

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

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

Coaches: Van Den Broeck Dennis

Coaches: Van Den Broeck Michaël

Coaches: Raes Tina HEADCOACH

Coaches: Van den Brande Liesbeth

PB => Personal Best time

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

Event number: 1: 100M BACKSTROKE MEN 11+					Heat:7, starttime: 08:45
Heat: 7/25 Lane : 3 Athlete: LAUWENS FINN					Q-time: 01:25:56
PB (25m pool): 01:25.56 Temse 21/12/2025					PB (50m pool): 01:27.34 SB: 01:25.56 Temse 21/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:42.09		01:25.56	
		00:42.09		00:43.47	
					

Coach feedback:

Event number: 2: 100M BREASTSTROKE WOMEN 11+					Heat:10, starttime: 09:40
Heat: 10/25 Lane : 1 Athlete: NUYTKENS MARIE					Q-time: 01:31:00
PB (25m pool): 01:31.00 Temse 17/11/2025					PB (50m pool): 01:35.02 SB: 01:31.00 Temse 17/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:43.33		01:31.00	
		00:43.33		00:47.67	
					

Coach feedback:

Event number: 2: 100M BREASTSTROKE WOMEN 11+					Heat:10, starttime: 09:40
Heat: 10/25 Lane : 4 Athlete: VERSPECHT KAAT					Q-time: 01:30:02
PB (25m pool): 01:30.02 Tienen 26/10/2025					PB (50m pool): 01:32.90 SB: 01:30.02 Tienen 26/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:41.78		01:30.02	
		00:41.78		00:48.24	
					

Coach feedback:

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Event number: 2: 100M BREASTSTROKE WOMEN 11+					Heat:21, starttime: 09:55
Heat: 21/25 Lane : 5 Athlete: JACOBS LAURIEN					Q-time: 01:21:43
PB (25m pool): 01:21.06 Sinbad 29/12/2024					PB (50m pool): 01:24.34 SB: 01:23.46 Sint-Niklaas 28/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.99		01:21.06	
	00:37.99		00:43.07		
					

Coach feedback:

Event number: 2: 100M BREASTSTROKE WOMEN 11+					Heat:23, starttime: 10:00
Heat: 23/25 Lane : 2 Athlete: VAN DEN EEDE OLIVIA					Q-time: 01:16:60
PB (25m pool): 01:16.60 TEMSE 18/05/2025					PB (50m pool): 01:19.84 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.15		01:16.60	
	00:36.15		00:40.45		
					

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+					Heat:13, starttime: 11:05
Heat: 13/42 Lane : 3 Athlete: REYNIERS FIEN					Q-time: 01:12:68
PB (25m pool): 01:12.68 Tienen 26/10/2025					PB (50m pool): 01:15.33 SB: 01:12.68 Tienen 26/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.56		01:12.68	
	00:35.56		00:37.12		
					

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+					Heat:13, starttime: 11:05
Heat: 13/42 Lane : 5 Athlete: SEGHERS MILLA					Q-time: 01:12:91
PB (25m pool): 01:12.91 Liedekerke 11/11/2025					PB (50m pool): 01:12.74 SB: 01:12.91 Liedekerke 11/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.58		01:12.91	
	00:35.58		00:37.33		
					

Coach feedback:

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Event number: 4: 100M FREESTYLE WOMEN 11+					Heat:16, starttime: 11:10
Heat: 16/42 Lane : 5 Athlete: VAN HOOMISSEN CHELSEA					Q-time: 01:10:97
PB (25m pool): 01:10.97 Temse 21/12/2025					PB (50m pool): 01:10.36 SB: 01:10.97 Temse 21/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.16		01:10.97	
	00:33.16		00:37.81		
					

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+					Heat:17, starttime: 11:15
Heat: 17/42 Lane : 5 Athlete: VERSPECHT KAAT					Q-time: 01:10:32
PB (25m pool): 01:10.32 Temse 17/11/2025					PB (50m pool): 01:12.03 SB: 01:10.32 Temse 17/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.33		01:10.32	
	00:33.33		00:36.99		
					

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+					Heat:21, starttime: 11:20
Heat: 21/42 Lane : 5 Athlete: JACOBS LAURIEN					Q-time: 01:08:15
PB (25m pool): 01:08.15 Stedelijk Zwembad Geel 16/02/2025					PB (50m pool): 01:08.17 SB: 01:08.77 Temse 21/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.59		01:08.15	
	00:32.59		00:35.56		
					

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+					Heat:23, starttime: 11:20
Heat: 23/42 Lane : 2 Athlete: JACOBS ROXANNE					Q-time: 01:07:61
PB (25m pool): 01:07.61 Stedelijk Zwembad Geel 16/02/2025					PB (50m pool): 01:08.96 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.07		01:07.61	
	00:32.07		00:35.54		
					

Coach feedback:

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Event number: 4: 100M FREESTYLE WOMEN 11+					Heat:23, starttime: 11:20
Heat: 23/42 Lane : 5 Athlete: NUYTKENS MARIE					Q-time: 01:07:67
PB (25m pool): 01:07.67 Temse 17/11/2025					PB (50m pool): 01:08.52 SB: 01:07.67 Temse 17/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.00		01:07.67	
	00:33.00		00:34.67		
					

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+					Heat:29, starttime: 11:30
Heat: 29/42 Lane : 4 Athlete: VERSPECHT LIEN					Q-time: 01:04:96
PB (25m pool): 01:04.96 Stedelijk Zwembad Geel 16/02/2025					PB (50m pool): 01:05.65 SB: 01:05.07 TEMSE 23/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.59		01:04.96	
	00:30.59		00:34.37		
					

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+					Heat:34, starttime: 11:40
Heat: 34/42 Lane : 2 Athlete: VAN DEN EEDE OLIVIA					Q-time: 01:03:05
PB (25m pool): 01:03.05 Gent 23/02/2025					PB (50m pool): 01:05.85 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.10		01:03.05	
	00:30.10		00:32.95		
					

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+					Heat:35, starttime: 11:40
Heat: 35/42 Lane : 3 Athlete: GEENS AMÉLIE					Q-time: 01:02:53
PB (25m pool): 01:02.53 Temse 21/12/2025					PB (50m pool): 01:03.34 SB: 01:02.53 Temse 21/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:29.95		01:02.53	
	00:29.95		00:32.58		
					

Coach feedback:

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Event number: 4: 100M FREESTYLE WOMEN 11+					Heat:36, starttime: 11:40
Heat: 36/42 Lane : 2 Athlete: CLERBOUT FILLO					Q-time: 01:02:20
PB (25m pool): 01:00.86 Stedelijk Zwembad Geel 11/02/2024 PB (50m pool): 01:01.82 SB: 01:02.63 Leuven 12/10/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:00.86	
	no time				
					

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+					Heat:42, starttime: 11:50
Heat: 42/42 Lane : 2 Athlete: DALEMANS LYN					Q-time: 00:58:62
PB (25m pool): 00:58.38 Stedelijk Zwembad Geel 11/02/2024 PB (50m pool): 00:59.03 SB: 00:58.62 Leuven 12/10/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		00:58.38	
	no time				
					

Coach feedback:

Event number: 5: 100M MEDLEY MEN 11+					Heat:9, starttime: 12:10
Heat: 9/28 Lane : 1 Athlete: LAUWENS FINN					Q-time: 01:31:50
PB (25m pool): 01:31.50 Tienen 26/10/2025 PB (50m pool): no time SB: 01:31.50 Tienen 26/10/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:31.50	
	no time				
					

Coach feedback:

Event number: 5: 100M MEDLEY MEN 11+					Heat:18, starttime: 12:25
Heat: 18/28 Lane : 4 Athlete: KENNES KYLIAN					Q-time: 01:10:17
PB (25m pool): 01:08.67 Stedelijk Zwembad Geel 11/02/2024 PB (50m pool): no time SB: 01:10.17 Temse 21/12/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:08.67	
	no time				
					

Coach feedback:

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Event number: 5: 100M MEDLEY MEN 11+				Heat:21, starttime: 12:30	
Heat: 21/28 Lane : 1 Athlete: VAN LOON BAS				Q-time: 01:07:48	
PB (25m pool): 01:07.48 Temse 21/12/2025				PB (50m pool): no time SB: 01:07.48 Temse 21/12/2025	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.82		01:07.48	
	00:31.82		00:35.66		
					

Coach feedback: