

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

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

Coaches: Gijsemans Liesbet

Coaches: De Herdt An

Coaches: Vanuytven Diane

Coaches: De Herdt Els HEADCOACH

Coaches: Jacob Sven

Coaches: Van Campenhout Sigrid

Coaches: De Weerd Koen

PB => Personal Best time

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

Event number: 14: 100M BACKSTROKE WOMEN 11+					Heat:3, starttime: 08:35
Heat: 3/26 Lane : 2 Athlete: VAN BREEDAM LENA					Q-time: 01:28:75
PB (25m pool): 01:25.22 Kapellen 21/12/2025			PB (50m pool): 01:26.32 SB: 01:25.22 Kapellen 21/12/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:42.40		01:25.22	
		00:42.40		00:42.82	
					

Coach feedback:

Event number: 14: 100M BACKSTROKE WOMEN 11+					Heat:3, starttime: 08:35
Heat: 3/26 Lane : 4 Athlete: SARMI SOFIA					Q-time: 01:27:50
PB (25m pool): 01:26.32 Kapellen 21/12/2025			PB (50m pool): 01:29.05 SB: 01:26.32 Kapellen 21/12/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:41.30		01:26.32	
		00:41.30		00:45.02	
					

Coach feedback:

Event number: 14: 100M BACKSTROKE WOMEN 11+					Heat:4, starttime: 08:35
Heat: 4/26 Lane : 1 Athlete: BORREMANS LIZ					Q-time: 01:27:27
PB (25m pool): 01:27.27 Antwerpen 12/10/2025			PB (50m pool): 01:33.98 SB: 01:27.27 Antwerpen 12/10/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:43.18		01:27.27	
		00:43.18		00:44.09	
					

Coach feedback:

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Event number: 14: 100M BACKSTROKE WOMEN 11+				Heat:9, starttime: 08:45	
Heat: 9/26 Lane : 2 Athlete: DALEMANS NEL				Q-time: 01:20:56	
PB (25m pool): 01:20.56 Heist-op-den-Berg 10/01/2026				PB (50m pool): 01:25.18 SB: 01:20.56 Heist-op-den-Berg 10/01/2026	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.06		01:20.56	
	00:39.06		00:41.50		
					

Coach feedback:

Event number: 14: 100M BACKSTROKE WOMEN 11+				Heat:10, starttime: 08:50	
Heat: 10/26 Lane : 1 Athlete: VOLDERS ELLA				Q-time: 01:20:31	
PB (25m pool): 01:20.31 Temse 17/11/2025				PB (50m pool): 01:21.25 SB: 01:20.31 Temse 17/11/2025	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.79		01:20.31	
	00:39.79		00:40.52		
					

Coach feedback:

Event number: 14: 100M BACKSTROKE WOMEN 11+				Heat:12, starttime: 08:55	
Heat: 12/26 Lane : 6 Athlete: VERDOOD PIP				Q-time: 01:18:34	
PB (25m pool): 01:18.34 Stedelijk Zwembad Geel 16/02/2025				PB (50m pool): 01:20.66 SB: 01:18.69 Temse 17/11/2025	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.82		01:18.34	
	00:37.82		00:40.52		
					

Coach feedback:

Event number: 14: 100M BACKSTROKE WOMEN 11+				Heat:15, starttime: 09:00	
Heat: 15/26 Lane : 5 Athlete: DE VOCHT LINNE				Q-time: 01:15:72	
PB (25m pool): 01:15.72 LEUVEN 21/12/2025				PB (50m pool): 01:17.65 SB: 01:15.72 LEUVEN 21/12/2025	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.88		01:15.72	
	00:36.88		00:38.84		
					

Coach feedback:

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Event number: 14: 100M BACKSTROKE WOMEN 11+				Heat:16, starttime: 09:00	
Heat: 16/26 Lane : 3 Athlete: VAN REETH LIEZE				Q-time: 01:14:73	
PB (25m pool): 01:14.73 Arendonk 30/11/2025				PB (50m pool): 01:16.89 SB: 01:14.73 Arendonk 30/11/2025	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.45		01:14.73	
	00:36.45		00:38.28		
					

Coach feedback:

Event number: 14: 100M BACKSTROKE WOMEN 11+				Heat:17, starttime: 09:05	
Heat: 17/26 Lane : 5 Athlete: JACOBS LOTTE				Q-time: 01:14:57	
PB (25m pool): 01:14.57 Arendonk 30/11/2025				PB (50m pool): 01:17.47 SB: 01:14.57 Arendonk 30/11/2025	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.96		01:14.57	
	00:35.96		00:38.61		
					

Coach feedback:

Event number: 14: 100M BACKSTROKE WOMEN 11+				Heat:19, starttime: 09:05	
Heat: 19/26 Lane : 4 Athlete: SCHELLEMANS CHARLOTTE				Q-time: 01:13:06	
PB (25m pool): 01:13.06 Antwerpen 12/10/2025				PB (50m pool): 01:14.07 SB: 01:13.06 Antwerpen 12/10/2025	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.52		01:13.06	
	00:35.52		00:37.54		
					

Coach feedback:

Event number: 15: 100M BREASTSTROKE MEN 11+				Heat:4, starttime: 09:25	
Heat: 4/20 Lane : 3 Athlete: VERMEIREN STAN				Q-time: 01:32:05	
PB (25m pool): 01:32.05 Gemeentelijk sportcentrum Nijl 16/03/2025				PB (50m pool): 01:34.20 SB: 01:34.36 Antwerpen 12/10/2025	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:42.62		01:32.05	
	00:42.62		00:49.43		
					

Coach feedback:

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Event number: 15: 100M BREASTSTROKE MEN 11+				Heat:4, starttime: 09:25	
Heat: 4/20 Lane : 6 Athlete: MARIN ALEXANDRU				Q-time: 01:32:95	
PB (25m pool): 01:32.95 Aartselaar 01/11/2025				PB (50m pool): 01:32.30 SB: 01:32.95 Aartselaar 01/11/2025	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:44.00		01:32.95	
	00:44.00		00:48.95		
					

Coach feedback:

Event number: 16: 100M BUTTERFLY WOMEN 11+				Heat:4, starttime: 10:00	
Heat: 4/19 Lane : 6 Athlete: BORREMANS LIZ				Q-time: 01:37:80	
PB (25m pool): 01:37.80 Antwerpen 12/10/2025				PB (50m pool): 01:47.22 SB: 01:37.80 Antwerpen 12/10/2025	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:45.81		01:37.80	
	00:45.81		00:51.99		
					

Coach feedback:

Event number: 17: 100M FREESTYLE MEN 11+				Heat:18, starttime: 11:10	
Heat: 18/37 Lane : 5 Athlete: VERCAMMEN DAAN				Q-time: 01:04:63	
PB (25m pool): 01:03.76 Kapellen 21/12/2025				PB (50m pool): 01:05.98 SB: 01:03.76 Kapellen 21/12/2025	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.98		01:03.76	
	00:30.98		00:32.78		
					

Coach feedback:

Event number: 17: 100M FREESTYLE MEN 11+				Heat:20, starttime: 11:10	
Heat: 20/37 Lane : 6 Athlete: SLAETS CAZ				Q-time: 01:03:02	
PB (25m pool): 01:03.02 Heist-op-den-Berg 10/01/2026				PB (50m pool): 01:03.30 SB: 01:03.02 Heist-op-den-Berg 10/01/2026	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.69		01:03.02	
	00:30.69		00:32.33		
					

Coach feedback:

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Event number: 17: 100M FREESTYLE MEN 11+					Heat:21, starttime: 11:10
Heat: 21/37 Lane : 1 Athlete: JACOB QINGKUN					Q-time: 01:01:80
PB (25m pool): 00:59.51 Heist-op-den-Berg 10/01/2026					PB (50m pool): 01:01.70 SB: 00:59.51 Heist-op-den-Berg 10/01/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:28.41		00:59.51	
	00:28.41		00:31.10		
					

Coach feedback:

Event number: 17: 100M FREESTYLE MEN 11+					Heat:21, starttime: 11:10
Heat: 21/37 Lane : 2 Athlete: WIJSGEER VIKTOR					Q-time: 01:01:62
PB (25m pool): 01:01.62 Nijlen 16/11/2025					PB (50m pool): 01:02.31 SB: 01:01.62 Nijlen 16/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:29.15		01:01.62	
	00:29.15		00:32.47		
					

Coach feedback:

Event number: 17: 100M FREESTYLE MEN 11+					Heat:22, starttime: 11:15
Heat: 22/37 Lane : 5 Athlete: MERTENS GERBEN					Q-time: 01:01:06
PB (25m pool): 01:00.97 Heist-op-den-Berg 10/01/2026					PB (50m pool): 01:02.60 SB: 01:00.97 Heist-op-den-Berg 10/01/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:29.47		01:00.97	
	00:29.47		00:31.50		
					

Coach feedback:

Event number: 17: 100M FREESTYLE MEN 11+					Heat:31, starttime: 11:25
Heat: 31/37 Lane : 5 Athlete: DOOMEN MARNIX					Q-time: 00:56:28
PB (25m pool): 00:56.28 Antwerpen 12/10/2025					PB (50m pool): 00:57.55 SB: 00:56.28 Antwerpen 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:27.00		00:56.28	
	00:27.00		00:29.28		
					

Coach feedback:

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Event number: 18: 100M MEDLEY WOMEN 11+					Heat:9, starttime: 11:50
Heat: 9/33 Lane : 6 Athlete: HERREMANS ELIEN					Q-time: 01:40:25
PB (25m pool): 01:40.25 Hoogstraten 28/09/2025					PB (50m pool): no time SB: 01:40.25 Hoogstraten 28/09/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:40.25	
	no time				
					

Coach feedback:

Event number: 18: 100M MEDLEY WOMEN 11+					Heat:11, starttime: 11:55
Heat: 11/33 Lane : 4 Athlete: SARMI SOFIA					Q-time: 01:31:27
PB (25m pool): 01:31.27 Hoogstraten 28/09/2025					PB (50m pool): no time SB: 01:31.27 Hoogstraten 28/09/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:31.27	
	no time				
					

Coach feedback:

Event number: 18: 100M MEDLEY WOMEN 11+					Heat:15, starttime: 12:05
Heat: 15/33 Lane : 4 Athlete: VOLDERS ELLA					Q-time: 01:23:54
PB (25m pool): 01:23.54 Hoogstraten 28/09/2025					PB (50m pool): no time SB: 01:23.54 Hoogstraten 28/09/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:23.54	
	no time				
					

Coach feedback:

Event number: 18: 100M MEDLEY WOMEN 11+					Heat:16, starttime: 12:05
Heat: 16/33 Lane : 2 Athlete: VAN BREEDAM LENA					Q-time: 01:22:40
PB (25m pool): 01:22.40 Nijlen 16/11/2025					PB (50m pool): no time SB: 01:22.40 Nijlen 16/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:22.40	
	no time				
					

Coach feedback:

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Event number: 18: 100M MEDLEY WOMEN 11+					Heat:18, starttime: 12:10
Heat: 18/33 Lane : 1 Athlete: DALEMANS NEL					Q-time: 01:20:71
PB (25m pool): 01:20.71 Hoogstraten 28/09/2025					PB (50m pool): no time SB: 01:20.71 Hoogstraten 28/09/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:20.71	
	no time				
					

Coach feedback:

Event number: 18: 100M MEDLEY WOMEN 11+					Heat:19, starttime: 12:10
Heat: 19/33 Lane : 1 Athlete: DE VOCHT LINNE					Q-time: 01:19:93
PB (25m pool): 01:19.93 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		00:35.64		01:19.93	
	00:35.64 00:44.29				
					

Coach feedback:

Event number: 18: 100M MEDLEY WOMEN 11+					Heat:23, starttime: 12:15
Heat: 23/33 Lane : 6 Athlete: VERDOOD PIP					Q-time: 01:15:74
PB (25m pool): 01:15.74 Heist Op Den Berg 11/01/2025					PB (50m pool): no time SB: 01:16.68 Hoogstraten 28/09/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:15.74	
	no time				
					

Coach feedback:

Event number: 18: 100M MEDLEY WOMEN 11+					Heat:24, starttime: 12:20
Heat: 24/33 Lane : 6 Athlete: VAN REETH LIEZE					Q-time: 01:14:60
PB (25m pool): 01:14.60 Hoogstraten 28/09/2025					PB (50m pool): no time SB: 01:14.60 Hoogstraten 28/09/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:14.60	
	no time				
					

Coach feedback:

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Event number: 18: 100M MEDLEY WOMEN 11+					Heat:27, starttime: 12:20
Heat: 27/33 Lane : 1 Athlete: SCHELLEMANS CHARLOTTE					Q-time: 01:12:43
PB (25m pool): 01:12.43 Hoogstraten 28/09/2025					PB (50m pool): no time SB: 01:12.43 Hoogstraten 28/09/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:12.43	
	no time				
					

Coach feedback:

Event number: 18: 100M MEDLEY WOMEN 11+					Heat:28, starttime: 12:25
Heat: 28/33 Lane : 6 Athlete: JACOBS LOTTE					Q-time: 01:11:57
PB (25m pool): 01:11.57 Heist-op-den-Berg 10/01/2026					PB (50m pool): no time SB: 01:11.57 Heist-op-den-Berg 10/01/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:11.57	
	no time				
					

Coach feedback: