

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

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

Coaches: Van Eylen Thomas HEADCOACH

Coaches: Van Wassenhove Senne

Coaches: Eugene Astrid

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

Event number: 14: 100M BACKSTROKE WOMEN 11+					Heat:12, starttime: 08:55
Heat: 12/26 Lane : 5 Athlete: GAYTANT MIRTHE					Q-time: 01:17:96
PB (25m pool): 01:17.96 Sint-Pieters-Leeuw 05/10/2025 PB (50m pool): no time SB: 01:17.96 Sint-Pieters-Leeuw 05/10/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.91		01:17.96	
	00:37.91		00:40.05		
					

Coach feedback:

Event number: 14: 100M BACKSTROKE WOMEN 11+					Heat:23, starttime: 09:15
Heat: 23/26 Lane : 5 Athlete: GAYTANT STERRE					Q-time: 01:09:40
PB (25m pool): 01:09.40 Heist-op-den-Berg 10/01/2026 PB (50m pool): 01:12.39 SB: 01:09.40 Heist-op-den-Berg 10/01/2026					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.16		01:09.40	
	00:32.16		00:37.24		
					

Coach feedback:

Event number: 15: 100M BREASTSTROKE MEN 11+					Heat:6, starttime: 09:30
Heat: 6/20 Lane : 1 Athlete: GRONDARD VAN SCHAGEN LUUK					Q-time: 01:30:32
PB (25m pool): 01:30.32 LEUVEN 23/11/2025 PB (50m pool): 01:32.32 SB: 01:30.32 LEUVEN 23/11/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:42.44		01:30.32	
	00:42.44		00:47.88		
					

Coach feedback:

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Event number: 17: 100M FREESTYLE MEN 11+					Heat:9, starttime: 10:55
Heat: 9/37 Lane : 4 Athlete: GRONDARD VAN SCHAGEN LUKK					Q-time: 01:11:98
PB (25m pool): 01:07.44 Zaventem 08/02/2026					PB (50m pool): 01:08.79SB: 01:07.44 Zaventem 08/02/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.96		01:07.44	
	00:31.96		00:35.48		
					

Coach feedback:

Event number: 17: 100M FREESTYLE MEN 11+					Heat:31, starttime: 11:25
Heat: 31/37 Lane : 4 Athlete: EUGENE FELIX					Q-time: 00:56:02
PB (25m pool): 00:56.02 Zaventem 15/07/2025					PB (50m pool): 00:58.71SB: 00:56.45 Heist-op-den-Berg 10/01/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:26.43		00:56.02	
	00:26.43		00:29.59		
					

Coach feedback:

Event number: 18: 100M MEDLEY WOMEN 11+					Heat:25, starttime: 12:20
Heat: 25/33 Lane : 1 Athlete: GAYTANT MIRTHE					Q-time: 01:13:92
PB (25m pool): 01:13.92 LEUVEN 21/12/2025					PB (50m pool): no time SB: 01:13.92 LEUVEN 21/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.16		01:13.92	
	00:35.16		00:38.76		
					

Coach feedback:

Event number: 18: 100M MEDLEY WOMEN 11+					Heat:33, starttime: 12:30
Heat: 33/33 Lane : 6 Athlete: GAYTANT STERRE					Q-time: 01:09:39
PB (25m pool): 01:09.39 LEUVEN 21/12/2025					PB (50m pool): no time SB: 01:09.39 LEUVEN 21/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.12		01:09.39	
	00:31.12		00:38.27		
					

Coach feedback: