

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

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

Coaches: Hanssens Yash

Coaches: Guldentops Kevin

PB => Personal Best time

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

Event number: 14: 100M BACKSTROKE WOMEN 11+					Heat:2, starttime: 08:30
Heat: 2/26 Lane : 6 Athlete: GOEMINNE ELLEMIEKE					Q-time: 01:29:81
PB (25m pool): 01:29.81 Sint-Niklaas 28/12/2025			PB (50m pool): 01:30.01 SB: 01:29.81 Sint-Niklaas 28/12/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:44.62		01:29.81	
		00:44.62		00:45.19	
					

Coach feedback:

Event number: 14: 100M BACKSTROKE WOMEN 11+					Heat:13, starttime: 08:55
Heat: 13/26 Lane : 3 Athlete: MURAT IREM					Q-time: 01:17:06
PB (25m pool): 01:17.06 TEMSE 23/11/2025			PB (50m pool): 01:21.39 SB: 01:17.06 TEMSE 23/11/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.78		01:17.06	
		00:36.78		00:40.28	
					

Coach feedback:

Event number: 14: 100M BACKSTROKE WOMEN 11+					Heat:16, starttime: 09:00
Heat: 16/26 Lane : 2 Athlete: DERRE FLEUR					Q-time: 01:14:85
PB (25m pool): 01:14.85 Temse 21/12/2025			PB (50m pool): 01:18.49 SB: 01:14.85 Temse 21/12/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.48		01:14.85	
		00:36.48		00:38.37	
					

Coach feedback:

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Event number: 14: 100M BACKSTROKE WOMEN 11+					Heat:20, starttime: 09:10
Heat: 20/26 Lane : 2 Athlete: SCHELFAUT NELL					Q-time: 01:12:15
PB (25m pool): 01:12.15 T ROSCO 12/10/2025			PB (50m pool): 01:15.63 SB: 01:12.15 T ROSCO 12/10/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.01		01:12.15	
	00:35.01		00:37.14		
					

Coach feedback:

Event number: 14: 100M BACKSTROKE WOMEN 11+					Heat:24, starttime: 09:15
Heat: 24/26 Lane : 2 Athlete: DE JONG SUZAN					Q-time: 01:06:83
PB (25m pool): 01:06.83 Temse 21/12/2025			PB (50m pool): 01:12.16 SB: 01:06.83 Temse 21/12/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.34		01:06.83	
	00:32.34		00:34.49		
					

Coach feedback:

Event number: 14: 100M BACKSTROKE WOMEN 11+					Heat:24, starttime: 09:15
Heat: 24/26 Lane : 6 Athlete: STESENS EMMA-LOUISE					Q-time: 01:08:75
PB (25m pool): 01:08.75 TEMSE 23/11/2025			PB (50m pool): 01:12.19 SB: 01:08.75 TEMSE 23/11/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.31		01:08.75	
	00:33.31		00:35.44		
					

Coach feedback:

Event number: 14: 100M BACKSTROKE WOMEN 11+					Heat:26, starttime: 09:20
Heat: 26/26 Lane : 2 Athlete: VERLUYTEN LENI					Q-time: 01:06:53
PB (25m pool): 01:06.53 TEMSE 18/05/2025			PB (50m pool): 01:07.58 SB: 01:07.32 TEMSE 23/11/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.16		01:06.53	
	00:32.16		00:34.37		
					

Coach feedback:

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Event number: 15: 100M BREASTSTROKE MEN 11+					Heat:7, starttime: 09:35
Heat: 7/20 Lane : 6 Athlete: VANDEPUTTE WOUT					Q-time: 01:28:82
PB (25m pool): 01:28.82 TEMSE 23/11/2025					PB (50m pool): 01:29.17 SB: 01:28.82 TEMSE 23/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:41.58		01:28.82	
	00:41.58		00:47.24		
					

Coach feedback:

Event number: 15: 100M BREASTSTROKE MEN 11+					Heat:8, starttime: 09:35
Heat: 8/20 Lane : 5 Athlete: BOEL LIAM					Q-time: 01:26:77
PB (25m pool): 01:37.51 LAGO Zwevegem 20/05/2024					PB (50m pool): 01:26.77 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:37.51	
	no time				
					

Coach feedback:

Event number: 15: 100M BREASTSTROKE MEN 11+					Heat:9, starttime: 09:35
Heat: 9/20 Lane : 6 Athlete: AERENS JEF					Q-time: 01:25:64
PB (25m pool): 01:25.64 T ROSCO 12/10/2025					PB (50m pool): 01:26.96 SB: 01:25.64 T ROSCO 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:41.13		01:25.64	
	00:41.13		00:44.51		
					

Coach feedback:

Event number: 15: 100M BREASTSTROKE MEN 11+					Heat:11, starttime: 09:40
Heat: 11/20 Lane : 6 Athlete: KARER MALIK					Q-time: 01:21:60
PB (25m pool): 01:21.60 Sint-Niklaas 28/12/2025					PB (50m pool): 01:21.48 SB: 01:21.60 Sint-Niklaas 28/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.79		01:21.60	
	00:37.79		00:43.81		
					

Coach feedback:

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Event number: 15: 100M BREASTSTROKE MEN 11+				Heat:14, starttime: 09:45	
Heat: 14/20 Lane : 4 Athlete: EL BOUJADDAYNI DAOUD				Q-time: 01:16:88	
PB (25m pool): 01:16.88 TEMSE 23/11/2025				PB (50m pool): 01:20.20 SB: 01:16.88 TEMSE 23/11/2025	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.98		01:16.88	
	00:35.98		00:40.90		
					

Coach feedback:

Event number: 15: 100M BREASTSTROKE MEN 11+				Heat:20, starttime: 09:55	
Heat: 20/20 Lane : 5 Athlete: SCIACCA LEANDRO				Q-time: 01:07:92	
PB (25m pool): 01:07.92 TEMSE 23/11/2025				PB (50m pool): 01:09.09 SB: 01:07.92 TEMSE 23/11/2025	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.87		01:07.92	
	00:31.87		00:36.05		
					

Coach feedback:

Event number: 16: 100M BUTTERFLY WOMEN 11+				Heat:14, starttime: 10:20	
Heat: 14/19 Lane : 4 Athlete: SCHELFAUT NELL				Q-time: 01:13:96	
PB (25m pool): 01:13.96 Gent 23/02/2025				PB (50m pool): 01:15.13 SB: 01:14.23 Sint-Amandsberg 19/10/2025	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.20		01:13.96	
	00:34.20		00:39.76		
					

Coach feedback:

Event number: 16: 100M BUTTERFLY WOMEN 11+				Heat:16, starttime: 10:25	
Heat: 16/19 Lane : 1 Athlete: DEBRABANDERE LEONIE				Q-time: 01:11:12	
PB (25m pool): 01:11.12 TEMSE 23/11/2025				PB (50m pool): 01:20.87 SB: 01:11.12 TEMSE 23/11/2025	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.13		01:11.12	
	00:33.13		00:37.99		
					

Coach feedback:

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Event number: 16: 100M BUTTERFLY WOMEN 11+					Heat:17, starttime: 10:25
Heat: 17/19 Lane : 2 Athlete: MURAT IREM					Q-time: 01:07:78
PB (25m pool): 01:07.78 TEMSE 23/11/2025					PB (50m pool): 01:08.71 SB: 01:07.78 TEMSE 23/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.00		01:07.78	
	00:31.00		00:36.78		
					

Coach feedback:

Event number: 16: 100M BUTTERFLY WOMEN 11+					Heat:18, starttime: 10:25
Heat: 18/19 Lane : 1 Athlete: VAN BUNDER INEZ					Q-time: 01:09:04
PB (25m pool): 01:09.04 T ROSCO 12/10/2025					PB (50m pool): 01:10.33 SB: 01:09.04 T ROSCO 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.47		01:09.04	
	00:32.47		00:36.57		
					

Coach feedback:

Event number: 16: 100M BUTTERFLY WOMEN 11+					Heat:18, starttime: 10:25
Heat: 18/19 Lane : 4 Athlete: VAN BUNDER AMY					Q-time: 01:06:88
PB (25m pool): 01:06.88 Sint-Amandsberg 19/10/2025					PB (50m pool): 01:08.96 SB: 01:06.88 Sint-Amandsberg 19/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.62		01:06.88	
	00:30.62		00:36.26		
					

Coach feedback:

Event number: 17: 100M FREESTYLE MEN 11+					Heat:3, starttime: 10:45
Heat: 3/37 Lane : 5 Athlete: EL BOUJADDAYNI YAHYA					Q-time: 01:29:10
PB (25m pool): 01:29.10 Temse 21/12/2025					PB (50m pool): 01:25.57 SB: 01:29.10 Temse 21/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:42.84		01:29.10	
	00:42.84		00:46.26		
					

Coach feedback:

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Event number: 17: 100M FREESTYLE MEN 11+					Heat:7, starttime: 10:50
Heat: 7/37 Lane : 6 Athlete: OSSELAER VAN NIEUWENHUYZE KIAN					Q-time: 01:16:89
PB (25m pool): 01:16.89 TEMSE 23/11/2025					PB (50m pool): 01:15.30 SB: 01:16.89 TEMSE 23/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.60		01:16.89	
	00:37.60		00:39.29		
					

Coach feedback:

Event number: 17: 100M FREESTYLE MEN 11+					Heat:10, starttime: 10:55
Heat: 10/37 Lane : 3 Athlete: VANDEPUTTE WOUT					Q-time: 01:10:98
PB (25m pool): 01:10.98 TEMSE 23/11/2025					PB (50m pool): 01:11.24 SB: 01:10.98 TEMSE 23/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.97		01:10.98	
	00:34.97		00:36.01		
					

Coach feedback:

Event number: 17: 100M FREESTYLE MEN 11+					Heat:14, starttime: 11:00
Heat: 14/37 Lane : 5 Athlete: RENDERS KLAAS					Q-time: 01:08:11
PB (25m pool): 01:08.11 Temse 17/11/2025					PB (50m pool): 01:08.61 SB: 01:08.11 Temse 17/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.00		01:08.11	
	00:33.00		00:35.11		
					

Coach feedback:

Event number: 17: 100M FREESTYLE MEN 11+					Heat:15, starttime: 11:05
Heat: 15/37 Lane : 3 Athlete: AERENS JEF					Q-time: 01:06:69
PB (25m pool): 01:06.69 Temse 21/12/2025					PB (50m pool): 01:07.90 SB: 01:06.69 Temse 21/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.90		01:06.69	
	00:31.90		00:34.79		
					

Coach feedback:

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Event number: 17: 100M FREESTYLE MEN 11+					Heat:16, starttime: 11:05
Heat: 16/37 Lane : 3 Athlete: KARER MALIK					Q-time: 01:05:91
PB (25m pool): 01:05.91 Temse 21/12/2025					PB (50m pool): 01:06.74 SB: 01:05.91 Temse 21/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.06		01:05.91	
	00:32.06		00:33.85		
					

Coach feedback:

Event number: 17: 100M FREESTYLE MEN 11+					Heat:22, starttime: 11:15
Heat: 22/37 Lane : 1 Athlete: BOEL LIAM					Q-time: 01:01:13
PB (25m pool): 01:01.13 Temse 21/12/2025					PB (50m pool): 01:02.59 SB: 01:01.13 Temse 21/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:28.76		01:01.13	
	00:28.76		00:32.37		
					

Coach feedback:

Event number: 17: 100M FREESTYLE MEN 11+					Heat:22, starttime: 11:15
Heat: 22/37 Lane : 4 Athlete: EL BOUJADDAYNI DAOUD					Q-time: 01:00:76
PB (25m pool): 01:00.76 Temse 21/12/2025					PB (50m pool): 01:03.43 SB: 01:00.76 Temse 21/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:28.82		01:00.76	
	00:28.82		00:31.94		
					

Coach feedback:

Event number: 17: 100M FREESTYLE MEN 11+					Heat:26, starttime: 11:20
Heat: 26/37 Lane : 6 Athlete: SCIACCA LEANDRO					Q-time: 00:58:93
PB (25m pool): 00:58.93 Temse 17/11/2025					PB (50m pool): 01:01.33 SB: 00:58.93 Temse 17/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:28.37		00:58.93	
	00:28.37		00:30.56		
					

Coach feedback:

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Event number: 17: 100M FREESTYLE MEN 11+					Heat:28, starttime: 11:20
Heat: 28/37 Lane : 1 Athlete: SCHRAUWEN BJARNE					Q-time: 00:58:02
PB (25m pool): 00:58.02 TEMSE 23/11/2025					PB (50m pool): 01:00.13 SB: 00:58.02 TEMSE 23/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:27.90		00:58.02	
	00:27.90		00:30.12		
					

Coach feedback:

Event number: 17: 100M FREESTYLE MEN 11+					Heat:29, starttime: 11:20
Heat: 29/37 Lane : 1 Athlete: DE JONG STAN					Q-time: 00:57:59
PB (25m pool): 00:57.59 Temse 21/12/2025					PB (50m pool): 00:58.93 SB: 00:57.59 Temse 21/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:27.95		00:57.59	
	00:27.95		00:29.64		
					

Coach feedback:

Event number: 17: 100M FREESTYLE MEN 11+					Heat:33, starttime: 11:30
Heat: 33/37 Lane : 4 Athlete: WAELPUT THOMAS					Q-time: 00:54:91
PB (25m pool): 00:54.91 T ROSCO 12/10/2025					PB (50m pool): 00:56.47 SB: 00:54.91 T ROSCO 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:27.06		00:54.91	
	00:27.06		00:27.85		
					

Coach feedback:

Event number: 17: 100M FREESTYLE MEN 11+					Heat:35, starttime: 11:30
Heat: 35/37 Lane : 6 Athlete: MICHIELS SIBE					Q-time: 00:54:18
PB (25m pool): 00:54.18 TEMSE 23/11/2025					PB (50m pool): 00:56.32 SB: 00:54.18 TEMSE 23/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:26.11		00:54.18	
	00:26.11		00:28.07		
					

Coach feedback:

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Event number: 18: 100M MEDLEY WOMEN 11+				Heat:11, starttime: 11:55	
Heat: 11/33 Lane : 3 Athlete: GOEMINNE ELLEMIEKE				Q-time: 01:30:51	
PB (25m pool): 01:30.51 Temse 21/12/2025				PB (50m pool): no time SB: 01:30.51 Temse 21/12/2025	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.87		01:30.51	
	00:40.87		00:49.64		
					

Coach feedback:

Event number: 18: 100M MEDLEY WOMEN 11+				Heat:13, starttime: 12:00	
Heat: 13/33 Lane : 2 Athlete: FOUBERT SANNE				Q-time: 01:26:42	
PB (25m pool): 01:26.42 Temse 21/12/2025				PB (50m pool): no time SB: 01:26.42 Temse 21/12/2025	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.94		01:26.42	
	00:39.94		00:46.48		
					

Coach feedback:

Event number: 18: 100M MEDLEY WOMEN 11+				Heat:23, starttime: 12:15	
Heat: 23/33 Lane : 5 Athlete: DERRE FLEUR				Q-time: 01:15:04	
PB (25m pool): 01:15.04 Temse 21/12/2025				PB (50m pool): no time SB: 01:15.04 Temse 21/12/2025	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.39		01:15.04	
	00:34.39		00:40.65		
					

Coach feedback:

Event number: 18: 100M MEDLEY WOMEN 11+				Heat:24, starttime: 12:20	
Heat: 24/33 Lane : 1 Athlete: VAN BUNDER INEZ				Q-time: 01:14:49	
PB (25m pool): 01:14.49 Lokeren 28/09/2025				PB (50m pool): no time SB: 01:14.49 Lokeren 28/09/2025	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.63		01:14.49	
	00:34.63		00:39.86		
					

Coach feedback:

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Event number: 18: 100M MEDLEY WOMEN 11+					Heat:25, starttime: 12:20
Heat: 25/33 Lane : 6 Athlete: DEBRABANDERE LEONIE					Q-time: 01:14:19
PB (25m pool): 01:14.19 Lokeren 28/09/2025					PB (50m pool): no time SB: 01:14.19 Lokeren 28/09/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.56		01:14.19	
	00:34.56		00:39.63		
					

Coach feedback:

Event number: 18: 100M MEDLEY WOMEN 11+					Heat:29, starttime: 12:25
Heat: 29/33 Lane : 2 Athlete: STESENS EMMA-LOUISE					Q-time: 01:10:63
PB (25m pool): 01:10.63 Temse 21/12/2025					PB (50m pool): no time SB: 01:10.63 Temse 21/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.82		01:10.63	
	00:32.82		00:37.81		
					

Coach feedback:

Event number: 18: 100M MEDLEY WOMEN 11+					Heat:30, starttime: 12:25
Heat: 30/33 Lane : 4 Athlete: VAN BUNDER AMY					Q-time: 01:10:01
PB (25m pool): 01:09.98 Temse 22/12/2024					PB (50m pool): no time SB: 01:10.06 Lokeren 28/09/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.19		01:09.98	
	00:32.19		00:37.79		
					

Coach feedback:

Event number: 18: 100M MEDLEY WOMEN 11+					Heat:33, starttime: 12:30
Heat: 33/33 Lane : 1 Athlete: VERLUYTEN LENI					Q-time: 01:08:88
PB (25m pool): 01:08.88 TEMSE 30/03/2025					PB (50m pool): no time SB: 01:10.67 Lokeren 28/09/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.87		01:08.88	
	00:31.87		00:37.01		
					

Coach feedback:

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Event number: 18: 100M MEDLEY WOMEN 11+				Heat:33, starttime: 12:30	
Heat: 33/33 Lane : 2 Athlete: DE JONG SUZAN				Q-time: 01:08:35	
PB (25m pool): 01:08.35 Temse 21/12/2025				PB (50m pool): no time SB: 01:08.35 Temse 21/12/2025	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.96		01:08.35	
	00:30.96		00:37.39		
					

Coach feedback: