

# ZGEEL 2daagse 26: Session: 4: COACH evaluation sheet for TEAM: MOZKA

Coachinfo: Warming up from: 12:40 untill 13:55. Teamleadmeeting @ 13:15 The listed starttimes are indicative!

Coaches: Luyten Sjobbe

Coaches: Moors Joren HEADCOACH

PB => Personal Best time

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

| Event number: 19: 50M BUTTERFLY MEN 11+      |           |           | Heat:4, starttime: 14:05            |
|----------------------------------------------|-----------|-----------|-------------------------------------|
| Heat: 4/30 Lane : 3 Athlete: HOOYBERGHS MIL  |           |           | Q-time: 00:41:03                    |
| PB (25m pool): 00:41.03 Herentals 17/05/2025 |           |           | PB (50m pool): 00:49.83 SB: no time |
|                                              | 2 5 M     | 5 0 M     |                                     |
| PB                                           |           | 00:41.03  |                                     |
|                                              |           | 00:41.03  |                                     |
|                                              | . . . . . | . . . . . |                                     |

Coach feedback:

| Event number: 19: 50M BUTTERFLY MEN 11+   |           |           | Heat:6, starttime: 14:05                              |
|-------------------------------------------|-----------|-----------|-------------------------------------------------------|
| Heat: 6/30 Lane : 3 Athlete: GEUDENS THOR |           |           | Q-time: 00:38:16                                      |
| PB (25m pool): 00:38.16 Nijlen 16/11/2025 |           |           | PB (50m pool): no time SB: 00:38.16 Nijlen 16/11/2025 |
|                                           | 2 5 M     | 5 0 M     |                                                       |
| PB                                        |           | 00:38.16  |                                                       |
|                                           |           | 00:38.16  |                                                       |
|                                           | . . . . . | . . . . . |                                                       |

Coach feedback:

| Event number: 19: 50M BUTTERFLY MEN 11+    |           |           | Heat:7, starttime: 14:05                              |
|--------------------------------------------|-----------|-----------|-------------------------------------------------------|
| Heat: 7/30 Lane : 4 Athlete: VAN HOVE NAND |           |           | Q-time: 00:37:18                                      |
| PB (25m pool): 00:37.18 Temse 17/11/2025   |           |           | PB (50m pool): 00:34.08 SB: 00:37.18 Temse 17/11/2025 |
|                                            | 2 5 M     | 5 0 M     |                                                       |
| PB                                         |           | 00:37.18  |                                                       |
|                                            |           | 00:37.18  |                                                       |
|                                            | . . . . . | . . . . . |                                                       |

Coach feedback:

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| Event number: 19: 50M BUTTERFLY MEN 11+      |           |           | Heat:9, starttime: 14:10                              |
|----------------------------------------------|-----------|-----------|-------------------------------------------------------|
| Heat: 9/30 Lane : 6 Athlete: VAN HOVE VICTOR |           |           | Q-time: 00:36:53                                      |
| PB (25m pool): 00:36.53 Temse 17/11/2025     |           |           | PB (50m pool): 00:38.77 SB: 00:36.53 Temse 17/11/2025 |
|                                              | 2 5 M     | 5 0 M     |                                                       |
| PB                                           |           | 00:36.53  |                                                       |
|                                              |           | 00:36.53  |                                                       |
|                                              | . . . . . | . . . . . |                                                       |

Coach feedback:

| Event number: 19: 50M BUTTERFLY MEN 11+      |           |           | Heat:15, starttime: 14:15                              |
|----------------------------------------------|-----------|-----------|--------------------------------------------------------|
| Heat: 15/30 Lane : 4 Athlete: HUYSMANS SEPPE |           |           | Q-time: 00:31:86                                       |
| PB (25m pool): 00:31.86 Nijlen 16/11/2025    |           |           | PB (50m pool): 00:33.30 SB: 00:31.86 Nijlen 16/11/2025 |
|                                              | 2 5 M     | 5 0 M     |                                                        |
| PB                                           |           | 00:31.86  |                                                        |
|                                              |           | 00:31.86  |                                                        |
|                                              | . . . . . | . . . . . |                                                        |

Coach feedback:

| Event number: 19: 50M BUTTERFLY MEN 11+       |           |           | Heat:17, starttime: 14:15                             |
|-----------------------------------------------|-----------|-----------|-------------------------------------------------------|
| Heat: 17/30 Lane : 2 Athlete: VERACHTEN LOUIS |           |           | Q-time: 00:30:93                                      |
| PB (25m pool): 00:30.93 Temse 17/11/2025      |           |           | PB (50m pool): 00:47.57 SB: 00:30.93 Temse 17/11/2025 |
|                                               | 2 5 M     | 5 0 M     |                                                       |
| PB                                            |           | 00:30.93  |                                                       |
|                                               |           | 00:30.93  |                                                       |
|                                               | . . . . . | . . . . . |                                                       |

Coach feedback:

| Event number: 20: 50M BREASTSTROKE WOMEN 11+ |           |           | Heat:4, starttime: 14:30            |
|----------------------------------------------|-----------|-----------|-------------------------------------|
| Heat: 4/35 Lane : 3 Athlete: WOUTERS FENNA   |           |           | Q-time: 01:03:51                    |
| PB (25m pool): 01:05.10 Herentals 17/05/2025 |           |           | PB (50m pool): 01:03.51 SB: no time |
|                                              | 2 5 M     | 5 0 M     |                                     |
| PB                                           |           | 01:05.10  |                                     |
|                                              |           | 01:05.10  |                                     |
|                                              | . . . . . | . . . . . |                                     |

Coach feedback:

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| Event number: 20: 50M BREASTSTROKE WOMEN 11+   |           |           | Heat:9, starttime: 14:40           |
|------------------------------------------------|-----------|-----------|------------------------------------|
| Heat: 9/35 Lane : 6 Athlete: SAZAK REYHAN      |           |           | Q-time: 00:49:53                   |
| PB (25m pool): 00:49.53 Hoogstraten 29/09/2024 |           |           | PB (50m pool): no time SB: no time |
|                                                | 2 5 M     | 5 0 M     |                                    |
| PB                                             |           | 00:49.53  |                                    |
|                                                |           | 00:49.53  |                                    |
|                                                | . . . . . | . . . . . |                                    |

Coach feedback:

| Event number: 20: 50M BREASTSTROKE WOMEN 11+ |           |           | Heat:13, starttime: 14:40           |
|----------------------------------------------|-----------|-----------|-------------------------------------|
| Heat: 13/35 Lane : 5 Athlete: MEEKERS RANIA  |           |           | Q-time: 00:45:77                    |
| PB (25m pool): 00:50.61 Pelt 02/10/2022      |           |           | PB (50m pool): 00:45.77 SB: no time |
|                                              | 2 5 M     | 5 0 M     |                                     |
| PB                                           |           | 00:50.61  |                                     |
|                                              |           | 00:50.61  |                                     |
|                                              | . . . . . | . . . . . |                                     |

Coach feedback:

| Event number: 20: 50M BREASTSTROKE WOMEN 11+ |           |           | Heat:19, starttime: 14:50                                |
|----------------------------------------------|-----------|-----------|----------------------------------------------------------|
| Heat: 19/35 Lane : 2 Athlete: CEULEMANS LENA |           |           | Q-time: 00:41:98                                         |
| PB (25m pool): 00:41.98 Kapellen 02/11/2025  |           |           | PB (50m pool): 00:50.18 SB: 00:41.98 Kapellen 02/11/2025 |
|                                              | 2 5 M     | 5 0 M     |                                                          |
| PB                                           |           | 00:41.98  |                                                          |
|                                              |           | 00:41.98  |                                                          |
|                                              | . . . . . | . . . . . |                                                          |

Coach feedback:

| Event number: 20: 50M BREASTSTROKE WOMEN 11+              |           |           | Heat:22, starttime: 14:50           |
|-----------------------------------------------------------|-----------|-----------|-------------------------------------|
| Heat: 22/35 Lane : 1 Athlete: GEYPEN WIES                 |           |           | Q-time: 00:40:89                    |
| PB (25m pool): 00:40.89 Stedelijk Zwembad Geel 16/02/2025 |           |           | PB (50m pool): 00:40.09 SB: no time |
|                                                           | 2 5 M     | 5 0 M     |                                     |
| PB                                                        |           | 00:40.89  |                                     |
|                                                           |           | 00:40.89  |                                     |
|                                                           | . . . . . | . . . . . |                                     |

Coach feedback:

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| Event number: 20: 50M BREASTSTROKE WOMEN 11+ |          |          |  | Heat:23, starttime: 14:55           |
|----------------------------------------------|----------|----------|--|-------------------------------------|
| Heat: 23/35 Lane : 2 Athlete: SPRANGERS KATO |          |          |  | Q-time: 00:40:33                    |
| PB (25m pool): 00:39.20 Geel 19/02/2023      |          |          |  | PB (50m pool): 00:40.33 SB: no time |
|                                              | 2 5 M    | 5 0 M    |  |                                     |
| PB                                           |          | 00:39.20 |  |                                     |
|                                              | 00:39.20 |          |  |                                     |
|                                              | .....    | .....    |  |                                     |

Coach feedback:

| Event number: 21: 100M BACKSTROKE MEN 9-10  |          |          |          |          | Heat:2, starttime: 15:10                                |
|---------------------------------------------|----------|----------|----------|----------|---------------------------------------------------------|
| Heat: 2/2 Lane : 2 Athlete: COOLS VINCE     |          |          |          |          | Q-time: 01:41:99                                        |
| PB (25m pool): 01:41.99 Arendonk 30/11/2025 |          |          |          |          | PB (50m pool): no time SB: 01:41.99 Arendonk 30/11/2025 |
|                                             | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                                                         |
| PB                                          |          | 00:59.91 |          | 01:41.99 |                                                         |
|                                             | 00:59.91 |          | 00:42.08 |          |                                                         |
|                                             | .....    | .....    | .....    | .....    |                                                         |

Coach feedback:

| Event number: 23: 50M BACKSTROKE MEN 11+  |         |         |  | Heat:2, starttime: 15:20           |
|-------------------------------------------|---------|---------|--|------------------------------------|
| Heat: 2/29 Lane : 6 Athlete: GEUDENS THOR |         |         |  | Q-time: 99:99:99                   |
| PB (25m pool): no time                    |         |         |  | PB (50m pool): no time SB: no time |
|                                           | 2 5 M   | 5 0 M   |  |                                    |
| PB                                        |         | no time |  |                                    |
|                                           | no time |         |  |                                    |
|                                           | .....   | .....   |  |                                    |

Coach feedback:

| Event number: 23: 50M BACKSTROKE MEN 11+     |          |          |  | Heat:5, starttime: 15:25            |
|----------------------------------------------|----------|----------|--|-------------------------------------|
| Heat: 5/29 Lane : 2 Athlete: VAN HOVE VICTOR |          |          |  | Q-time: 00:43:04                    |
| PB (25m pool): 00:43.04 Herentals 17/05/2025 |          |          |  | PB (50m pool): 00:45.20 SB: no time |
|                                              | 2 5 M    | 5 0 M    |  |                                     |
| PB                                           |          | 00:43.04 |  |                                     |
|                                              | 00:43.04 |          |  |                                     |
|                                              | .....    | .....    |  |                                     |

Coach feedback:

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| Event number: 23: 50M BACKSTROKE MEN 11+       |           |           | Heat:5, starttime: 15:25            |
|------------------------------------------------|-----------|-----------|-------------------------------------|
| Heat: 5/29 Lane : 4 Athlete: VAN HOVE NAND     |           |           | Q-time: 00:42:65                    |
| PB (25m pool): 00:45.81 Hoogstraten 29/09/2024 |           |           | PB (50m pool): 00:42.65 SB: no time |
|                                                | 2 5 M     | 5 0 M     |                                     |
| PB                                             |           | 00:45.81  |                                     |
|                                                |           | 00:45.81  |                                     |
|                                                | . . . . . | . . . . . |                                     |

Coach feedback:

| Event number: 23: 50M BACKSTROKE MEN 11+     |           |           | Heat:7, starttime: 15:30            |
|----------------------------------------------|-----------|-----------|-------------------------------------|
| Heat: 7/29 Lane : 2 Athlete: MEEKERS CARSTEN |           |           | Q-time: 00:40:75                    |
| PB (25m pool): 00:41.00 Herentals 17/05/2025 |           |           | PB (50m pool): 00:40.75 SB: no time |
|                                              | 2 5 M     | 5 0 M     |                                     |
| PB                                           |           | 00:41.00  |                                     |
|                                              |           | 00:41.00  |                                     |
|                                              | . . . . . | . . . . . |                                     |

Coach feedback:

| Event number: 23: 50M BACKSTROKE MEN 11+      |           |           | Heat:20, starttime: 15:45                                 |
|-----------------------------------------------|-----------|-----------|-----------------------------------------------------------|
| Heat: 20/29 Lane : 5 Athlete: VERACHTEN LOUIS |           |           | Q-time: 00:32:07                                          |
| PB (25m pool): 00:32.07 Antwerpen 12/10/2025  |           |           | PB (50m pool): 00:31.71 SB: 00:32.07 Antwerpen 12/10/2025 |
|                                               | 2 5 M     | 5 0 M     |                                                           |
| PB                                            |           | 00:32.07  |                                                           |
|                                               |           | 00:32.07  |                                                           |
|                                               | . . . . . | . . . . . |                                                           |

Coach feedback:

| Event number: 23: 50M BACKSTROKE MEN 11+     |           |           | Heat:23, starttime: 15:50                                 |
|----------------------------------------------|-----------|-----------|-----------------------------------------------------------|
| Heat: 23/29 Lane : 6 Athlete: HUYSMANS SEPPE |           |           | Q-time: 00:30:64                                          |
| PB (25m pool): 00:30.64 Antwerpen 12/10/2025 |           |           | PB (50m pool): 00:30.74 SB: 00:30.64 Antwerpen 12/10/2025 |
|                                              | 2 5 M     | 5 0 M     |                                                           |
| PB                                           |           | 00:30.64  |                                                           |
|                                              |           | 00:30.64  |                                                           |
|                                              | . . . . . | . . . . . |                                                           |

Coach feedback:

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| Event number: 24: 50M FREESTYLE WOMEN 11+    |           |           | Heat:4, starttime: 16:00                                  |
|----------------------------------------------|-----------|-----------|-----------------------------------------------------------|
| Heat: 4/30 Lane : 4 Athlete: CEULEMANS LENA  |           |           | Q-time: 00:33:19                                          |
| PB (25m pool): 00:33.19 Antwerpen 12/10/2025 |           |           | PB (50m pool): 00:36.00 SB: 00:33.19 Antwerpen 12/10/2025 |
|                                              | 2 5 M     | 5 0 M     |                                                           |
| PB                                           |           | 00:33.19  |                                                           |
|                                              |           | 00:33.19  |                                                           |
|                                              | . . . . . | . . . . . |                                                           |

Coach feedback:

| Event number: 24: 50M FREESTYLE WOMEN 11+  |           |           | Heat:5, starttime: 16:00            |
|--------------------------------------------|-----------|-----------|-------------------------------------|
| Heat: 5/30 Lane : 3 Athlete: MEEKERS RANIA |           |           | Q-time: 00:32:95                    |
| PB (25m pool): 00:41.48 Pelt 02/10/2022    |           |           | PB (50m pool): 00:32.95 SB: no time |
|                                            | 2 5 M     | 5 0 M     |                                     |
| PB                                         |           | 00:41.48  |                                     |
|                                            |           | 00:41.48  |                                     |
|                                            | . . . . . | . . . . . |                                     |

Coach feedback:

| Event number: 24: 50M FREESTYLE WOMEN 11+    |           |           | Heat:21, starttime: 16:15                              |
|----------------------------------------------|-----------|-----------|--------------------------------------------------------|
| Heat: 21/30 Lane : 5 Athlete: SPRANGERS KATO |           |           | Q-time: 00:29:57                                       |
| PB (25m pool): 00:28.95 Purmerend 20/05/2024 |           |           | PB (50m pool): 00:29.96 SB: 00:29.57 Nijlen 16/11/2025 |
|                                              | 2 5 M     | 5 0 M     |                                                        |
| PB                                           |           | 00:28.95  |                                                        |
|                                              |           | 00:28.95  |                                                        |
|                                              | . . . . . | . . . . . |                                                        |

Coach feedback:

| Event number: 24: 50M FREESTYLE WOMEN 11+    |           |           | Heat:23, starttime: 16:15                                 |
|----------------------------------------------|-----------|-----------|-----------------------------------------------------------|
| Heat: 23/30 Lane : 1 Athlete: GEYPEN WIES    |           |           | Q-time: 00:29:21                                          |
| PB (25m pool): 00:29.21 Antwerpen 12/10/2025 |           |           | PB (50m pool): 00:29.98 SB: 00:29.21 Antwerpen 12/10/2025 |
|                                              | 2 5 M     | 5 0 M     |                                                           |
| PB                                           |           | 00:29.21  |                                                           |
|                                              |           | 00:29.21  |                                                           |
|                                              | . . . . . | . . . . . |                                                           |

Coach feedback:

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| Event number: 24: 50M FREESTYLE WOMEN 11+                                                                                     |           |  |           |  |  |  | Heat:23, starttime: 16:15 |  |  |
|-------------------------------------------------------------------------------------------------------------------------------|-----------|--|-----------|--|--|--|---------------------------|--|--|
| Heat: 23/30   Lane : 5   Athlete: VAN BAELEN YENTHE                                                                           |           |  |           |  |  |  | Q-time: 00:29:19          |  |  |
| PB (25m pool): 00:29.19   Stedelijk Zwembad Geel   16/02/2025   PB (50m pool): 00:29.61 SB: 00:29.42   Antwerpen   12/10/2025 |           |  |           |  |  |  |                           |  |  |
|                                                                                                                               | 2 5 M     |  | 5 0 M     |  |  |  |                           |  |  |
| PB                                                                                                                            |           |  | 00:29.19  |  |  |  |                           |  |  |
|                                                                                                                               | 00:29.19  |  |           |  |  |  |                           |  |  |
|                                                                                                                               | . . . . . |  | . . . . . |  |  |  |                           |  |  |

Coach feedback:

| Event number: 25: 100M MEDLEY MEN 9-10         |           |           |           |           | Heat:2, starttime: 16:25                                      |  |
|------------------------------------------------|-----------|-----------|-----------|-----------|---------------------------------------------------------------|--|
| Heat: 2/2    Lane : 3    Athlete: COOLS VINCE  |           |           |           |           | Q-time: 01:42:93                                              |  |
| PB (25m pool): 01:42.93    Arendonk 30/11/2025 |           |           |           |           | PB (50m pool): no time    SB: 01:42.93    Arendonk 30/11/2025 |  |
|                                                | 2 5 M     | 5 0 M     | 7 5 M     | 1 0 0 M   |                                                               |  |
| PB                                             |           | no time   |           | 01:42.93  |                                                               |  |
|                                                | no time   |           |           |           |                                                               |  |
|                                                | . . . . . | . . . . . | . . . . . | . . . . . |                                                               |  |

Coach feedback:

| Event number: 25: 100M MEDLEY MEN 9-10           |           |           |           |                  | Heat:2, starttime: 16:25                                 |
|--------------------------------------------------|-----------|-----------|-----------|------------------|----------------------------------------------------------|
| Heat: 2/2    Lane : 4    Athlete: VERACHTEN TIJL |           |           |           | Q-time: 01:44:39 |                                                          |
| PB (25m pool): 01:44.39    Mol 28/12/2025        |           |           |           |                  | PB (50m pool): no time    SB: 01:44.39    Mol 28/12/2025 |
|                                                  | 2 5 M     | 5 0 M     | 7 5 M     | 1 0 0 M          |                                                          |
| PB                                               |           | 00:51.92  |           | 01:44.39         |                                                          |
|                                                  | 00:51.92  |           | 00:52.47  |                  |                                                          |
|                                                  | . . . . . | . . . . . | . . . . . | . . . . .        |                                                          |

Coach feedback: