

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

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

Coaches: Van Den Broeck Dennis

Coaches: Van Den Broeck Michaël

Coaches: Raes Tina HEADCOACH

Coaches: Van den Brande Liesbeth

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 : 3 Athlete: SEGHERS MILLA					Q-time: 01:25:16
PB (25m pool): 01:25.16 Ternat 14/12/2025					PB (50m pool): 01:26.02 SB: 01:25.16 Ternat 14/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:42.44		01:25.16	
		00:42.44		00:42.72	
					

Coach feedback:

Event number: 14: 100M BACKSTROKE WOMEN 11+					Heat:10, starttime: 08:50
Heat: 10/26 Lane : 2 Athlete: REYNIERS FIEN					Q-time: 01:20:19
PB (25m pool): 01:20.19 Liedekerke 11/11/2025					PB (50m pool): 01:24.04 SB: 01:20.19 Liedekerke 11/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.14		01:20.19	
		00:39.14		00:41.05	
					

Coach feedback:

Event number: 14: 100M BACKSTROKE WOMEN 11+					Heat:14, starttime: 08:55
Heat: 14/26 Lane : 6 Athlete: VAN DEN EEDE OLIVIA					Q-time: 01:16:76
PB (25m pool): 01:12.12 Temse 22/12/2024					PB (50m pool): 01:16.32 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.12		01:12.12	
		00:35.12		00:37.00	
					

Coach feedback:

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Event number: 14: 100M BACKSTROKE WOMEN 11+					Heat:17, starttime: 09:05
Heat: 17/26 Lane : 4 Athlete: JACOBS ROXANNE					Q-time: 01:14:49
PB (25m pool): 01:14.49 Bastogne 06/04/2025					PB (50m pool): 01:17.45 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.79		01:14.49	
	00:35.79		00:38.70		
					

Coach feedback:

Event number: 14: 100M BACKSTROKE WOMEN 11+					Heat:20, starttime: 09:10
Heat: 20/26 Lane : 4 Athlete: VERSPECHT LIEN					Q-time: 01:12:15
PB (25m pool): 01:12.15 Bastogne 06/04/2025					PB (50m pool): 01:15.36 SB: 01:13.13 Liedekerke 11/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.73		01:12.15	
	00:33.73		00:38.42		
					

Coach feedback:

Event number: 14: 100M BACKSTROKE WOMEN 11+					Heat:24, starttime: 09:15
Heat: 24/26 Lane : 5 Athlete: GEENS AMÉLIE					Q-time: 01:07:62
PB (25m pool): 01:07.62 Temse 21/12/2025					PB (50m pool): 01:09.99 SB: 01:07.62 Temse 21/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.69		01:07.62	
	00:32.69		00:34.93		
					

Coach feedback:

Event number: 14: 100M BACKSTROKE WOMEN 11+					Heat:26, starttime: 09:20
Heat: 26/26 Lane : 4 Athlete: DALEMANS LYN					Q-time: 01:05:62
PB (25m pool): 01:05.62 TEMSE 23/11/2025					PB (50m pool): 01:07.85 SB: 01:05.62 TEMSE 23/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.08		01:05.62	
	00:32.08		00:33.54		
					

Coach feedback:

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Event number: 15: 100M BREASTSTROKE MEN 11+					Heat:8, starttime: 09:35
Heat: 8/20 Lane : 3 Athlete: VAN DEN BROECK TIEBE					Q-time: 01:25:71
PB (25m pool): 01:25.71 Zaventem 15/07/2025					PB (50m pool): 01:32.38 SB: 01:25.79 TEMSE 23/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.92		01:25.71	
	00:39.92		00:45.79		
					

Coach feedback:

Event number: 15: 100M BREASTSTROKE MEN 11+					Heat:13, starttime: 09:45
Heat: 13/20 Lane : 5 Athlete: VAN DEN BRANDE LUCAS					Q-time: 01:18:00
PB (25m pool): 01:18.00 Leuven 12/10/2025					PB (50m pool): 01:20.47 SB: 01:18.00 Leuven 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.88		01:18.00	
	00:35.88		00:42.12		
					

Coach feedback:

Event number: 15: 100M BREASTSTROKE MEN 11+					Heat:14, starttime: 09:45
Heat: 14/20 Lane : 5 Athlete: VAN LOON BAS					Q-time: 01:17:15
PB (25m pool): 01:17.15 TEMSE 23/11/2025					PB (50m pool): 01:20.71 SB: 01:17.15 TEMSE 23/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.06		01:17.15	
	00:36.06		00:41.09		
					

Coach feedback:

Event number: 16: 100M BUTTERFLY WOMEN 11+					Heat:10, starttime: 10:15
Heat: 10/19 Lane : 2 Athlete: NUYTKENS MARIE					Q-time: 01:19:49
PB (25m pool): 01:19.49 Zaventem 15/07/2025					PB (50m pool): 01:18.82 SB: 01:22.47 Liedekerke 11/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.81		01:19.49	
	00:36.81		00:42.68		
					

Coach feedback:

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Event number: 16: 100M BUTTERFLY WOMEN 11+					Heat:13, starttime: 10:20
Heat: 13/19 Lane : 2 Athlete: VAN HOOMISSEN CHELSEA					Q-time: 01:17:28
PB (25m pool): 01:17.28 Sint-Niklaas 28/12/2025					PB (50m pool): 01:17.46 SB: 01:17.28 Sint-Niklaas 28/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:17.28	
	no time				
					

Coach feedback:

Event number: 17: 100M FREESTYLE MEN 11+					Heat:8, starttime: 10:55
Heat: 8/37 Lane : 3 Athlete: LAUWENS FINN					Q-time: 01:13:13
PB (25m pool): 01:13.13 Temse 17/11/2025					PB (50m pool): 01:13.87 SB: 01:13.13 Temse 17/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.62		01:13.13	
	00:35.62 00:37.51				
					

Coach feedback:

Event number: 17: 100M FREESTYLE MEN 11+					Heat:12, starttime: 11:00
Heat: 12/37 Lane : 2 Athlete: VAN DEN BRANDE LUCAS					Q-time: 01:09:63
PB (25m pool): 01:09.63 Liedekerke 11/11/2025					PB (50m pool): 01:12.94 SB: 01:09.63 Liedekerke 11/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.59		01:09.63	
	00:33.59 00:36.04				
					

Coach feedback:

Event number: 17: 100M FREESTYLE MEN 11+					Heat:15, starttime: 11:05
Heat: 15/37 Lane : 6 Athlete: VAN DEN BROECK TIEBE					Q-time: 01:07:27
PB (25m pool): 01:07.27 TEMSE 23/11/2025					PB (50m pool): 01:08.98 SB: 01:07.27 TEMSE 23/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.30		01:07.27	
	00:32.30 00:34.97				
					

Coach feedback:

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Event number: 17: 100M FREESTYLE MEN 11+					Heat:26, starttime: 11:20
Heat: 26/37 Lane : 4 Athlete: VAN LOON BAS					Q-time: 00:58:50
PB (25m pool): 00:58.50 TEMSE 23/11/2025					PB (50m pool): 01:01.04 SB: 00:58.50 TEMSE 23/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:28.49		00:58.50	
	00:28.49		00:30.01		
					

Coach feedback:

Event number: 18: 100M MEDLEY WOMEN 11+					Heat:1, starttime: 11:35
Heat: 1/33 Lane : 2 Athlete: VAN DEN EEDE OLIVIA					Q-time: 99:99:99
PB (25m pool): 01:11.16 Temse 22/12/2024					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.27		01:11.16	
	00:33.27		00:37.89		
					

Coach feedback:

Event number: 18: 100M MEDLEY WOMEN 11+					Heat:15, starttime: 12:05
Heat: 15/33 Lane : 1 Athlete: SEGHERS MILLA					Q-time: 01:23:76
PB (25m pool): 01:23.76 Ternat 14/12/2025					PB (50m pool): no time SB: 01:23.76 Ternat 14/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:23.76	
	no time				
					

Coach feedback:

Event number: 18: 100M MEDLEY WOMEN 11+					Heat:15, starttime: 12:05
Heat: 15/33 Lane : 2 Athlete: REYNIERS FIEN					Q-time: 01:23:58
PB (25m pool): 01:23.58 Liedekerke 11/11/2025					PB (50m pool): no time SB: 01:23.58 Liedekerke 11/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:23.58	
	no time				
					

Coach feedback:

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Event number: 18: 100M MEDLEY WOMEN 11+					Heat:17, starttime: 12:05
Heat: 17/33 Lane : 3 Athlete: VERSPECHT KAAT					Q-time: 01:20:85
PB (25m pool): 01:20.85 Tienen 26/10/2025					PB (50m pool): no time SB: 01:20.85 Tienen 26/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:20.85	
	no time				
					

Coach feedback:

Event number: 18: 100M MEDLEY WOMEN 11+					Heat:18, starttime: 12:10
Heat: 18/33 Lane : 4 Athlete: VAN HOOMISSEN CHELSEA					Q-time: 01:20:36
PB (25m pool): 01:20.36 Tienen 26/10/2025					PB (50m pool): no time SB: 01:20.36 Tienen 26/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:20.36	
	no time				
					

Coach feedback:

Event number: 18: 100M MEDLEY WOMEN 11+					Heat:20, starttime: 12:10
Heat: 20/33 Lane : 6 Athlete: NUYTKENS MARIE					Q-time: 01:18:57
PB (25m pool): 01:18.57 Temse 21/12/2025					PB (50m pool): no time SB: 01:18.57 Temse 21/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.40		01:18.57	
	00:35.40 00:43.17				
					

Coach feedback:

Event number: 18: 100M MEDLEY WOMEN 11+					Heat:21, starttime: 12:15
Heat: 21/33 Lane : 1 Athlete: JACOBS ROXANNE					Q-time: 01:17:43
PB (25m pool): 01:17.43 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		00:34.76		01:17.43	
	00:34.76 00:42.67				
					

Coach feedback:

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Event number: 18: 100M MEDLEY WOMEN 11+					Heat:22, starttime: 12:15
Heat: 22/33 Lane : 1 Athlete: JACOBS LAURIEN					Q-time: 01:16:79
PB (25m pool): 01:16.79 Kapelle-op-den-Bos 21/04/2025 PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:16.79	
	no time				
					

Coach feedback:

Event number: 18: 100M MEDLEY WOMEN 11+					Heat:24, starttime: 12:20
Heat: 24/33 Lane : 3 Athlete: VERSPECHT LIEN					Q-time: 01:14:25
PB (25m pool): 01:14.25 Stedelijk Zwembad Geel 16/02/2025 PB (50m pool): no time SB: 01:17.65 Tienen 26/10/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.33		01:14.25	
	00:32.33 00:41.92				
					

Coach feedback:

Event number: 18: 100M MEDLEY WOMEN 11+					Heat:26, starttime: 12:20
Heat: 26/33 Lane : 4 Athlete: GEENS AMÉLIE					Q-time: 01:12:72
PB (25m pool): 01:12.72 Bastogne 06/04/2025 PB (50m pool): no time SB: 01:13.89 Liedekerke 11/11/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.03		01:12.72	
	00:32.03 00:40.69				
					

Coach feedback:

Event number: 18: 100M MEDLEY WOMEN 11+					Heat:28, starttime: 12:25
Heat: 28/33 Lane : 4 Athlete: CLERBOUT FILLO					Q-time: 01:11:18
PB (25m pool): 01:10.64 Stedelijk Zwembad Geel 11/02/2024 PB (50m pool): no time SB: 01:12.10 Temse 21/12/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:10.64	
	no time				
					

Coach feedback:

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Event number: 18: 100M MEDLEY WOMEN 11+				Heat:32, starttime: 12:30	
Heat: 32/33 Lane : 3 Athlete: DALEMANS LYN				Q-time: 01:06:49	
PB (25m pool): 01:06.49 Temse 21/12/2025				PB (50m pool): no time SB: 01:06.49 Temse 21/12/2025	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.46		01:06.49	
	00:30.46		00:36.03		
					

Coach feedback: