Heat:1, starttime: 09:20
Heat: 1/25 Lane : 6 Athlete: VANDINGENEN JOKE					Q-time: 01:42:71
PB (25m pool): 01:42.71 Sint-Pieters-Leeuw 05/10/2025					PB (50m pool): 01:37.56 SB: 01:42.71 Sint-Pieters-Leeuw 05/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:48.03		01:42.71	
	00:48.03		00:54.68		
					

Coach feedback:

Event number: 2: 100M BREASTSTROKE WOMEN 11+					Heat:7, starttime: 09:30
Heat: 7/25 Lane : 3 Athlete: CLAESEN SARAH					Q-time: 01:33:62
PB (25m pool): 01:33.62 Nijlen 16/11/2025					PB (50m pool): 01:36.76 SB: 01:33.62 Nijlen 16/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:43.73		01:33.62	
	00:43.73		00:49.89		
					

Coach feedback:

Event number: 2: 100M BREASTSTROKE WOMEN 11+					Heat:12, starttime: 09:40
Heat: 12/25 Lane : 3 Athlete: MAES JULIE					Q-time: 01:28:88
PB (25m pool): 01:28.88 Tienen 26/10/2025					PB (50m pool): 01:28.64 SB: 01:28.88 Tienen 26/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:42.34		01:28.88	
	00:42.34		00:46.54		
					

Coach feedback:

Event number: 3: 100M BUTTERFLY MEN 11+					Heat:17, starttime: 10:35
Heat: 17/18 Lane : 3 Athlete: DE SWERDT NIELS					Q-time: 00:55:23
PB (25m pool): 00:55.23 Leuven 12/10/2025					PB (50m pool): 00:56.90 SB: 00:55.23 Leuven 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:25.85		00:55.23	
	00:25.85		00:29.38		
					

Coach feedback:

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Event number: 3: 100M BUTTERFLY MEN 11+					Heat:17, starttime: 10:35
Heat: 17/18 Lane : 4 Athlete: DE SWERDT MATHIAS					Q-time: 00:57:68
PB (25m pool): 00:57.68 Gent 09/11/2025					PB (50m pool): 01:01.40 SB: 00:57.68 Gent 09/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:26.33		00:57.68	
	00:26.33		00:31.35		
					

Coach feedback:

Event number: 3: 100M BUTTERFLY MEN 11+					Heat:18, starttime: 10:35
Heat: 18/18 Lane : 5 Athlete: VANDERHULST MIDAS					Q-time: 01:00:11
PB (25m pool): 00:59.38 Leuven 20/10/2024					PB (50m pool): no time SB: 01:00.11 LEUVEN 21/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:27.70		00:59.38	
	00:27.70		00:31.68		
					

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+					Heat:1, starttime: 10:45
Heat: 1/42 Lane : 6 Athlete: LAMBRECHTS HANNE					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: 4: 100M FREESTYLE WOMEN 11+					Heat:4, starttime: 10:50
Heat: 4/42 Lane : 1 Athlete: NIJS LOES					Q-time: 01:28:97
PB (25m pool): 01:28.97 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		00:44.38		01:28.97	
	00:44.38		00:44.59		
					

Coach feedback:

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Event number: 4: 100M FREESTYLE WOMEN 11+					Heat:4, starttime: 10:50
Heat: 4/42 Lane : 6 Athlete: VANDINGENEN JOKE					Q-time: 01:30:02
PB (25m pool): 01:30.02 Stedelijk Zwembad Geel 16/02/2025 PB (50m pool): 01:22.69SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:44.05		01:30.02	
	00:44.05		00:45.97		
					

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+					Heat:11, starttime: 11:05
Heat: 11/42 Lane : 5 Athlete: REMANS ALICE					Q-time: 01:15:01
PB (25m pool): 01:15.01 Bastogne 06/04/2025 PB (50m pool): 01:12.95SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.32		01:15.01	
	00:36.32		00:38.69		
					

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+					Heat:15, starttime: 11:10
Heat: 15/42 Lane : 6 Athlete: ROSSEEL JANNE					Q-time: 01:11:88
PB (25m pool): 01:11.88 Leuven 12/10/2025 PB (50m pool): 01:12.28SB: 01:11.88 Leuven 12/10/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.25		01:11.88	
	00:34.25		00:37.63		
					

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+					Heat:17, starttime: 11:15
Heat: 17/42 Lane : 1 Athlete: CLAESEN SARAH					Q-time: 01:10:47
PB (25m pool): 01:10.47 Nijlen 16/11/2025 PB (50m pool): 01:11.74SB: 01:10.47 Nijlen 16/11/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.21		01:10.47	
	00:34.21		00:36.26		
					

Coach feedback:

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

Event number: 4: 100M FREESTYLE WOMEN 11+					Heat:18, starttime: 11:15
Heat: 18/42 Lane : 4 Athlete: REMANS ROSALIE					Q-time: 01:09:26
PB (25m pool): 01:09.26 Nijlen 16/11/2025					PB (50m pool): 01:09.40 SB: 01:09.26 Nijlen 16/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.02		01:09.26	
	00:34.02		00:35.24		
					

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+					Heat:28, starttime: 11:30
Heat: 28/42 Lane : 6 Athlete: MAES JULIE					Q-time: 01:05:68
PB (25m pool): 01:05.68 Leuven 12/10/2025					PB (50m pool): 01:08.66 SB: 01:05.68 Leuven 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.27		01:05.68	
	00:32.27		00:33.41		
					

Coach feedback:

Event number: 5: 100M MEDLEY MEN 11+					Heat:10, starttime: 12:10
Heat: 10/28 Lane : 2 Athlete: FEYAERTS JEROEN					Q-time: 01:24:99
PB (25m pool): 01:24.99 Hannuit 29/11/2025					PB (50m pool): no time SB: 01:24.99 Hannuit 29/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:24.99	
	no time				
					

Coach feedback:

Event number: 5: 100M MEDLEY MEN 11+					Heat:13, starttime: 12:15
Heat: 13/28 Lane : 6 Athlete: LEMMENS LUCA					Q-time: 01:19:15
PB (25m pool): 01:19.15 Hannuit 29/11/2025					PB (50m pool): no time SB: 01:19.15 Hannuit 29/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:19.15	
	no time				
					

Coach feedback:

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Event number: 5: 100M MEDLEY MEN 11+					Heat:26, starttime: 12:35
Heat: 26/28 Lane : 5 Athlete: DE SWERDT MATHIAS					Q-time: 01:00:56
PB (25m pool): 01:00.56 Tienen 26/10/2025					PB (50m pool): no time SB: 01:00.56 Tienen 26/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:00.56	
	no time				
					

Coach feedback:

Event number: 5: 100M MEDLEY MEN 11+					Heat:27, starttime: 12:35
Heat: 27/28 Lane : 3 Athlete: DE SWERDT NIELS					Q-time: 00:57:65
PB (25m pool): 00:57.65 Gent 09/11/2025					PB (50m pool): no time SB: 00:57.65 Gent 09/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:26.17		00:57.65	
	00:26.17 00:31.48				
					

Coach feedback: