

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

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

Coaches: Luyten Sjobbe

Coaches: Moors Joren HEADCOACH

PB => Personal Best time

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

Event number: 14: 100M BACKSTROKE WOMEN 11+ Heat:20, starttime: 09:10

Heat: 20/26 Lane : 3 Athlete: VAN BAELEN YENTHE Q-time: 01:12:01

PB (25m pool): 01:11.57 Stedelijk Zwembad Geel 11/02/2024 PB (50m pool): 01:13.51 SB: 01:12.77 Nijlen 16/11/2025

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:11.57	
	no time				
					

Coach feedback:

Event number: 14: 100M BACKSTROKE WOMEN 11+ Heat:25, starttime: 09:20

Heat: 25/26 Lane : 4 Athlete: SPRANGERS KATO Q-time: 01:06:38

PB (25m pool): 01:06.38 Gent 09/11/2025 PB (50m pool): 01:09.72 SB: 01:06.38 Gent 09/11/2025

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.65		01:06.38	
	00:32.65			00:33.73	
					

Coach feedback:

Event number: 15: 100M BREASTSTROKE MEN 11+ Heat:3, starttime: 09:25

Heat: 3/20 Lane : 4 Athlete: VAN HOVE NAND Q-time: 01:33:10

PB (25m pool): 01:33.10 Temse 17/11/2025 PB (50m pool): 01:30.39 SB: 01:33.10 Temse 17/11/2025

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:44.72		01:33.10	
	00:44.72			00:48.38	
					

Coach feedback:

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Event number: 15: 100M BREASTSTROKE MEN 11+					Heat:9, starttime: 09:35
Heat: 9/20 Lane : 3 Athlete: HERMANS PIETER-JAN					Q-time: 01:24:37
PB (25m pool): 01:24.37 Mol 28/12/2025					PB (50m pool): 01:29.80 SB: 01:24.37 Mol 28/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.15		01:24.37	
	00:40.15		00:44.22		
					

Coach feedback:

Event number: 16: 100M BUTTERFLY WOMEN 11+					Heat:1, starttime: 09:55
Heat: 1/19 Lane : 4 Athlete: VREYSEN JANA					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: 16: 100M BUTTERFLY WOMEN 11+					Heat:3, starttime: 10:00
Heat: 3/19 Lane : 5 Athlete: WOUTERS FENNA					Q-time: 01:46:34
PB (25m pool): 01:46.34 Mol 28/12/2025					PB (50m pool): no time SB: 01:46.34 Mol 28/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:45.81		01:46.34	
	00:45.81		01:00.53		
					

Coach feedback:

Event number: 16: 100M BUTTERFLY WOMEN 11+					Heat:12, starttime: 10:15
Heat: 12/19 Lane : 4 Athlete: GEYPEN WIES					Q-time: 01:17:86
PB (25m pool): 01:21.92 Purmerend 20/05/2024					PB (50m pool): 01:17.86 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:21.92	
	no time				
					

Coach feedback:

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Event number: 16: 100M BUTTERFLY WOMEN 11+					Heat:19, starttime: 10:30
Heat: 19/19 Lane : 5 Athlete: SPRANGERS KATO					Q-time: 01:08:50
PB (25m pool): 01:07.05 Geel 19/02/2023					PB (50m pool): 01:10.16 SB: 01:09.29 Gent 09/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:07.05	
	no time				
					

Coach feedback:

Event number: 17: 100M FREESTYLE MEN 11+					Heat:2, starttime: 10:40
Heat: 2/37 Lane : 5 Athlete: VAN GORP THIJS					Q-time: 01:49:07
PB (25m pool): 01:49.07 Arendonk 30/11/2025					PB (50m pool): no time SB: 01:49.07 Arendonk 30/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:51.43		01:49.07	
	00:51.43 00:57.64				
					

Coach feedback:

Event number: 17: 100M FREESTYLE MEN 11+					Heat:6, starttime: 10:50
Heat: 6/37 Lane : 1 Athlete: LECOMTE FLORENTIN					Q-time: 01:19:23
PB (25m pool): 01:19.23 Mol 28/12/2025					PB (50m pool): 01:25.26 SB: 01:19.23 Mol 28/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.73		01:19.23	
	00:37.73 00:41.50				
					

Coach feedback:

Event number: 17: 100M FREESTYLE MEN 11+					Heat:6, starttime: 10:50
Heat: 6/37 Lane : 4 Athlete: MEEKERS CARSTEN					Q-time: 01:17:13
PB (25m pool): 01:17.13 Arendonk 30/11/2025					PB (50m pool): 01:23.88 SB: 01:17.13 Arendonk 30/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.48		01:17.13	
	00:39.48 00:37.65				
					

Coach feedback:

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Event number: 17: 100M FREESTYLE MEN 11+					Heat:10, starttime: 10:55
Heat: 10/37 Lane : 5 Athlete: HOOYBERGHS MIL					Q-time: 01:11:37
PB (25m pool): 01:11.37 Arendonk 30/11/2025					PB (50m pool): 01:17.18 SB: 01:11.37 Arendonk 30/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.10		01:11.37	
	00:34.10		00:37.27		
					

Coach feedback:

Event number: 17: 100M FREESTYLE MEN 11+					Heat:11, starttime: 10:55
Heat: 11/37 Lane : 2 Athlete: GEUDENS THOR					Q-time: 01:10:66
PB (25m pool): 01:10.66 Arendonk 30/11/2025					PB (50m pool): no time SB: 01:10.66 Arendonk 30/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.87		01:10.66	
	00:33.87		00:36.79		
					

Coach feedback:

Event number: 17: 100M FREESTYLE MEN 11+					Heat:12, starttime: 11:00
Heat: 12/37 Lane : 5 Athlete: JACOBS JOB					Q-time: 01:09:99
PB (25m pool): 01:09.99 Mol 28/12/2025					PB (50m pool): 01:14.80 SB: 01:09.99 Mol 28/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.62		01:09.99	
	00:33.62		00:36.37		
					

Coach feedback:

Event number: 17: 100M FREESTYLE MEN 11+					Heat:15, starttime: 11:05
Heat: 15/37 Lane : 2 Athlete: VAN HOVE VICTOR					Q-time: 01:06:95
PB (25m pool): 01:06.95 Temse 17/11/2025					PB (50m pool): 01:11.73 SB: 01:06.95 Temse 17/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.53		01:06.95	
	00:31.53		00:35.42		
					

Coach feedback:

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Event number: 17: 100M FREESTYLE MEN 11+					Heat:17, starttime: 11:05
Heat: 17/37 Lane : 5 Athlete: NIJS LENNERT					Q-time: 01:05:87
PB (25m pool): 01:05.87 Mol 28/12/2025					PB (50m pool): 01:11.53 SB: 01:05.87 Mol 28/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.30		01:05.87	
	00:31.30		00:34.57		
					

Coach feedback:

Event number: 17: 100M FREESTYLE MEN 11+					Heat:18, starttime: 11:10
Heat: 18/37 Lane : 3 Athlete: HERMANS PIETER-JAN					Q-time: 01:04:58
PB (25m pool): 01:04.58 Mol 28/12/2025					PB (50m pool): 01:08.90 SB: 01:04.58 Mol 28/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.93		01:04.58	
	00:30.93		00:33.65		
					

Coach feedback:

Event number: 17: 100M FREESTYLE MEN 11+					Heat:23, starttime: 11:15
Heat: 23/37 Lane : 3 Athlete: VERACHTEN LOUIS					Q-time: 00:59:79
PB (25m pool): 00:59.79 Temse 17/11/2025					PB (50m pool): 01:00.27 SB: 00:59.79 Temse 17/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:29.05		00:59.79	
	00:29.05		00:30.74		
					

Coach feedback:

Event number: 18: 100M MEDLEY WOMEN 11+					Heat:8, starttime: 11:50
Heat: 8/33 Lane : 5 Athlete: WOUTERS FENNA					Q-time: 01:42:61
PB (25m pool): 01:42.61 Mol 28/12/2025					PB (50m pool): no time SB: 01:42.61 Mol 28/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:50.73		01:42.61	
	00:50.73		00:51.88		
					

Coach feedback:

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

Event number: 18: 100M MEDLEY WOMEN 11+					Heat:12, starttime: 11:55
Heat: 12/33 Lane : 2 Athlete: CEULEMANS LENA					Q-time: 01:29:26
PB (25m pool): 01:29.26 Stedelijk Zwembad Geel 11/02/2024 PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:29.26	
	no time				
					

Coach feedback:

Event number: 18: 100M MEDLEY WOMEN 11+					Heat:19, starttime: 12:10
Heat: 19/33 Lane : 6 Athlete: MEEKERS RANIA					Q-time: 01:20:11
PB (25m pool): 01:20.11 Mol 28/12/2025 PB (50m pool): no time SB: 01:20.11 Mol 28/12/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.16		01:20.11	
	00:36.16		00:43.95		
					

Coach feedback:

Event number: 18: 100M MEDLEY WOMEN 11+					Heat:24, starttime: 12:20
Heat: 24/33 Lane : 4 Athlete: GEYPEN WIES					Q-time: 01:14:29
PB (25m pool): 01:14.29 Stedelijk Zwembad Geel 16/02/2025 PB (50m pool): no time SB: 01:14.36 Mol 28/12/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.96		01:14.29	
	00:33.96		00:40.33		
					

Coach feedback:

Event number: 18: 100M MEDLEY WOMEN 11+					Heat:27, starttime: 12:20
Heat: 27/33 Lane : 2 Athlete: VAN BAELEN YENTHE					Q-time: 01:12:22
PB (25m pool): 01:12.22 Mol 28/12/2025 PB (50m pool): no time SB: 01:12.22 Mol 28/12/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.61		01:12.22	
	00:33.61		00:38.61		
					

Coach feedback: