

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

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

Coaches: Smeets Mirthe

Coaches: Broux Yves

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 : 3 Athlete: DREESSEN LYANA				Q-time: 01:30:60	
PB (25m pool): 01:30.60 Hasselt 12/10/2025				PB (50m pool): 01:31.02 SB: 01:30.60 Hasselt 12/10/2025	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:43.46		01:30.60	
	00:43.46		00:47.14		
					

Coach feedback:

Event number: 14: 100M BACKSTROKE WOMEN 11+				Heat:4, starttime: 08:35	
Heat: 4/26 Lane : 3 Athlete: RATSITKA IRINI				Q-time: 01:26:47	
PB (25m pool): 01:26.47 Hasselt 12/10/2025				PB (50m pool): 01:30.94 SB: 01:26.47 Hasselt 12/10/2025	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:42.36		01:26.47	
	00:42.36		00:44.11		
					

Coach feedback:

Event number: 14: 100M BACKSTROKE WOMEN 11+				Heat:4, starttime: 08:35	
Heat: 4/26 Lane : 6 Athlete: CUYPERS MANON				Q-time: 01:27:45	
PB (25m pool): 01:25.08 Diksmuide 17/11/2024				PB (50m pool): 01:28.60 SB: 01:27.45 Hasselt 12/10/2025	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:41.53		01:25.08	
	00:41.53		00:43.55		
					

Coach feedback:

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Event number: 14: 100M BACKSTROKE WOMEN 11+					Heat:6, starttime: 08:40
Heat: 6/26 Lane : 5 Athlete: BERGHS JINSE					Q-time: 01:24:49
PB (25m pool): 01:24.49 Arendonk 30/11/2025					PB (50m pool): 01:26.30 SB: 01:24.49 Arendonk 30/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:41.17		01:24.49	
	00:41.17		00:43.32		
					

Coach feedback:

Event number: 14: 100M BACKSTROKE WOMEN 11+					Heat:15, starttime: 09:00
Heat: 15/26 Lane : 1 Athlete: CUYPERS LINNE					Q-time: 01:15:79
PB (25m pool): 01:15.79 Pelt 05/10/2025					PB (50m pool): 01:19.93 SB: 01:15.79 Pelt 05/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.30		01:15.79	
	00:36.30		00:39.49		
					

Coach feedback:

Event number: 14: 100M BACKSTROKE WOMEN 11+					Heat:15, starttime: 09:00
Heat: 15/26 Lane : 4 Athlete: TORDEUR LUCIE					Q-time: 01:15:36
PB (25m pool): 01:14.10 Maastricht 30/12/2024					PB (50m pool): 01:16.07 SB: 01:15.36 Maastricht 30/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.33		01:14.10	
	00:36.33		00:37.77		
					

Coach feedback:

Event number: 14: 100M BACKSTROKE WOMEN 11+					Heat:23, starttime: 09:15
Heat: 23/26 Lane : 1 Athlete: BROUX ELISE					Q-time: 01:09:44
PB (25m pool): 01:09.44 Pelt 05/10/2025					PB (50m pool): 01:12.89 SB: 01:09.44 Pelt 05/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.33		01:09.44	
	00:33.33		00:36.11		
					

Coach feedback:

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Event number: 15: 100M BREASTSTROKE MEN 11+					Heat:3, starttime: 09:25
Heat: 3/20 Lane : 6 Athlete: KÄHLER MATHIAS					Q-time: 01:35:71
PB (25m pool): 01:35.71 Temse 17/11/2025			PB (50m pool): 01:41.79 SB: 01:35.71 Temse 17/11/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:44.62		01:35.71	
	00:44.62		00:51.09		
					

Coach feedback:

Event number: 15: 100M BREASTSTROKE MEN 11+					Heat:5, starttime: 09:30
Heat: 5/20 Lane : 6 Athlete: CUYPERS MAXIME					Q-time: 01:31:78
PB (25m pool): 01:31.78 Arendonk 30/11/2025			PB (50m pool): 01:33.68 SB: 01:31.78 Arendonk 30/11/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:44.69		01:31.78	
	00:44.69		00:47.09		
					

Coach feedback:

Event number: 15: 100M BREASTSTROKE MEN 11+					Heat:6, starttime: 09:30
Heat: 6/20 Lane : 4 Athlete: TORDEUR ILIAS					Q-time: 01:29:17
PB (25m pool): 01:29.17 Maastricht 30/12/2025			PB (50m pool): 01:54.96 SB: 01:29.17 Maastricht 30/12/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:42.37		01:29.17	
	00:42.37		00:46.80		
					

Coach feedback:

Event number: 15: 100M BREASTSTROKE MEN 11+					Heat:10, starttime: 09:40
Heat: 10/20 Lane : 2 Athlete: TORDEUR KILIAN					Q-time: 01:22:12
PB (25m pool): 01:22.12 Temse 17/11/2025			PB (50m pool): 01:26.53 SB: 01:22.12 Temse 17/11/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.95		01:22.12	
	00:38.95		00:43.17		
					

Coach feedback:

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Event number: 15: 100M BREASTSTROKE MEN 11+					Heat:20, starttime: 09:55
Heat: 20/20 Lane : 6 Athlete: ONA CESAR					Q-time: 01:10:57
PB (25m pool): 01:10.57 Maastricht 30/12/2025			PB (50m pool): 01:14.38 SB: 01:10.57 Maastricht 30/12/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.94		01:10.57	
	00:33.94		00:36.63		
					

Coach feedback:

Event number: 16: 100M BUTTERFLY WOMEN 11+					Heat:3, starttime: 10:00
Heat: 3/19 Lane : 1 Athlete: BERGHS JINSE					Q-time: 01:47:84
PB (25m pool): 01:50.11 Aarschot 28/04/2024			PB (50m pool): 01:47.84 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:50.11	
	no time				
					

Coach feedback:

Event number: 16: 100M BUTTERFLY WOMEN 11+					Heat:4, starttime: 10:00
Heat: 4/19 Lane : 2 Athlete: RATSITKA IRINI					Q-time: 01:37:05
PB (25m pool): 01:37.05 Bree 21/12/2025			PB (50m pool): 01:39.22 SB: 01:37.05 Bree 21/12/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:42.79		01:37.05	
	00:42.79		00:54.26		
					

Coach feedback:

Event number: 16: 100M BUTTERFLY WOMEN 11+					Heat:7, starttime: 10:10
Heat: 7/19 Lane : 1 Athlete: DREESSEN LYANA					Q-time: 01:30:39
PB (25m pool): 01:30.39 Bree 21/12/2025			PB (50m pool): 01:31.91 SB: 01:30.39 Bree 21/12/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.73		01:30.39	
	00:40.73		00:49.66		
					

Coach feedback:

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Event number: 16: 100M BUTTERFLY WOMEN 11+				Heat:8, starttime: 10:10	
Heat: 8/19 Lane : 3 Athlete: CUYPERS MANON				Q-time: 01:24:36	
PB (25m pool): 01:21.24 Maastricht 30/12/2024				PB (50m pool): 01:24.11 SB: 01:24.36 Maastricht 30/12/2025	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.51		01:21.24	
	00:37.51		00:43.73		
					

Coach feedback:

Event number: 16: 100M BUTTERFLY WOMEN 11+				Heat:12, starttime: 10:15	
Heat: 12/19 Lane : 6 Athlete: HABRAKEN AMBER				Q-time: 01:18:50	
PB (25m pool): 01:18.50 Maastricht 30/12/2025				PB (50m pool): no time SB: 01:18.50 Maastricht 30/12/2025	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.04		01:18.50	
	00:36.04		00:42.46		
					

Coach feedback:

Event number: 16: 100M BUTTERFLY WOMEN 11+				Heat:13, starttime: 10:20	
Heat: 13/19 Lane : 4 Athlete: CUYPERS LINNE				Q-time: 01:15:93	
PB (25m pool): 01:14.92 Maastricht 30/12/2024				PB (50m pool): 01:14.37 SB: 01:17.08 Maastricht 30/12/2025	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.35		01:14.92	
	00:34.35		00:40.57		
					

Coach feedback:

Event number: 17: 100M FREESTYLE MEN 11+				Heat:6, starttime: 10:50	
Heat: 6/37 Lane : 3 Athlete: KÄHLER MATHIAS				Q-time: 01:16:99	
PB (25m pool): 01:16.99 Temse 17/11/2025				PB (50m pool): 01:18.59 SB: 01:16.99 Temse 17/11/2025	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.90		01:16.99	
	00:36.90		00:40.09		
					

Coach feedback:

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Event number: 17: 100M FREESTYLE MEN 11+					Heat:10, starttime: 10:55
Heat: 10/37 Lane : 6 Athlete: CUYPERS MAXIME					Q-time: 01:11:59
PB (25m pool): 01:11.59 Bree 21/12/2025					PB (50m pool): 01:11.26 SB: 01:11.59 Bree 21/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.35		01:11.59	
	00:34.35		00:37.24		
					

Coach feedback:

Event number: 17: 100M FREESTYLE MEN 11+					Heat:18, starttime: 11:10
Heat: 18/37 Lane : 4 Athlete: TORDEUR ILIAS					Q-time: 01:04:60
PB (25m pool): 01:04.60 Maastricht 30/12/2025					PB (50m pool): 01:05.43 SB: 01:04.60 Maastricht 30/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.31		01:04.60	
	00:31.31		00:33.29		
					

Coach feedback:

Event number: 17: 100M FREESTYLE MEN 11+					Heat:20, starttime: 11:10
Heat: 20/37 Lane : 5 Athlete: TORDEUR KILIAN					Q-time: 01:02:65
PB (25m pool): 01:02.65 Temse 17/11/2025					PB (50m pool): 01:04.46 SB: 01:02.65 Temse 17/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.32		01:02.65	
	00:30.32		00:32.33		
					

Coach feedback:

Event number: 17: 100M FREESTYLE MEN 11+					Heat:24, starttime: 11:15
Heat: 24/37 Lane : 4 Athlete: ONA CESAR					Q-time: 00:59:52
PB (25m pool): 00:59.52 Maastricht 30/12/2025					PB (50m pool): 01:02.78 SB: 00:59.52 Maastricht 30/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:28.91		00:59.52	
	00:28.91		00:30.61		
					

Coach feedback:

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Event number: 18: 100M MEDLEY WOMEN 11+					Heat:20, starttime: 12:10
Heat: 20/33 Lane : 3 Athlete: HABRAKEN AMBER					Q-time: 01:17:93
PB (25m pool): 01:17.93 Maastricht 30/12/2025					PB (50m pool): no time SB: 01:17.93 Maastricht 30/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.87		01:17.93	
	00:35.87		00:42.06		
					

Coach feedback:

Event number: 18: 100M MEDLEY WOMEN 11+					Heat:26, starttime: 12:20
Heat: 26/33 Lane : 1 Athlete: TORDEUR LUCIE					Q-time: 01:12:87
PB (25m pool): 01:12.87 Aarschot 04/05/2025					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:12.87	
	no time				
					

Coach feedback:

Event number: 18: 100M MEDLEY WOMEN 11+					Heat:31, starttime: 12:30
Heat: 31/33 Lane : 1 Athlete: BROUX ELISE					Q-time: 01:09:18
PB (25m pool): 01:08.96 Maastricht 30/12/2024					PB (50m pool): no time SB: 01:09.18 Maastricht 30/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.22		01:08.96	
	00:32.22		00:36.74		
					

Coach feedback: