

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

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

Coaches: Gijsemans Liesbet

Coaches: De Herdt An

Coaches: Vanuytven Diane

Coaches: De Herdt Els HEADCOACH

Coaches: Jacob Sven

Coaches: Van Campenhout Sigrid

Coaches: De Weerd Koen

PB => Personal Best time

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

Event number: 1: 100M BACKSTROKE MEN 11+					Heat:4, starttime: 08:40
Heat: 4/25 Lane : 3 Athlete: DE PUYDT ARTHUR					Q-time: 01:34:30
PB (25m pool): 01:34.30 Stedelijk Zwembad Geel 16/02/2025 PB (50m pool): 01:34.73 SB: 01:35.36 Nijlen 16/11/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:45.35		01:34.30	
		00:45.35		00:48.95	
					

Coach feedback:

Event number: 1: 100M BACKSTROKE MEN 11+					Heat:5, starttime: 08:40
Heat: 5/25 Lane : 5 Athlete: VERMEIREN STAN					Q-time: 01:33:94
PB (25m pool): 01:29.49 Kapellen 21/12/2025 PB (50m pool): 01:36.32 SB: 01:29.49 Kapellen 21/12/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:42.84		01:29.49	
		00:42.84		00:46.65	
					

Coach feedback:

Event number: 1: 100M BACKSTROKE MEN 11+					Heat:9, starttime: 08:50
Heat: 9/25 Lane : 4 Athlete: MARIN ALEXANDRU					Q-time: 01:20:44
PB (25m pool): 01:20.44 Nijlen 16/11/2025 PB (50m pool): 01:26.56 SB: 01:20.44 Nijlen 16/11/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.50		01:20.44	
		00:39.50		00:40.94	
					

Coach feedback:

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Event number: 1: 100M BACKSTROKE MEN 11+					Heat:10, starttime: 08:50
Heat: 10/25 Lane : 3 Athlete: SLAETS CAZ					Q-time: 01:17:77
PB (25m pool): 01:17.77 Nijlen 16/11/2025					PB (50m pool): 01:19.75 SB: 01:17.77 Nijlen 16/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.54		01:17.77	
	00:38.54		00:39.23		
					

Coach feedback:

Event number: 1: 100M BACKSTROKE MEN 11+					Heat:13, starttime: 08:55
Heat: 13/25 Lane : 1 Athlete: DRISSI EL MESKINI TAMIZ					Q-time: 01:14:19
PB (25m pool): 01:13.44 Kapellen 21/12/2025					PB (50m pool): 01:18.59 SB: 01:13.44 Kapellen 21/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.87		01:13.44	
	00:35.87		00:37.57		
					

Coach feedback:

Event number: 1: 100M BACKSTROKE MEN 11+					Heat:14, starttime: 09:00
Heat: 14/25 Lane : 2 Athlete: JACOB QINGKUN					Q-time: 01:12:89
PB (25m pool): 01:11.13 Heist-op-den-Berg 10/01/2026					PB (50m pool): 01:13.62 SB: 01:11.13 Heist-op-den-Berg 10/01/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.05		01:11.13	
	00:34.05		00:37.08		
					

Coach feedback:

Event number: 1: 100M BACKSTROKE MEN 11+					Heat:14, starttime: 09:00
Heat: 14/25 Lane : 5 Athlete: VERCAMMEN DAAN					Q-time: 01:13:06
PB (25m pool): 01:13.06 Nijlen 16/11/2025					PB (50m pool): 01:14.49 SB: 01:13.06 Nijlen 16/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.13		01:13.06	
	00:36.13		00:36.93		
					

Coach feedback:

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Event number: 1: 100M BACKSTROKE MEN 11+					Heat:16, starttime: 09:05
Heat: 16/25 Lane : 5 Athlete: WIJSGEER VIKTOR					Q-time: 01:09:83
PB (25m pool): 01:09.83 Nijlen 16/11/2025					PB (50m pool): 01:10.61 SB: 01:09.83 Nijlen 16/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.91		01:09.83	
	00:33.91		00:35.92		
					

Coach feedback:

Event number: 1: 100M BACKSTROKE MEN 11+					Heat:16, starttime: 09:05
Heat: 16/25 Lane : 6 Athlete: MERTENS GERBEN					Q-time: 01:10:60
PB (25m pool): 01:10.60 Temse 17/11/2025					PB (50m pool): 01:14.30 SB: 01:10.60 Temse 17/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.30		01:10.60	
	00:35.30		00:35.30		
					

Coach feedback:

Event number: 1: 100M BACKSTROKE MEN 11+					Heat:20, starttime: 09:10
Heat: 20/25 Lane : 2 Athlete: DOOMEN MARNIX					Q-time: 01:05:39
PB (25m pool): 01:04.49 Heist-op-den-Berg 10/01/2026					PB (50m pool): 01:07.14 SB: 01:04.49 Heist-op-den-Berg 10/01/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.64		01:04.49	
	00:31.64		00:32.85		
					

Coach feedback:

Event number: 2: 100M BREASTSTROKE WOMEN 11+					Heat:3, starttime: 09:25
Heat: 3/25 Lane : 2 Athlete: SARMI SOFIA					Q-time: 01:38:58
PB (25m pool): 01:35.62 Heist-op-den-Berg 10/01/2026					PB (50m pool): 01:42.03 SB: 01:35.62 Heist-op-den-Berg 10/01/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:44.97		01:35.62	
	00:44.97		00:50.65		
					

Coach feedback:

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Event number: 2: 100M BREASTSTROKE WOMEN 11+					Heat:6, starttime: 09:30
Heat: 6/25 Lane : 6 Athlete: VOLDERS ELLA					Q-time: 01:34:70
PB (25m pool): 01:32.80 Heist-op-den-Berg 10/01/2026					PB (50m pool): 01:38.07 SB: 01:32.80 Heist-op-den-Berg 10/01/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:44.19		01:32.80	
	00:44.19		00:48.61		
					

Coach feedback:

Event number: 2: 100M BREASTSTROKE WOMEN 11+					Heat:14, starttime: 09:45
Heat: 14/25 Lane : 1 Athlete: DALEMANS NEL					Q-time: 01:27:33
PB (25m pool): 01:26.83 Heist-op-den-Berg 10/01/2026					PB (50m pool): 01:30.93 SB: 01:26.83 Heist-op-den-Berg 10/01/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.90		01:26.83	
	00:40.90		00:45.93		
					

Coach feedback:

Event number: 2: 100M BREASTSTROKE WOMEN 11+					Heat:17, starttime: 09:50
Heat: 17/25 Lane : 2 Athlete: VAN REETH LIEZE					Q-time: 01:25:08
PB (25m pool): 01:25.08 Temse 17/11/2025					PB (50m pool): 01:26.97 SB: 01:25.08 Temse 17/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.07		01:25.08	
	00:40.07		00:45.01		
					

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+					Heat:4, starttime: 10:50
Heat: 4/42 Lane : 3 Athlete: HERREMANS ELIEN					Q-time: 01:28:06
PB (25m pool): 01:27.72 Heist-op-den-Berg 10/01/2026					PB (50m pool): no time SB: 01:27.72 Heist-op-den-Berg 10/01/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.79		01:27.72	
	00:40.79		00:46.93		
					

Coach feedback:

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Event number: 4: 100M FREESTYLE WOMEN 11+					Heat:6, starttime: 10:55
Heat: 6/42 Lane : 2 Athlete: JORIS LINDE					Q-time: 01:22:23
PB (25m pool): 01:21.11 Heist-op-den-Berg 10/01/2026					PB (50m pool): 01:17.77 SB: 01:21.11 Heist-op-den-Berg 10/01/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.14		01:21.11	
	00:39.14		00:41.97		
					

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+					Heat:9, starttime: 11:00
Heat: 9/42 Lane : 6 Athlete: BORREMANS LIZ					Q-time: 01:18:00
PB (25m pool): 01:18.00 Nijlen 16/11/2025					PB (50m pool): 01:19.20 SB: 01:18.00 Nijlen 16/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.44		01:18.00	
	00:37.44		00:40.56		
					

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+					Heat:12, starttime: 11:05
Heat: 12/42 Lane : 2 Athlete: VAN BREEDAM LENA					Q-time: 01:14:00
PB (25m pool): 01:12.29 Heist-op-den-Berg 10/01/2026					PB (50m pool): 01:12.49 SB: 01:12.29 Heist-op-den-Berg 10/01/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.74		01:12.29	
	00:34.74		00:37.55		
					

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+					Heat:25, starttime: 11:25
Heat: 25/42 Lane : 1 Athlete: DE VOCHT LINNE					Q-time: 01:06:88
PB (25m pool): 01:06.88 Heist-op-den-Berg 10/01/2026					PB (50m pool): 01:08.45 SB: 01:06.88 Heist-op-den-Berg 10/01/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.68		01:06.88	
	00:31.68		00:35.20		
					

Coach feedback:

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Event number: 4: 100M FREESTYLE WOMEN 11+					Heat:31, starttime: 11:35
Heat: 31/42 Lane : 3 Athlete: VERDOOD PIP					Q-time: 01:04:20
PB (25m pool): 01:03.56 Heist-op-den-Berg 10/01/2026 PB (50m pool): 01:04.14 SB: 01:03.56 Heist-op-den-Berg 10/01/2026					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.55		01:03.56	
	00:30.55		00:33.01		
					

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+					Heat:34, starttime: 11:40
Heat: 34/42 Lane : 4 Athlete: JACOBS LOTTE					Q-time: 01:03:05
PB (25m pool): 01:03.05 Stedelijk Zwembad Geel 16/02/2025 PB (50m pool): 01:03.47 SB: 01:03.74 Nijlen 16/11/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.51		01:03.05	
	00:30.51		00:32.54		
					

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+					Heat:35, starttime: 11:40
Heat: 35/42 Lane : 4 Athlete: SCHELLEMANS CHARLOTTE					Q-time: 01:02:62
PB (25m pool): 01:02.62 Antwerpen 12/10/2025 PB (50m pool): 01:02.68 SB: 01:02.62 Antwerpen 12/10/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.29		01:02.62	
	00:30.29		00:32.33		
					

Coach feedback:

Event number: 5: 100M MEDLEY MEN 11+					Heat:12, starttime: 12:15
Heat: 12/28 Lane : 5 Athlete: DRISSI EL MESKINI TAMIZ					Q-time: 01:20:56
PB (25m pool): 01:20.56 Hoogstraten 28/09/2025 PB (50m pool): no time SB: 01:20.56 Hoogstraten 28/09/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:20.56	
	no time				
					

Coach feedback:

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

Event number: 5: 100M MEDLEY MEN 11+					Heat:14, starttime: 12:15
Heat: 14/28 Lane : 5 Athlete: MARIN ALEXANDRU					Q-time: 01:17:63
PB (25m pool): 01:17.63 Heist-op-den-Berg 10/01/2026					PB (50m pool): no time SB: 01:17.63 Heist-op-den-Berg 10/01/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:17.63	
	no time				
					

Coach feedback:

Event number: 5: 100M MEDLEY MEN 11+					Heat:16, starttime: 12:20
Heat: 16/28 Lane : 3 Athlete: VERCAMMEN DAAN					Q-time: 01:12:91
PB (25m pool): 01:12.91 Heist-op-den-Berg 10/01/2026					PB (50m pool): no time SB: 01:12.91 Heist-op-den-Berg 10/01/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:12.91	
	no time				
					

Coach feedback:

Event number: 5: 100M MEDLEY MEN 11+					Heat:16, starttime: 12:20
Heat: 16/28 Lane : 5 Athlete: SLAETS CAZ					Q-time: 01:13:31
PB (25m pool): 01:13.31 Heist-op-den-Berg 10/01/2026					PB (50m pool): no time SB: 01:13.31 Heist-op-den-Berg 10/01/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:13.31	
	no time				
					

Coach feedback:

Event number: 5: 100M MEDLEY MEN 11+					Heat:17, starttime: 12:20
Heat: 17/28 Lane : 4 Athlete: MERTENS GERBEN					Q-time: 01:11:23
PB (25m pool): 01:11.23 Hoogstraten 28/09/2025					PB (50m pool): no time SB: 01:11.23 Hoogstraten 28/09/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:11.23	
	no time				
					

Coach feedback:

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Event number: 5: 100M MEDLEY MEN 11+					Heat:18, starttime: 12:25
Heat: 18/28 Lane : 6 Athlete: JACOB QINGKUN					Q-time: 01:10:60
PB (25m pool): 01:10.60 Heist Op Den Berg 11/01/2025					PB (50m pool): no time SB: 01:10.97 Hoogstraten 28/09/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:10.60	
	no time				
					

Coach feedback:

Event number: 5: 100M MEDLEY MEN 11+					Heat:20, starttime: 12:25
Heat: 20/28 Lane : 6 Athlete: WIJSGEER VIKTOR					Q-time: 01:08:25
PB (25m pool): 01:08.25 Hoogstraten 28/09/2025					PB (50m pool): no time SB: 01:08.25 Hoogstraten 28/09/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:08.25	
	no time				
					

Coach feedback:

Event number: 5: 100M MEDLEY MEN 11+					Heat:25, starttime: 12:35
Heat: 25/28 Lane : 1 Athlete: DOOMEN MARNIX					Q-time: 01:04:22
PB (25m pool): 01:04.22 Hoogstraten 28/09/2025					PB (50m pool): no time SB: 01:04.22 Hoogstraten 28/09/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:04.22	
	no time				
					

Coach feedback: