

ZGEEL 2daagse 26: Session: 3: COACH evaluation sheet for TEAM: BEST

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

Coaches: Roosbeek Stefanie HEADCOACH

PB => Personal Best time

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

Event number: 14: 100M BACKSTROKE WOMEN 11+					Heat:1, starttime: 08:30
Heat: 1/26 Lane : 1 Athlete: SMEETS LOU					Q-time: 01:31:63
PB (25m pool): 01:31.63 Aarschot 04/05/2025					PB (50m pool): 01:32.74 SB: 01:33.09 Pelt 05/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:45.13		01:31.63	
	00:45.13		00:46.50		
					

Coach feedback:

Event number: 14: 100M BACKSTROKE WOMEN 11+					Heat:7, starttime: 08:45
Heat: 7/26 Lane : 6 Athlete: GEVERS LEONIE					Q-time: 01:23:44
PB (25m pool): 01:29.01 Sint-Pieters-Leeuw 08/10/2023					PB (50m pool): 01:23.44 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:29.01	
	no time				
					

Coach feedback:

Event number: 14: 100M BACKSTROKE WOMEN 11+					Heat:15, starttime: 09:00
Heat: 15/26 Lane : 2 Athlete: KERCKHOFS NIENTKE					Q-time: 01:15:38
PB (25m pool): 01:15.38 Aarschot 04/05/2025					PB (50m pool): 01:16.71 SB: 01:15.73 Leuven 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.70		01:15.38	
	00:36.70		00:38.68		
					

Coach feedback:

ZGEEL 2daagse 26: Session: 3: COACH evaluation sheet for TEAM: BEST

Event number: 14: 100M BACKSTROKE WOMEN 11+					Heat:23, starttime: 09:15
Heat: 23/26 Lane : 2 Athlete: VANDERLINDEN PAULIEN					Q-time: 01:09:34
PB (25m pool): 01:09.34 Leuven 12/10/2025					PB (50m pool): 01:11.15 SB: 01:09.34 Leuven 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.85		01:09.34	
	00:33.85		00:35.49		
					

Coach feedback:

Event number: 15: 100M BREASTSTROKE MEN 11+					Heat:1, starttime: 09:20
Heat: 1/20 Lane : 5 Athlete: JAMAR ALEXANDER					Q-time: 01:38:63
PB (25m pool): 01:38.63 Mol 28/12/2025					PB (50m pool): 01:40.84 SB: 01:38.63 Mol 28/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:47.05		01:38.63	
	00:47.05		00:51.58		
					

Coach feedback:

Event number: 15: 100M BREASTSTROKE MEN 11+					Heat:8, starttime: 09:35
Heat: 8/20 Lane : 1 Athlete: PROUVé VIKTOR					Q-time: 01:26:87
PB (25m pool): 01:26.87 Pelt 05/10/2025					PB (50m pool): 01:29.95 SB: 01:26.87 Pelt 05/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:41.78		01:26.87	
	00:41.78		00:45.09		
					

Coach feedback:

Event number: 15: 100M BREASTSTROKE MEN 11+					Heat:18, starttime: 09:50
Heat: 18/20 Lane : 6 Athlete: VAN HOOFF COBE					Q-time: 01:11:01
PB (25m pool): 01:11.01 LEUVEN 23/11/2025					PB (50m pool): 01:14.89 SB: 01:11.01 LEUVEN 23/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.17		01:11.01	
	00:33.17		00:37.84		
					

Coach feedback:

ZGEEL 2daagse 26: Session: 3: COACH evaluation sheet for TEAM: BEST

Event number: 16: 100M BUTTERFLY WOMEN 11+					Heat:3, starttime: 10:00
Heat: 3/19 Lane : 6 Athlete: KERCKHOFS WOUKE					Q-time: 01:48:07
PB (25m pool): no time					PB (50m pool): 01:48.07 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: 16: 100M BUTTERFLY WOMEN 11+					Heat:7, starttime: 10:10
Heat: 7/19 Lane : 6 Athlete: GHOOS KATO					Q-time: 01:30:59
PB (25m pool): 01:30.59 Leuven 12/10/2025					PB (50m pool): 01:28.99 SB: 01:30.59 Leuven 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:42.32		01:30.59	
	00:42.32 00:48.27				
					

Coach feedback:

Event number: 16: 100M BUTTERFLY WOMEN 11+					Heat:19, starttime: 10:30
Heat: 19/19 Lane : 6 Athlete: VANDERLINDEN PAULIEN					Q-time: 01:09:16
PB (25m pool): 01:09.16 LEUVEN 23/11/2025					PB (50m pool): 01:11.15 SB: 01:09.16 LEUVEN 23/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.06		01:09.16	
	00:32.06 00:37.10				
					

Coach feedback:

Event number: 17: 100M FREESTYLE MEN 11+					Heat:1, starttime: 10:40
Heat: 1/37 Lane : 2 Athlete: JAMAR JONATHAN					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:

ZGEEL 2daagse 26: Session: 3: COACH evaluation sheet for TEAM: BEST

Event number: 17: 100M FREESTYLE MEN 11+					Heat:4, starttime: 10:45
Heat: 4/37 Lane : 3 Athlete: VANGENECHTEN MATTHIAS					Q-time: 01:23:28
PB (25m pool): 01:23.28 Aarschot 04/05/2025					PB (50m pool): 01:25.34 SB: 01:26.14 Pelt 05/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:41.48		01:23.28	
	00:41.48		00:41.80		
					

Coach feedback:

Event number: 17: 100M FREESTYLE MEN 11+					Heat:5, starttime: 10:50
Heat: 5/37 Lane : 1 Athlete: VANINBROUKX TOON					Q-time: 01:22:31
PB (25m pool): 01:22.31 Mol 28/12/2025					PB (50m pool): 01:29.10 SB: 01:22.31 Mol 28/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.88		01:22.31	
	00:39.88		00:42.43		
					

Coach feedback:

Event number: 17: 100M FREESTYLE MEN 11+					Heat:8, starttime: 10:55
Heat: 8/37 Lane : 1 Athlete: SCHEEPERS ELIAZ					Q-time: 01:14:90
PB (25m pool): 01:14.90 LEUVEN 23/11/2025					PB (50m pool): 01:18.28 SB: 01:14.90 LEUVEN 23/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.40		01:14.90	
	00:36.40		00:38.50		
					

Coach feedback:

Event number: 17: 100M FREESTYLE MEN 11+					Heat:8, starttime: 10:55
Heat: 8/37 Lane : 5 Athlete: JAMAR ALEXANDER					Q-time: 01:14:77
PB (25m pool): 01:14.77 LEUVEN 23/11/2025					PB (50m pool): 01:19.14 SB: 01:14.77 LEUVEN 23/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.09		01:14.77	
	00:36.09		00:38.68		
					

Coach feedback:

ZGEEL 2daagse 26: Session: 3: COACH evaluation sheet for TEAM: BEST

Event number: 17: 100M FREESTYLE MEN 11+					Heat:19, starttime: 11:10
Heat: 19/37 Lane : 1 Athlete: PROUVÉ VIKTOR					Q-time: 01:04:25
PB (25m pool): 01:04.25 Temse 17/11/2025					PB (50m pool): 01:05.10 SB: 01:04.25 Temse 17/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.19		01:04.25	
	00:31.19		00:33.06		
					

Coach feedback:

Event number: 17: 100M FREESTYLE MEN 11+					Heat:28, starttime: 11:20
Heat: 28/37 Lane : 5 Athlete: VAN HOOFF COBE					Q-time: 00:57:98
PB (25m pool): 00:57.98 Aarschot 28/07/2025					PB (50m pool): 00:59.86 SB: 00:58.08 Leuven 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:27.66		00:57.98	
	00:27.66		00:30.32		
					

Coach feedback:

Event number: 18: 100M MEDLEY WOMEN 11+					Heat:1, starttime: 11:35
Heat: 1/33 Lane : 3 Athlete: BERTOLAZZI MONA					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: 18: 100M MEDLEY WOMEN 11+					Heat:7, starttime: 11:45
Heat: 7/33 Lane : 1 Athlete: DE BRIER ROSALIE					Q-time: 01:50:26
PB (25m pool): 01:50.26 Pelt 05/10/2025					PB (50m pool): no time SB: 01:50.26 Pelt 05/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:50.26	
	no time				
					

Coach feedback:

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Event number: 18: 100M MEDLEY WOMEN 11+					Heat:7, starttime: 11:45
Heat: 7/33 Lane : 4 Athlete: VANGENECHTEN ANNA					Q-time: 01:44:79
PB (25m pool): 01:44.79 Aarschot 04/05/2025					PB (50m pool): no time SB: 01:46.10 Pelt 05/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:44.79	
	no time				
					

Coach feedback:

Event number: 18: 100M MEDLEY WOMEN 11+					Heat:8, starttime: 11:50
Heat: 8/33 Lane : 1 Athlete: SMEETS LOU					Q-time: 01:43:10
PB (25m pool): 01:43.10 Aarschot 16/03/2025					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:43.10	
	no time				
					

Coach feedback:

Event number: 18: 100M MEDLEY WOMEN 11+					Heat:9, starttime: 11:50
Heat: 9/33 Lane : 1 Athlete: VANMECHELEN KATO					Q-time: 01:40:22
PB (25m pool): 01:40.22 Tienen 26/10/2025					PB (50m pool): no time SB: 01:40.22 Tienen 26/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:40.22	
	no time				
					

Coach feedback:

Event number: 18: 100M MEDLEY WOMEN 11+					Heat:13, starttime: 12:00
Heat: 13/33 Lane : 6 Athlete: KERCKHOFS WOUKE					Q-time: 01:27:48
PB (25m pool): 01:27.48 Tienen 26/10/2025					PB (50m pool): no time SB: 01:27.48 Tienen 26/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:27.48	
	no time				
					

Coach feedback:

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Event number: 18: 100M MEDLEY WOMEN 11+					Heat:17, starttime: 12:05
Heat: 17/33 Lane : 2 Athlete: GEVERS LEONIE					Q-time: 01:21:39
PB (25m pool): 01:21.39 LEUVEN 21/12/2025					PB (50m pool): no time SB: 01:21.39 LEUVEN 21/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.86		01:21.39	
	00:37.86		00:43.53		
					

Coach feedback:

Event number: 18: 100M MEDLEY WOMEN 11+					Heat:17, starttime: 12:05
Heat: 17/33 Lane : 5 Athlete: GHOOS KATO					Q-time: 01:21:63
PB (25m pool): 01:21.63 LEUVEN 21/12/2025					PB (50m pool): no time SB: 01:21.63 LEUVEN 21/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.69		01:21.63	
	00:38.69		00:42.94		
					

Coach feedback:

Event number: 18: 100M MEDLEY WOMEN 11+					Heat:24, starttime: 12:20
Heat: 24/33 Lane : 2 Athlete: KERCKHOFS NIENKE					Q-time: 01:14:44
PB (25m pool): 01:14.44 Mol 28/12/2025					PB (50m pool): no time SB: 01:14.44 Mol 28/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.48		01:14.44	
	00:34.48		00:39.96		
					

Coach feedback:

Event number: 18: 100M MEDLEY WOMEN 11+					Heat:30, starttime: 12:25
Heat: 30/33 Lane : 6 Athlete: VANDERLINDEN PAULIEN					Q-time: 01:10:50
PB (25m pool): 01:10.50 Tienen 26/10/2025					PB (50m pool): no time SB: 01:10.50 Tienen 26/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:10.50	
	no time				
					

Coach feedback: