

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

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

Coaches: Mertens Wenke

Coaches: Van de Weyer Rune

PB => Personal Best time

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

Event number: 14: 100M BACKSTROKE WOMEN 11+ Heat:11, starttime: 08:50

Heat: 11/26 Lane : 4 Athlete: VAN WAELDEREN HANNE Q-time: 01:19:16

PB (25m pool): 01:19.16 Heist-op-den-Berg 10/01/2026 PB (50m pool): 01:22.56 SB: 01:19.16 Heist-op-den-Berg 10/01/2026

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.50		01:19.16	
		00:38.50		00:40.66	
					

Coach feedback:

Event number: 14: 100M BACKSTROKE WOMEN 11+ Heat:17, starttime: 09:05

Heat: 17/26 Lane : 3 Athlete: LAUREYS XANTE Q-time: 01:14:44

PB (25m pool): 01:14.44 Stedelijk Zwembad Geel 16/02/2025 PB (50m pool): 01:13.93 SB: 01:14.49 Heist-op-den-Berg 10/01/2026

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.24		01:14.44	
		00:36.24		00:38.20	
					

Coach feedback:

Event number: 14: 100M BACKSTROKE WOMEN 11+ Heat:19, starttime: 09:05

Heat: 19/26 Lane : 6 Athlete: LEMMENS FEBE Q-time: 01:13:39

PB (25m pool): 01:13.39 Heist Op Den Berg 11/01/2025 PB (50m pool): 01:17.54 SB: 01:15.19 Mol 28/12/2025

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.73		01:13.39	
		00:34.73		00:38.66	
					

Coach feedback:

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Event number: 14: 100M BACKSTROKE WOMEN 11+				Heat:21, starttime: 09:10	
Heat: 21/26 Lane : 5 Athlete: VAN AERSCHOT NEL				Q-time: 01:11:63	
PB (25m pool): 01:11.63 Mol 28/12/2025				PB (50m pool): 01:14.04 SB: 01:11.63 Mol 28/12/2025	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.46		01:11.63	
	00:34.46		00:37.17		
					

Coach feedback:

Event number: 15: 100M BREASTSTROKE MEN 11+				Heat:1, starttime: 09:20	
Heat: 1/20 Lane : 2 Athlete: MERTENS GIJS				Q-time: 01:38:29	
PB (25m pool): 01:38.29 Mol 28/12/2025				PB (50m pool): 01:47.96 SB: 01:38.29 Mol 28/12/2025	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:46.15		01:38.29	
	00:46.15		00:52.14		
					

Coach feedback:

Event number: 15: 100M BREASTSTROKE MEN 11+				Heat:3, starttime: 09:25	
Heat: 3/20 Lane : 2 Athlete: MEULEMANS LARS				Q-time: 01:33:61	
PB (25m pool): 01:33.59 Mol 29/12/2024				PB (50m pool): 01:38.04 SB: 01:33.61 Heist-op-den-Berg 10/01/2026	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:43.75		01:33.59	
	00:43.75		00:49.84		
					

Coach feedback:

Event number: 15: 100M BREASTSTROKE MEN 11+				Heat:9, starttime: 09:35	
Heat: 9/20 Lane : 2 Athlete: CEUPPENS MATS				Q-time: 01:25:09	
PB (25m pool): 01:25.09 Heist-op-den-Berg 10/01/2026				PB (50m pool): 01:27.50 SB: 01:25.09 Heist-op-den-Berg 10/01/2026	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.13		01:25.09	
	00:40.13		00:44.96		
					

Coach feedback:

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Event number: 15: 100M BREASTSTROKE MEN 11+					Heat:10, starttime: 09:40
Heat: 10/20 Lane : 1 Athlete: GYULNAZARYAN MAX					Q-time: 01:23:40
PB (25m pool): 01:23.40 Hasselt 04/05/2025					PB (50m pool): 01:22.61 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.26		01:23.40	
	00:40.26		00:43.14		
					

Coach feedback:

Event number: 15: 100M BREASTSTROKE MEN 11+					Heat:13, starttime: 09:45
Heat: 13/20 Lane : 3 Athlete: SLUYTS JENNE					Q-time: 01:17:32
PB (25m pool): 01:17.32 Heist-op-den-Berg 10/01/2026					PB (50m pool): 01:23.48 SB: 01:17.32 Heist-op-den-Berg 10/01/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.46		01:17.32	
	00:36.46		00:40.86		
					

Coach feedback:

Event number: 15: 100M BREASTSTROKE MEN 11+					Heat:14, starttime: 09:45
Heat: 14/20 Lane : 2 Athlete: SLUYTS TIBE					Q-time: 01:17:12
PB (25m pool): 01:17.12 Heist-op-den-Berg 10/01/2026					PB (50m pool): 01:23.35 SB: 01:17.12 Heist-op-den-Berg 10/01/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.18		01:17.12	
	00:36.18		00:40.94		
					

Coach feedback:

Event number: 15: 100M BREASTSTROKE MEN 11+					Heat:20, starttime: 09:55
Heat: 20/20 Lane : 1 Athlete: VAN WAELDEREN THOMAS					Q-time: 01:08:74
PB (25m pool): 01:08.74 Hasselt 04/05/2025					PB (50m pool): 01:11.00 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.23		01:08.74	
	00:32.23		00:36.51		
					

Coach feedback:

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Event number: 16: 100M BUTTERFLY WOMEN 11+					Heat:13, starttime: 10:20
Heat: 13/19 Lane : 6 Athlete: VERHEYEN LEONIE					Q-time: 01:17:76
PB (25m pool): 01:16.44 Turnhout 03/03/2024			PB (50m pool): 01:23.19 SB: 01:17.76 Heist-op-den-Berg 10/01/2026		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:16.44	
	no time				
					

Coach feedback:

Event number: 16: 100M BUTTERFLY WOMEN 11+					Heat:14, starttime: 10:20
Heat: 14/19 Lane : 5 Athlete: VAN AERSCHOT NEL					Q-time: 01:14:14
PB (25m pool): 01:14.14 Mol 28/12/2025			PB (50m pool): 01:25.58 SB: 01:14.14 Mol 28/12/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.57		01:14.14	
	00:33.57 00:40.57				
					

Coach feedback:

Event number: 16: 100M BUTTERFLY WOMEN 11+					Heat:16, starttime: 10:25
Heat: 16/19 Lane : 2 Athlete: LEMMENS FEBE					Q-time: 01:10:35
PB (25m pool): 01:10.35 Heist-op-den-Berg 10/01/2026			PB (50m pool): 01:14.09 SB: 01:10.35 Heist-op-den-Berg 10/01/2026		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.81		01:10.35	
	00:31.81 00:38.54				
					

Coach feedback:

Event number: 17: 100M FREESTYLE MEN 11+					Heat:4, starttime: 10:45
Heat: 4/37 Lane : 6 Athlete: DOUWEN MON					Q-time: 01:24:92
PB (25m pool): 01:24.92 Arendonk 30/11/2025			PB (50m pool): 01:23.37 SB: 01:24.92 Arendonk 30/11/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.27		01:24.92	
	00:40.27 00:44.65				
					

Coach feedback:

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Event number: 17: 100M FREESTYLE MEN 11+					Heat:6, starttime: 10:50
Heat: 6/37 Lane : 5 Athlete: MERTENS GIJS					Q-time: 01:19:07
PB (25m pool): 01:19.07 Mol 28/12/2025					PB (50m pool): 01:24.48 SB: 01:19.07 Mol 28/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.04		01:19.07	
	00:38.04		00:41.03		
					

Coach feedback:

Event number: 17: 100M FREESTYLE MEN 11+					Heat:9, starttime: 10:55
Heat: 9/37 Lane : 1 Athlete: CEUPPENS VINCE					Q-time: 01:12:92
PB (25m pool): 01:12.92 Heist-op-den-Berg 10/01/2026					PB (50m pool): 01:13.95 SB: 01:12.92 Heist-op-den-Berg 10/01/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.35		01:12.92	
	00:35.35		00:37.57		
					

Coach feedback:

Event number: 17: 100M FREESTYLE MEN 11+					Heat:12, starttime: 11:00
Heat: 12/37 Lane : 6 Athlete: BREBELS NIELS					Q-time: 01:10:07
PB (25m pool): 01:10.99 Mol 29/12/2024					PB (50m pool): 01:08.44 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.28		01:10.99	
	00:35.28		00:35.71		
					

Coach feedback:

Event number: 17: 100M FREESTYLE MEN 11+					Heat:13, starttime: 11:00
Heat: 13/37 Lane : 3 Athlete: MEULEMANS LARS					Q-time: 01:08:51
PB (25m pool): 01:08.51 Mol 28/12/2025					PB (50m pool): 01:14.58 SB: 01:08.51 Mol 28/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.05		01:08.51	
	00:33.05		00:35.46		
					

Coach feedback:

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Event number: 17: 100M FREESTYLE MEN 11+					Heat:19, starttime: 11:10
Heat: 19/37 Lane : 6 Athlete: CEUPPENS MATS					Q-time: 01:04:27
PB (25m pool): 01:04.27 Heist-op-den-Berg 10/01/2026					PB (50m pool): 01:04.88 SB: 01:04.27 Heist-op-den-Berg 10/01/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.97		01:04.27	
	00:36.97		00:27.30		
					

Coach feedback:

Event number: 17: 100M FREESTYLE MEN 11+					Heat:27, starttime: 11:20
Heat: 27/37 Lane : 2 Athlete: GYULNAZARYAN MAX					Q-time: 00:58:22
PB (25m pool): 00:58.22 Arendonk 30/11/2025					PB (50m pool): 00:59.08 SB: 00:58.22 Arendonk 30/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:28.19		00:58.22	
	00:28.19		00:30.03		
					

Coach feedback:

Event number: 17: 100M FREESTYLE MEN 11+					Heat:27, starttime: 11:20
Heat: 27/37 Lane : 3 Athlete: SLUYTS TIBE					Q-time: 00:58:09
PB (25m pool): 00:58.09 Heist-op-den-Berg 10/01/2026					PB (50m pool): 00:58.72 SB: 00:58.09 Heist-op-den-Berg 10/01/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:27.76		00:58.09	
	00:27.76		00:30.33		
					

Coach feedback:

Event number: 17: 100M FREESTYLE MEN 11+					Heat:29, starttime: 11:20
Heat: 29/37 Lane : 3 Athlete: SLUYTS JENNE					Q-time: 00:57:28
PB (25m pool): 00:57.28 Heist-op-den-Berg 10/01/2026					PB (50m pool): 00:58.57 SB: 00:57.28 Heist-op-den-Berg 10/01/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:27.48		00:57.28	
	00:27.48		00:29.80		
					

Coach feedback:

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Event number: 17: 100M FREESTYLE MEN 11+					Heat:37, starttime: 11:35
Heat: 37/37 Lane : 2 Athlete: VAN WAELDEREN THOMAS					Q-time: 00:52:02
PB (25m pool): 00:52.02 Hasselt 04/05/2025					PB (50m pool): 00:53.92 SB: 00:52.47 Gent 09/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:25.20		00:52.02	
	00:25.20		00:26.82		
					

Coach feedback:

Event number: 18: 100M MEDLEY WOMEN 11+					Heat:21, starttime: 12:15
Heat: 21/33 Lane : 4 Athlete: LAUREYS XANTE					Q-time: 01:17:24
PB (25m pool): 01:17.24 Stedelijk Zwembad Geel 16/02/2025					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.16		01:17.24	
	00:34.16		00:43.08		
					

Coach feedback:

Event number: 18: 100M MEDLEY WOMEN 11+					Heat:22, starttime: 12:15
Heat: 22/33 Lane : 4 Athlete: VAN WAELDEREN HANNE					Q-time: 01:15:98
PB (25m pool): 01:15.55 Kapellen 05/11/2023					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:15.55	
	no time				
					

Coach feedback: