

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

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

Coaches: Segers Ellen HEADCOACH

PB => Personal Best time

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

Event number: 14: 100M BACKSTROKE WOMEN 11+					Heat:23, starttime: 09:15
Heat: 23/26 Lane : 3 Athlete: DE BACKER BIRGIT					Q-time: 01:09:03
PB (25m pool): 01:09.03 Leuven 12/10/2025					PB (50m pool): 01:13.23 SB: 01:09.03 Leuven 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.33		01:09.03	
		00:33.33		00:35.70	
					

Coach feedback:

Event number: 15: 100M BREASTSTROKE MEN 11+					Heat:3, starttime: 09:25
Heat: 3/20 Lane : 1 Athlete: VOLCKAERT THOMAS					Q-time: 01:34:75
PB (25m pool): 01:34.75 Sinbad 12/01/2025					PB (50m pool): 01:41.21 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:44.40		01:34.75	
		00:44.40		00:50.35	
					

Coach feedback:

Event number: 15: 100M BREASTSTROKE MEN 11+					Heat:16, starttime: 09:50
Heat: 16/20 Lane : 2 Athlete: PERSOONS EMIEL					Q-time: 01:13:21
PB (25m pool): 01:13.21 Sint-Niklaas 11/01/2026					PB (50m pool): 01:17.18 SB: 01:13.21 Sint-Niklaas 11/01/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.48		01:13.21	
		00:34.48		00:38.73	
					

Coach feedback:

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Event number: 15: 100M BREASTSTROKE MEN 11+					Heat:19, starttime: 09:55
Heat: 19/20 Lane : 1 Athlete: DE PEYPER NOAH					Q-time: 01:09:34
PB (25m pool): 01:09.34 Sinbad 12/01/2025			PB (50m pool): 01:11.99 SB: 01:11.31 Sint-Niklaas 11/01/2026		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.25		01:09.34	
	00:33.25		00:36.09		
					

Coach feedback:

Event number: 16: 100M BUTTERFLY WOMEN 11+					Heat:18, starttime: 10:25
Heat: 18/19 Lane : 6 Athlete: DONIN MANON					Q-time: 01:09:32
PB (25m pool): 01:08.06 Liedekerke 03/11/2024			PB (50m pool): 01:09.69 SB: 01:10.11 Liedekerke 11/11/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.95		01:08.06	
	00:30.95		00:37.11		
					

Coach feedback:

Event number: 17: 100M FREESTYLE MEN 11+					Heat:25, starttime: 11:15
Heat: 25/37 Lane : 6 Athlete: VOLCKAERT THOMAS					Q-time: 00:59:40
PB (25m pool): 00:59.40 Leuven 12/10/2025			PB (50m pool): 01:00.37 SB: 00:59.40 Leuven 12/10/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:28.37		00:59.40	
	00:28.37		00:31.03		
					

Coach feedback:

Event number: 17: 100M FREESTYLE MEN 11+					Heat:30, starttime: 11:25
Heat: 30/37 Lane : 6 Athlete: PERSOONS EMIEL					Q-time: 00:57:19
PB (25m pool): 00:57.19 Sint-Niklaas 11/01/2026			PB (50m pool): 00:58.62 SB: 00:57.19 Sint-Niklaas 11/01/2026		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:27.60		00:57.19	
	00:27.60		00:29.59		
					

Coach feedback:

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Event number: 17: 100M FREESTYLE MEN 11+					Heat:31, starttime: 11:25
Heat: 31/37 Lane : 3 Athlete: DE PEYPER NOAH					Q-time: 00:55:91
PB (25m pool): 00:55.55 Aarschot 29/07/2024					PB (50m pool): 00:58.65 SB: 00:55.91 Leuven 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		00:55.55	
	no time				
					

Coach feedback:

Event number: 18: 100M MEDLEY WOMEN 11+					Heat:30, starttime: 12:25
Heat: 30/33 Lane : 2 Athlete: DE BACKER BIRGIT					Q-time: 01:10:01
PB (25m pool): 01:10.01 Liedekerke 01/05/2025					PB (50m pool): no time SB: 01:10.38 Sint-Pieters-Leeuw 05/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:10.01	
	no time				
					

Coach feedback:

Event number: 18: 100M MEDLEY WOMEN 11+					Heat:31, starttime: 12:30
Heat: 31/33 Lane : 5 Athlete: DONIN MANON					Q-time: 01:08:70
PB (25m pool): 01:08.70 Leuven 23/02/2025					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:08.70	
	no time				
					

Coach feedback: