

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

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

Coaches: Laenen Leen HEADCOACH

Coaches: Vanhaesebroeck Nicolas

PB => Personal Best time

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

Event number: 14: 100M BACKSTROKE WOMEN 11+					Heat:1, starttime: 08:30
Heat: 1/26 Lane : 4 Athlete: DILLEN HANNE					Q-time: 01:30:85
PB (25m pool): 01:34.20 TEMSE 23/11/2025					PB (50m pool): 01:30.85 SB: 01:34.20 TEMSE 23/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:46.78		01:34.20	
		00:46.78		00:47.42	
					

Coach feedback:

Event number: 14: 100M BACKSTROKE WOMEN 11+					Heat:3, starttime: 08:35
Heat: 3/26 Lane : 5 Athlete: DIRICKX FINNE					Q-time: 01:28:94
PB (25m pool): 01:28.94 Nijlen 16/11/2025					PB (50m pool): 01:32.43 SB: 01:28.94 Nijlen 16/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:43.78		01:28.94	
		00:43.78		00:45.16	
					

Coach feedback:

Event number: 14: 100M BACKSTROKE WOMEN 11+					Heat:4, starttime: 08:35
Heat: 4/26 Lane : 2 Athlete: WYNANTS FRé					Q-time: 01:26:84
PB (25m pool): 01:26.84 Temse 17/11/2025					PB (50m pool): 01:31.95 SB: 01:26.84 Temse 17/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:42.64		01:26.84	
		00:42.64		00:44.20	
					

Coach feedback:

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Event number: 14: 100M BACKSTROKE WOMEN 11+					Heat:9, starttime: 08:45
Heat: 9/26 Lane : 4 Athlete: CLAES JADE					Q-time: 01:20:47
PB (25m pool): 01:20.47 Sint-Niklaas 11/01/2026			PB (50m pool): 01:24.39 SB: 01:20.47 Sint-Niklaas 11/01/2026		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.22		01:20.47	
	00:38.22		00:42.25		
					

Coach feedback:

Event number: 14: 100M BACKSTROKE WOMEN 11+					Heat:11, starttime: 08:50
Heat: 11/26 Lane : 5 Athlete: LAUREYSENS JUTTA					Q-time: 01:19:39
PB (25m pool): 01:19.39 Arendonk 30/11/2025			PB (50m pool): 01:20.05 SB: 01:19.39 Arendonk 30/11/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.33		01:19.39	
	00:39.33		00:40.06		
					

Coach feedback:

Event number: 14: 100M BACKSTROKE WOMEN 11+					Heat:20, starttime: 09:10
Heat: 20/26 Lane : 6 Athlete: BASSTANIE LIENE					Q-time: 01:12:85
PB (25m pool): 01:12.85 Antwerpen 12/10/2025			PB (50m pool): 01:15.83 SB: 01:12.85 Antwerpen 12/10/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.84		01:12.85	
	00:35.84		00:37.01		
					

Coach feedback:

Event number: 14: 100M BACKSTROKE WOMEN 11+					Heat:21, starttime: 09:10
Heat: 21/26 Lane : 2 Athlete: SELS SOFIE					Q-time: 01:11:50
PB (25m pool): 01:11.50 Nijlen 16/11/2025			PB (50m pool): 01:14.82 SB: 01:11.50 Nijlen 16/11/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.75		01:11.50	
	00:34.75		00:36.75		
					

Coach feedback:

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Event number: 14: 100M BACKSTROKE WOMEN 11+					Heat:22, starttime: 09:10
Heat: 22/26 Lane : 5 Athlete: VINGERHOETS MADELIEF					Q-time: 01:10:52
PB (25m pool): 01:10.52 Herentals 17/05/2025			PB (50m pool): 01:19.04 SB: 01:12.17 Nijlen 16/11/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.98		01:10.52	
	00:33.98		00:36.54		
					

Coach feedback:

Event number: 14: 100M BACKSTROKE WOMEN 11+					Heat:23, starttime: 09:15
Heat: 23/26 Lane : 6 Athlete: DELIEN FLOOR					Q-time: 01:09:60
PB (25m pool): 01:09.60 Herentals 17/05/2025			PB (50m pool): 01:10.81 SB: 01:09.75 Nijlen 16/11/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.12		01:09.60	
	00:34.12		00:35.48		
					

Coach feedback:

Event number: 15: 100M BREASTSTROKE MEN 11+					Heat:1, starttime: 09:20
Heat: 1/20 Lane : 3 Athlete: CAMBRé ARTHUR					Q-time: 01:37:58
PB (25m pool): 01:37.58 Sint-Niklaas 11/01/2026			PB (50m pool): 01:40.71 SB: 01:37.58 Sint-Niklaas 11/01/2026		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:46.30		01:37.58	
	00:46.30		00:51.28		
					

Coach feedback:

Event number: 15: 100M BREASTSTROKE MEN 11+					Heat:7, starttime: 09:35
Heat: 7/20 Lane : 4 Athlete: THIJSBAERT NIO					Q-time: 01:26:98
PB (25m pool): 01:28.24 Arendonk 30/11/2025			PB (50m pool): 01:28.11 SB: 01:28.24 Arendonk 30/11/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:41.31		01:28.24	
	00:41.31		00:46.93		
					

Coach feedback:

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Event number: 15: 100M BREASTSTROKE MEN 11+					Heat:13, starttime: 09:45
Heat: 13/20 Lane : 2 Athlete: VERDONCK STAN					Q-time: 01:17:90
PB (25m pool): 01:17.90 Temse 17/11/2025			PB (50m pool): 01:19.24 SB: 01:17.90 Temse 17/11/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.88		01:17.90	
	00:36.88		00:41.02		
					

Coach feedback:

Event number: 15: 100M BREASTSTROKE MEN 11+					Heat:15, starttime: 09:45
Heat: 15/20 Lane : 4 Athlete: WYNANTS WARD					Q-time: 01:14:54
PB (25m pool): 01:14.54 Nijlen 16/11/2025			PB (50m pool): 01:19.88 SB: 01:14.54 Nijlen 16/11/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.44		01:14.54	
	00:35.44		00:39.10		
					

Coach feedback:

Event number: 15: 100M BREASTSTROKE MEN 11+					Heat:17, starttime: 09:50
Heat: 17/20 Lane : 2 Athlete: VAN EGDOM SIEB					Q-time: 01:11:35
PB (25m pool): 01:11.35 Nijlen 16/11/2025			PB (50m pool): 01:15.86 SB: 01:11.35 Nijlen 16/11/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.20		01:11.35	
	00:33.20		00:38.15		
					

Coach feedback:

Event number: 15: 100M BREASTSTROKE MEN 11+					Heat:19, starttime: 09:55
Heat: 19/20 Lane : 6 Athlete: SNEYERS KOBE					Q-time: 01:10:80
PB (25m pool): 01:08.88 Gemeentelijk sportcentrum Nijl 17/03/2024			PB (50m pool): no time SB: 01:10.80 TEMSE 23/11/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:08.88	
	no time				
					

Coach feedback:

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Event number: 16: 100M BUTTERFLY WOMEN 11+					Heat:8, starttime: 10:10
Heat: 8/19 Lane : 6 Athlete: CLAES JADE					Q-time: 01:26:97
PB (25m pool): 01:26.97 TEMSE 23/11/2025			PB (50m pool): no time SB: 01:26.97 TEMSE 23/11/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.46		01:26.97	
	00:39.46		00:47.51		
					

Coach feedback:

Event number: 16: 100M BUTTERFLY WOMEN 11+					Heat:12, starttime: 10:15
Heat: 12/19 Lane : 1 Athlete: BASSTANIE LIENE					Q-time: 01:18:30
PB (25m pool): 01:18.30 Mol 28/12/2025			PB (50m pool): 01:25.49 SB: 01:18.30 Mol 28/12/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.97		01:18.30	
	00:34.97		00:43.33		
					

Coach feedback:

Event number: 17: 100M FREESTYLE MEN 11+					Heat:5, starttime: 10:50
Heat: 5/37 Lane : 5 Athlete: LENAERTS RUBEN					Q-time: 01:21:74
PB (25m pool): 01:21.74 Sint-Niklaas 11/01/2026			PB (50m pool): 01:21.82 SB: 01:21.74 Sint-Niklaas 11/01/2026		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.98		01:21.74	
	00:38.98		00:42.76		
					

Coach feedback:

Event number: 17: 100M FREESTYLE MEN 11+					Heat:7, starttime: 10:50
Heat: 7/37 Lane : 5 Athlete: VANHAESEBROECK LOUIS-EMILE					Q-time: 01:16:28
PB (25m pool): 01:16.28 Arendonk 30/11/2025			PB (50m pool): 01:17.84 SB: 01:16.28 Arendonk 30/11/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.27		01:16.28	
	00:35.27		00:41.01		
					

Coach feedback:

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Event number: 17: 100M FREESTYLE MEN 11+					Heat:8, starttime: 10:55
Heat: 8/37 Lane : 6 Athlete: CAMBRé ARTHUR					Q-time: 01:14:92
PB (25m pool): 01:14.92 Temse 17/11/2025					PB (50m pool): 01:16.95 SB: 01:14.92 Temse 17/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.23		01:14.92	
	00:35.23		00:39.69		
					

Coach feedback:

Event number: 17: 100M FREESTYLE MEN 11+					Heat:13, starttime: 11:00
Heat: 13/37 Lane : 4 Athlete: THIJSBAERT NIO					Q-time: 01:08:77
PB (25m pool): 01:08.77 Arendonk 30/11/2025					PB (50m pool): 01:14.92 SB: 01:08.77 Arendonk 30/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.38		01:08.77	
	00:32.38		00:36.39		
					

Coach feedback:

Event number: 17: 100M FREESTYLE MEN 11+					Heat:14, starttime: 11:00
Heat: 14/37 Lane : 1 Athlete: GISCA DANIIL					Q-time: 01:08:37
PB (25m pool): 01:08.37 Mol 28/12/2025					PB (50m pool): 01:09.84 SB: 01:08.37 Mol 28/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.82		01:08.37	
	00:32.82		00:35.55		
					

Coach feedback:

Event number: 17: 100M FREESTYLE MEN 11+					Heat:25, starttime: 11:15
Heat: 25/37 Lane : 1 Athlete: VAN DOOREN WARRE					Q-time: 00:59:28
PB (25m pool): 00:59.28 Mol 28/12/2025					PB (50m pool): 01:01.66 SB: 00:59.28 Mol 28/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:28.77		00:59.28	
	00:28.77		00:30.51		
					

Coach feedback:

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Event number: 17: 100M FREESTYLE MEN 11+					Heat:25, starttime: 11:15
Heat: 25/37 Lane : 4 Athlete: WYNANTS WARD					Q-time: 00:59:25
PB (25m pool): 00:59.25 Nijlen 16/11/2025					PB (50m pool): 01:20.19 SB: 00:59.25 Nijlen 16/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:28.65		00:59.25	
	00:28.65		00:30.60		
					

Coach feedback:

Event number: 17: 100M FREESTYLE MEN 11+					Heat:26, starttime: 11:20
Heat: 26/37 Lane : 2 Athlete: VAN EGDOM SIEB					Q-time: 00:58:60
PB (25m pool): 00:58.60 TEMSE 23/11/2025					PB (50m pool): 01:01.14 SB: 00:58.60 TEMSE 23/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:27.89		00:58.60	
	00:27.89		00:30.71		
					

Coach feedback:

Event number: 17: 100M FREESTYLE MEN 11+					Heat:26, starttime: 11:20
Heat: 26/37 Lane : 3 Athlete: KEKEC SAMIR					Q-time: 00:58:48
PB (25m pool): 00:58.48 Nijlen 16/11/2025					PB (50m pool): 01:00.48 SB: 00:58.48 Nijlen 16/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:27.98		00:58.48	
	00:27.98		00:30.50		
					

Coach feedback:

Event number: 17: 100M FREESTYLE MEN 11+					Heat:35, starttime: 11:30
Heat: 35/37 Lane : 5 Athlete: SNEYERS KOBE					Q-time: 00:53:01
PB (25m pool): 00:51.82 Temse 26/11/2023					PB (50m pool): 00:54.72 SB: 00:53.72 Antwerpen 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		00:51.82	
	no time				
					

Coach feedback:

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Event number: 17: 100M FREESTYLE MEN 11+					Heat:36, starttime: 11:30
Heat: 36/37 Lane : 1 Athlete: SNEYERS LIAM					Q-time: 00:53:31
PB (25m pool): 00:53.31 Heist Op Den Berg 11/01/2025 PB (50m pool): 00:54.71 SB: 00:53.89 TEMSE 23/11/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:25.75		00:53.31	
	00:25.75		00:27.56		
					

Coach feedback:

Event number: 17: 100M FREESTYLE MEN 11+					Heat:36, starttime: 11:30
Heat: 36/37 Lane : 3 Athlete: VAN EGDOM WOUT					Q-time: 00:50:95
PB (25m pool): 00:50.95 Heist Op Den Berg 11/01/2025 PB (50m pool): 00:52.56 SB: 00:51.21 TEMSE 23/11/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:24.32		00:50.95	
	00:24.32		00:26.63		
					

Coach feedback:

Event number: 18: 100M MEDLEY WOMEN 11+					Heat:1, starttime: 11:35
Heat: 1/33 Lane : 4 Athlete: DILLEN HANNE					Q-time: 99:99:99
PB (25m pool): 01:39.77 Nijlen 17/11/2024 PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:39.77	
	no time				
					

Coach feedback:

Event number: 18: 100M MEDLEY WOMEN 11+					Heat:3, starttime: 11:40
Heat: 3/33 Lane : 3 Athlete: SELS SOFIE					Q-time: 99:99:99
PB (25m pool): 01:14.67 Stedelijk Zwembad Geel 11/02/2024 PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:14.67	
	no time				
					

Coach feedback:

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Event number: 18: 100M MEDLEY WOMEN 11+					Heat:4, starttime: 11:40
Heat: 4/33 Lane : 2 Athlete: VAN HASSEL FEMKE					Q-time: 99:99:99
PB (25m pool): no time PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		no time	
	no time				
					

Coach feedback:

Event number: 18: 100M MEDLEY WOMEN 11+					Heat:5, starttime: 11:45
Heat: 5/33 Lane : 4 Athlete: DILLEN LOTTE					Q-time: 99:99:99
PB (25m pool): 01:43.39 Nijlen 17/11/2024 PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:43.39	
	no time				
					

Coach feedback:

Event number: 18: 100M MEDLEY WOMEN 11+					Heat:8, starttime: 11:50
Heat: 8/33 Lane : 2 Athlete: VAN GINKEL LOES					Q-time: 01:42:05
PB (25m pool): 01:42.05 Mol 28/12/2025 PB (50m pool): no time SB: 01:42.05 Mol 28/12/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:46.72		01:42.05	
	00:46.72 00:55.33				
					

Coach feedback:

Event number: 18: 100M MEDLEY WOMEN 11+					Heat:9, starttime: 11:50
Heat: 9/33 Lane : 3 Athlete: CLAES SIEN					Q-time: 01:36:25
PB (25m pool): 01:36.25 Mol 28/12/2025 PB (50m pool): no time SB: 01:36.25 Mol 28/12/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:46.74		01:36.25	
	00:46.74 00:49.51				
					

Coach feedback:

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Event number: 18: 100M MEDLEY WOMEN 11+					Heat:9, starttime: 11:50
Heat: 9/33 Lane : 5 Athlete: VAN GINKEL KAAT					Q-time: 01:39:30
PB (25m pool): 01:39.30 Mol 28/12/2025					PB (50m pool): no time SB: 01:39.30 Mol 28/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:46.14		01:39.30	
	00:46.14		00:53.16		
					

Coach feedback:

Event number: 18: 100M MEDLEY WOMEN 11+					Heat:12, starttime: 11:55
Heat: 12/33 Lane : 1 Athlete: DIRICKX FINNE					Q-time: 01:29:45
PB (25m pool): 01:29.45 Mol 28/12/2025					PB (50m pool): no time SB: 01:29.45 Mol 28/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:42.25		01:29.45	
	00:42.25		00:47.20		
					

Coach feedback:

Event number: 18: 100M MEDLEY WOMEN 11+					Heat:12, starttime: 11:55
Heat: 12/33 Lane : 6 Athlete: WYNANTS FRÉ					Q-time: 01:30:09
PB (25m pool): 01:30.09 Aarschot 04/05/2025					PB (50m pool): no time SB: 01:31.06 Hoogstraten 28/09/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:30.09	
	no time				
					

Coach feedback:

Event number: 18: 100M MEDLEY WOMEN 11+					Heat:13, starttime: 12:00
Heat: 13/33 Lane : 4 Athlete: LAUREYSENS JUTTA					Q-time: 01:26:40
PB (25m pool): 01:26.40 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		00:40.54		01:26.40	
	00:40.54		00:45.86		
					

Coach feedback:

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Event number: 18: 100M MEDLEY WOMEN 11+					Heat:17, starttime: 12:05
Heat: 17/33 Lane : 4 Athlete: GEELEN GUUSJE					Q-time: 01:21:37
PB (25m pool): 01:21.37 Aarschot 04/05/2025 PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:21.37	
	no time				
					

Coach feedback:

Event number: 18: 100M MEDLEY WOMEN 11+					Heat:21, starttime: 12:15
Heat: 21/33 Lane : 2 Athlete: VANHAESEBROECK MARIE-ELINE					Q-time: 01:17:31
PB (25m pool): 01:17.31 Aarschot 04/05/2025 PB (50m pool): no time SB: 01:18.49 Hoogstraten 28/09/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:17.31	
	no time				
					

Coach feedback:

Event number: 18: 100M MEDLEY WOMEN 11+					Heat:25, starttime: 12:20
Heat: 25/33 Lane : 4 Athlete: LEMBRECHTS SOPHIE					Q-time: 01:13:52
PB (25m pool): 01:13.52 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		00:34.50		01:13.52	
	00:34.50		00:39.02		
					

Coach feedback:

Event number: 18: 100M MEDLEY WOMEN 11+					Heat:28, starttime: 12:25
Heat: 28/33 Lane : 5 Athlete: DELIEN FLOOR					Q-time: 01:11:51
PB (25m pool): 01:11.51 Aarschot 04/05/2025 PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:11.51	
	no time				
					

Coach feedback:

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Event number: 18: 100M MEDLEY WOMEN 11+					Heat:29, starttime: 12:25
Heat: 29/33 Lane : 5 Athlete: VINGERHOETS MADELIEF				Q-time: 01:10:87	
PB (25m pool): 01:10.87 Aarschot 04/05/2025 PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:10.87	
	no time				
					

Coach feedback: