

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

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

Coaches: Wauters Tine

Coaches: Horemans Nathalie

Coaches: Van Vlasselaer Eva

Coaches: Jacobs Karen

Coaches: Schepens Koen

Coaches: Loeman Ejjennia

Coaches: Pelgrims Ans

Coaches: Callebaut Joris

Coaches: Akkers Mieke HEADCOACH

PB => Personal Best time

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

Event number: 14: 100M BACKSTROKE WOMEN 11+					Heat:7, starttime: 08:45
Heat: 7/26 Lane : 1 Athlete: BELIAEV EMILY					Q-time: 01:23:24
PB (25m pool): 01:23.24 Heist-op-den-Berg 10/01/2026					PB (50m pool): 01:26.56 SB: 01:23.24 Heist-op-den-Berg 10/01/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:41.60		01:23.24	
		00:41.60		00:41.64	
					

Coach feedback:

Event number: 14: 100M BACKSTROKE WOMEN 11+					Heat:11, starttime: 08:50
Heat: 11/26 Lane : 2 Athlete: VERVLOET LIN					Q-time: 01:19:24
PB (25m pool): 01:19.24 LEUVEN 21/12/2025					PB (50m pool): 01:20.72 SB: 01:19.24 LEUVEN 21/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.72		01:19.24	
		00:38.72		00:40.52	
					

Coach feedback:

Event number: 14: 100M BACKSTROKE WOMEN 11+					Heat:12, starttime: 08:55
Heat: 12/26 Lane : 4 Athlete: PISCAER STANSE					Q-time: 01:17:89
PB (25m pool): 01:17.89 Leuven 12/10/2025					PB (50m pool): 01:20.17 SB: 01:17.89 Leuven 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.11		01:17.89	
		00:38.11		00:39.78	
					

Coach feedback:

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Event number: 14: 100M BACKSTROKE WOMEN 11+					Heat:13, starttime: 08:55
Heat: 13/26 Lane : 4 Athlete: UYTTERHOEVEN FIEBE					Q-time: 01:17:14
PB (25m pool): 01:17.14 Stedelijk Zwembad Geel 16/02/2025 PB (50m pool): 01:20.22 SB: 01:18.05 Leuven 12/10/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.34		01:17.14	
	00:37.34		00:39.80		
					

Coach feedback:

Event number: 14: 100M BACKSTROKE WOMEN 11+					Heat:16, starttime: 09:00
Heat: 16/26 Lane : 4 Athlete: UYTTERHOEVEN FLO					Q-time: 01:14:74
PB (25m pool): 01:13.34 Diksmuide 17/11/2024 PB (50m pool): 01:15.80 SB: 01:14.74 Leuven 12/10/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.24		01:13.34	
	00:36.24		00:37.10		
					

Coach feedback:

Event number: 14: 100M BACKSTROKE WOMEN 11+					Heat:21, starttime: 09:10
Heat: 21/26 Lane : 3 Athlete: BOHMER JANNE					Q-time: 01:10:75
PB (25m pool): 01:10.75 LEUVEN 23/11/2025 PB (50m pool): 01:13.72 SB: 01:10.75 LEUVEN 23/11/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.08		01:10.75	
	00:34.08		00:36.67		
					

Coach feedback:

Event number: 14: 100M BACKSTROKE WOMEN 11+					Heat:24, starttime: 09:15
Heat: 24/26 Lane : 1 Athlete: VERELST LAURA					Q-time: 01:08:17
PB (25m pool): 01:08.17 LEUVEN 23/11/2025 PB (50m pool): 01:11.43 SB: 01:08.17 LEUVEN 23/11/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.06		01:08.17	
	00:33.06		00:35.11		
					

Coach feedback:

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Event number: 15: 100M BREASTSTROKE MEN 11+					Heat:5, starttime: 09:30
Heat: 5/20 Lane : 4 Athlete: SCHEPENS TOOR					Q-time: 01:30:43
PB (25m pool): 01:30.43 Tienen 26/10/2025					PB (50m pool): 01:33.38 SB: 01:30.43 Tienen 26/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:42.69		01:30.43	
	00:42.69		00:47.74		
					

Coach feedback:

Event number: 15: 100M BREASTSTROKE MEN 11+					Heat:6, starttime: 09:30
Heat: 6/20 Lane : 3 Athlete: MERTENS LANDER					Q-time: 01:28:90
PB (25m pool): 01:28.90 LEUVEN 23/11/2025					PB (50m pool): 01:30.49 SB: 01:28.90 LEUVEN 23/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:41.11		01:28.90	
	00:41.11		00:47.79		
					

Coach feedback:

Event number: 15: 100M BREASTSTROKE MEN 11+					Heat:17, starttime: 09:50
Heat: 17/20 Lane : 5 Athlete: GEENS DRé					Q-time: 01:11:82
PB (25m pool): 01:11.82 Heist-op-den-Berg 10/01/2026					PB (50m pool): 01:15.37 SB: 01:11.82 Heist-op-den-Berg 10/01/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.78		01:11.82	
	00:33.78		00:38.04		
					

Coach feedback:

Event number: 16: 100M BUTTERFLY WOMEN 11+					Heat:7, starttime: 10:10
Heat: 7/19 Lane : 3 Athlete: BOND MAYA					Q-time: 01:29:46
PB (25m pool): 01:29.46 Leuven 12/10/2025					PB (50m pool): 01:29.72 SB: 01:29.46 Leuven 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.75		01:29.46	
	00:39.75		00:49.71		
					

Coach feedback:

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Event number: 16: 100M BUTTERFLY WOMEN 11+				Heat:15, starttime: 10:20	
Heat: 15/19 Lane : 3 Athlete: THIJS MAAIKE				Q-time: 01:11:49	
PB (25m pool): 01:11.49 Heist Op Den Berg 11/01/2025				PB (50m pool): 01:08.85 SB: 01:11.52 LEUVEN 21/12/2025	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.59		01:11.49	
	00:33.59		00:37.90		
					

Coach feedback:

Event number: 17: 100M FREESTYLE MEN 11+				Heat:10, starttime: 10:55	
Heat: 10/37 Lane : 1 Athlete: VANDENWEGHE DRIES				Q-time: 01:11:56	
PB (25m pool): 01:11.56 LEUVEN 23/11/2025				PB (50m pool): 01:13.62 SB: 01:11.56 LEUVEN 23/11/2025	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.27		01:11.56	
	00:35.27		00:36.29		
					

Coach feedback:

Event number: 17: 100M FREESTYLE MEN 11+				Heat:13, starttime: 11:00	
Heat: 13/37 Lane : 5 Athlete: ROCKELé LOWIE				Q-time: 01:09:17	
PB (25m pool): 01:09.17 Tienen 26/10/2025				PB (50m pool): 01:11.44 SB: 01:09.17 Tienen 26/10/2025	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.25		01:09.17	
	00:33.25		00:35.92		
					

Coach feedback:

Event number: 17: 100M FREESTYLE MEN 11+				Heat:14, starttime: 11:00	
Heat: 14/37 Lane : 3 Athlete: MERTENS LANDER				Q-time: 01:07:39	
PB (25m pool): 01:07.39 LEUVEN 23/11/2025				PB (50m pool): 01:08.42 SB: 01:07.39 LEUVEN 23/11/2025	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.59		01:07.39	
	00:31.59		00:35.80		
					

Coach feedback:

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Event number: 17: 100M FREESTYLE MEN 11+				Heat:15, starttime: 11:05	
Heat: 15/37 Lane : 5 Athlete: SCHEPENS TOOR				Q-time: 01:06:97	
PB (25m pool): 01:06.97 Heist-op-den-Berg 10/01/2026				PB (50m pool): 01:08.51 SB: 01:06.97 Heist-op-den-Berg 10/01/2026	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.79		01:06.97	
	00:32.79		00:34.18		
					

Coach feedback:

Event number: 17: 100M FREESTYLE MEN 11+				Heat:17, starttime: 11:05	
Heat: 17/37 Lane : 4 Athlete: MAERTENS TOON				Q-time: 01:05:33	
PB (25m pool): 01:05.33 Heist-op-den-Berg 10/01/2026				PB (50m pool): 01:07.05 SB: 01:05.33 Heist-op-den-Berg 10/01/2026	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.63		01:05.33	
	00:31.63		00:33.70		
					

Coach feedback:

Event number: 17: 100M FREESTYLE MEN 11+				Heat:28, starttime: 11:20	
Heat: 28/37 Lane : 6 Athlete: VAN DER BORGHT FLORIS				Q-time: 00:58:03	
PB (25m pool): 00:58.03 LEUVEN 23/11/2025				PB (50m pool): 00:59.83 SB: 00:58.03 LEUVEN 23/11/2025	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:28.03		00:58.03	
	00:28.03		00:30.00		
					

Coach feedback:

Event number: 17: 100M FREESTYLE MEN 11+				Heat:30, starttime: 11:25	
Heat: 30/37 Lane : 1 Athlete: PELGRIMS LOWIE				Q-time: 00:57:19	
PB (25m pool): 00:57.19 LEUVEN 23/11/2025				PB (50m pool): 00:59.15 SB: 00:57.19 LEUVEN 23/11/2025	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:27.30		00:57.19	
	00:27.30		00:29.89		
					

Coach feedback:

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Event number: 17: 100M FREESTYLE MEN 11+					Heat:32, starttime: 11:25
Heat: 32/37 Lane : 2 Athlete: GEENS DRé					Q-time: 00:55:57
PB (25m pool): 00:55.57 Leuven 12/10/2025					PB (50m pool): 00:56.64 SB: 00:55.57 Leuven 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:26.67		00:55.57	
	00:26.67		00:28.90		
					

Coach feedback:

Event number: 17: 100M FREESTYLE MEN 11+					Heat:32, starttime: 11:25
Heat: 32/37 Lane : 5 Athlete: VAN GRUNDERBEECK BAS					Q-time: 00:55:72
PB (25m pool): 00:55.72 LEUVEN 21/12/2025					PB (50m pool): 00:57.81 SB: 00:55.72 LEUVEN 21/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:27.01		00:55.72	
	00:27.01		00:28.71		
					

Coach feedback:

Event number: 18: 100M MEDLEY WOMEN 11+					Heat:3, starttime: 11:40
Heat: 3/33 Lane : 4 Athlete: BOND MAYA					Q-time: 99:99:99
PB (25m pool): 01:44.48 Aarschot 03/03/2024					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:44.48	
	no time				
					

Coach feedback:

Event number: 18: 100M MEDLEY WOMEN 11+					Heat:3, starttime: 11:40
Heat: 3/33 Lane : 6 Athlete: VERVLOET LIN					Q-time: 99:99:99
PB (25m pool): 01:36.59 Tremelo 14/01/2024					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:36.59	
	no time				
					

Coach feedback:

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Event number: 18: 100M MEDLEY WOMEN 11+					Heat:12, starttime: 11:55
Heat: 12/33 Lane : 5 Athlete: BELIAEV EMILY					Q-time: 01:29:34
PB (25m pool): 01:29.34 Tienen 26/10/2025					PB (50m pool): no time SB: 01:29.34 Tienen 26/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:29.34	
	no time				
					

Coach feedback:

Event number: 18: 100M MEDLEY WOMEN 11+					Heat:18, starttime: 12:10
Heat: 18/33 Lane : 3 Athlete: PISCAER STANSE					Q-time: 01:20:33
PB (25m pool): 01:20.33 Aarschot 04/05/2025					PB (50m pool): no time SB: 01:20.58 LEUVEN 21/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:20.33	
	no time				
					

Coach feedback:

Event number: 18: 100M MEDLEY WOMEN 11+					Heat:22, starttime: 12:15
Heat: 22/33 Lane : 2 Athlete: UYTTERHOEVEN FIEBE					Q-time: 01:16:13
PB (25m pool): 01:16.13 Liedekerke 11/11/2025					PB (50m pool): no time SB: 01:16.13 Liedekerke 11/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:16.13	
	no time				
					

Coach feedback:

Event number: 18: 100M MEDLEY WOMEN 11+					Heat:26, starttime: 12:20
Heat: 26/33 Lane : 2 Athlete: BOHMER JANNE					Q-time: 01:12:80
PB (25m pool): 01:12.80 Stedelijk Zwembad Geel 16/02/2025					PB (50m pool): no time SB: 01:13.19 Liedekerke 11/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.83		01:12.80	
	00:34.83		00:37.97		
					

Coach feedback:

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Event number: 18: 100M MEDLEY WOMEN 11+					Heat:26, starttime: 12:20
Heat: 26/33 Lane : 6 Athlete: UYTTERHOEVEN FLO					Q-time: 01:13:42
PB (25m pool): 01:13.42 Stedelijk Zwembad Geel 16/02/2025 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		00:34.78		01:13.42	
	00:34.78		00:38.64		
					

Coach feedback:

Event number: 18: 100M MEDLEY WOMEN 11+					Heat:28, starttime: 12:25
Heat: 28/33 Lane : 3 Athlete: VELDHUIS VICTORIA					Q-time: 01:11:07
PB (25m pool): 01:11.07 Stedelijk Zwembad Geel 16/02/2025 PB (50m pool): no time SB: 01:12.36 Liedekerke 11/11/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.43		01:11.07	
	00:33.43		00:37.64		
					

Coach feedback:

Event number: 18: 100M MEDLEY WOMEN 11+					Heat:31, starttime: 12:30
Heat: 31/33 Lane : 2 Athlete: VERELST LAURA					Q-time: 01:08:43
PB (25m pool): 01:08.43 LEUVEN 21/12/2025 PB (50m pool): no time SB: 01:08.43 LEUVEN 21/12/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.77		01:08.43	
	00:31.77		00:36.66		
					

Coach feedback:

Event number: 18: 100M MEDLEY WOMEN 11+					Heat:33, starttime: 12:30
Heat: 33/33 Lane : 4 Athlete: CAES OONE					Q-time: 01:06:82
PB (25m pool): 01:06.82 Gent 09/11/2025 PB (50m pool): no time SB: 01:06.82 Gent 09/11/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.22		01:06.82	
	00:31.22		00:35.60		
					

Coach feedback: