

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

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

Coaches: Gysemberg Cedric

Coaches: Franckx Stan

Coaches: Cauwe Pierrette HEADCOACH

Coaches: Vanderhulst Kasper

PB => Personal Best time

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

Event number: 14: 100M BACKSTROKE WOMEN 11+					Heat:5, starttime: 08:40
Heat: 5/26 Lane : 5 Athlete: REMANS ROSALIE					Q-time: 01:25:31
PB (25m pool): 01:25.31 Bastogne 06/04/2025					PB (50m pool): 01:27.21 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:41.88		01:25.31	
		00:41.88		00:43.43	
					

Coach feedback:

Event number: 14: 100M BACKSTROKE WOMEN 11+					Heat:6, starttime: 08:40
Heat: 6/26 Lane : 2 Athlete: REMANS ALICE					Q-time: 01:24:05
PB (25m pool): 01:24.05 LEUVEN 21/12/2025					PB (50m pool): 01:30.46 SB: 01:24.05 LEUVEN 21/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.28		01:24.05	
		00:40.28		00:43.77	
					

Coach feedback:

Event number: 14: 100M BACKSTROKE WOMEN 11+					Heat:10, starttime: 08:50
Heat: 10/26 Lane : 5 Athlete: ROSSEEL JANNE					Q-time: 01:20:20
PB (25m pool): 01:20.20 Temse 17/11/2025					PB (50m pool): 01:22.77 SB: 01:20.20 Temse 17/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.28		01:20.20	
		00:38.28		00:41.92	
					

Coach feedback:

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Event number: 15: 100M BREASTSTROKE MEN 11+					Heat:7, starttime: 09:35
Heat: 7/20 Lane : 1 Athlete: LEMMENS LUCA					Q-time: 01:28:63
PB (25m pool): 01:28.63 LEUVEN 23/11/2025					PB (50m pool): 01:31.80 SB: 01:28.63 LEUVEN 23/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:41.17		01:28.63	
	00:41.17		00:47.46		
					

Coach feedback:

Event number: 16: 100M BUTTERFLY WOMEN 11+					Heat:2, starttime: 10:00
Heat: 2/19 Lane : 2 Athlete: LENAERTS HAILEY					Q-time: 99:99:99
PB (25m pool): 01:15.62 LEUVEN 24/11/2024					PB (50m pool): 01:21.33 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.34		01:15.62	
	00:33.34		00:42.28		
					

Coach feedback:

Event number: 17: 100M FREESTYLE MEN 11+					Heat:4, starttime: 10:45
Heat: 4/37 Lane : 5 Athlete: MAES TILL					Q-time: 01:23:96
PB (25m pool): 01:23.96 Bastogne 06/04/2025					PB (50m pool): 01:20.35 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.63		01:23.96	
	00:39.63		00:44.33		
					

Coach feedback:

Event number: 17: 100M FREESTYLE MEN 11+					Heat:5, starttime: 10:50
Heat: 5/37 Lane : 2 Athlete: LARDAUX LEON					Q-time: 01:21:48
PB (25m pool): 01:21.48 Temse 17/11/2025					PB (50m pool): 01:20.20 SB: 01:21.48 Temse 17/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:41.05		01:21.48	
	00:41.05		00:40.43		
					

Coach feedback:

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Event number: 17: 100M FREESTYLE MEN 11+					Heat:9, starttime: 10:55
Heat: 9/37 Lane : 3 Athlete: FEYAERTS JEROEN					Q-time: 01:11:60
PB (25m pool): 01:11.60 Temse 17/11/2025					PB (50m pool): 01:13.11 SB: 01:11.60 Temse 17/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.43		01:11.60	
	00:34.43		00:37.17		
					

Coach feedback:

Event number: 17: 100M FREESTYLE MEN 11+					Heat:17, starttime: 11:05
Heat: 17/37 Lane : 2 Athlete: NIJS BAS					Q-time: 01:05:47
PB (25m pool): 01:05.47 Leuven 12/10/2025					PB (50m pool): 01:05.86 SB: 01:05.47 Leuven 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.99		01:05.47	
	00:30.99		00:34.48		
					

Coach feedback:

Event number: 17: 100M FREESTYLE MEN 11+					Heat:29, starttime: 11:20
Heat: 29/37 Lane : 5 Athlete: STERCKX DAAN					Q-time: 00:57:55
PB (25m pool): 00:57.55 LEUVEN 21/12/2025					PB (50m pool): 00:58.30 SB: 00:57.55 LEUVEN 21/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:27.71		00:57.55	
	00:27.71		00:29.84		
					

Coach feedback:

Event number: 17: 100M FREESTYLE MEN 11+					Heat:34, starttime: 11:30
Heat: 34/37 Lane : 1 Athlete: VANDERHULST MIDAS					Q-time: 00:54:50
PB (25m pool): 00:54.50 LEUVEN 21/12/2025					PB (50m pool): 00:58.59 SB: 00:54.50 LEUVEN 21/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:25.70		00:54.50	
	00:25.70		00:28.80		
					

Coach feedback:

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Event number: 17: 100M FREESTYLE MEN 11+					Heat:35, starttime: 11:30
Heat: 35/37 Lane : 4 Athlete: DE SWERDT MATHIAS					Q-time: 00:51:57
PB (25m pool): 00:51.57 Gent 09/11/2025					PB (50m pool): 00:53.72 SB: 00:51.57 Gent 09/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:24.89		00:51.57	
	00:24.89		00:26.68		
					

Coach feedback:

Event number: 17: 100M FREESTYLE MEN 11+					Heat:36, starttime: 11:30
Heat: 36/37 Lane : 2 Athlete: MATTHEUS IBE					Q-time: 00:52:03
PB (25m pool): 00:52.03 LEUVEN 23/11/2025					PB (50m pool): 00:53.79 SB: 00:52.03 LEUVEN 23/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:24.90		00:52.03	
	00:24.90		00:27.13		
					

Coach feedback:

Event number: 17: 100M FREESTYLE MEN 11+					Heat:36, starttime: 11:30
Heat: 36/37 Lane : 4 Athlete: DE SWERDT NIELS					Q-time: 00:51:56
PB (25m pool): 00:50.91 Gent(Sint-Amandsberg) 11/11/2024					PB (50m pool): 00:52.89 SB: 00:51.56 Leuven 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:24.20		00:50.91	
	00:24.20		00:26.71		
					

Coach feedback:

Event number: 18: 100M MEDLEY WOMEN 11+					Heat:16, starttime: 12:05
Heat: 16/33 Lane : 6 Athlete: CLAESEN SARAH					Q-time: 01:23:06
PB (25m pool): 01:23.06 Hannuit 29/11/2025					PB (50m pool): no time SB: 01:23.06 Hannuit 29/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:23.06	
	no time				
					

Coach feedback:

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Event number: 18: 100M MEDLEY WOMEN 11+					Heat:22, starttime: 12:15
Heat: 22/33 Lane : 6 Athlete: MAES JULIE					Q-time: 01:16:87
PB (25m pool): 01:16.87 Hannuit 29/11/2025					PB (50m pool): no time SB: 01:16.87 Hannuit 29/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:16.87	
	no time				
					

Coach feedback:

Event number: 18: 100M MEDLEY WOMEN 11+					Heat:28, starttime: 12:25
Heat: 28/33 Lane : 2 Athlete: LENAERTS HAILEY					Q-time: 01:11:28
PB (25m pool): 01:11.28 Tienen 26/10/2025					PB (50m pool): no time SB: 01:11.28 Tienen 26/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:11.28	
	no time				
					

Coach feedback: