

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

Coachinfo: Warming up from: 12:40 untill 13:55. Teamleadmeeting @ 13:15 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: 19: 50M BUTTERFLY MEN 11+			Heat:18, starttime: 14:15
Heat: 18/30 Lane : 5 Athlete: VOLCKAERT THOMAS			Q-time: 00:30:63
PB (25m pool): 00:30.63 Leuven 12/10/2025			PB (50m pool): 00:30.44 SB: 00:30.63 Leuven 12/10/2025
	2 5 M	5 0 M	
PB		00:30.63	
		00:30.63	
			

Coach feedback:

Event number: 20: 50M BREASTSTROKE WOMEN 11+			Heat:29, starttime: 15:00
Heat: 29/35 Lane : 2 Athlete: DE BACKER BIRGIT			Q-time: 00:37:78
PB (25m pool): 00:37.78 Kapelle-op-den-Bos 21/04/2025			PB (50m pool): 00:40.48 SB: no time
	2 5 M	5 0 M	
PB		00:37.78	
		00:37.78	
			

Coach feedback:

Event number: 20: 50M BREASTSTROKE WOMEN 11+			Heat:34, starttime: 15:05
Heat: 34/35 Lane : 4 Athlete: DONIN MANON			Q-time: 00:33:73
PB (25m pool): 00:33.73 Hannuit 18/01/2025			PB (50m pool): 00:34.24 SB: 00:33.95 Gent 09/11/2025
	2 5 M	5 0 M	
PB		00:33.73	
		00:33.73	
			

Coach feedback:

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Event number: 23: 50M BACKSTROKE MEN 11+			Heat:19, starttime: 15:45
Heat: 19/29 Lane : 3 Athlete: VOLCKAERT THOMAS			Q-time: 00:32:16
PB (25m pool): 00:32.16 Liedekerke 01/05/2025			PB (50m pool): 00:33.73 SB: 00:32.85 Leuven 12/10/2025
	2 5 M	5 0 M	
PB		00:32.16	
		00:32.16	
			

Coach feedback:

Event number: 24: 50M FREESTYLE WOMEN 11+			Heat:28, starttime: 16:20
Heat: 28/30 Lane : 1 Athlete: DONIN MANON			Q-time: 00:27:73
PB (25m pool): 00:27.73 Dilbeek 11/05/2025			PB (50m pool): 00:28.56 SB: 00:28.64 Gent 09/11/2025
	2 5 M	5 0 M	
PB		00:27.73	
		00:27.73	
			

Coach feedback:

Event number: 24: 50M FREESTYLE WOMEN 11+			Heat:29, starttime: 16:20
Heat: 29/30 Lane : 6 Athlete: DE BACKER BIRGIT			Q-time: 00:27:90
PB (25m pool): 00:27.90 Leuven 12/10/2025			PB (50m pool): 00:28.51 SB: 00:27.90 Leuven 12/10/2025
	2 5 M	5 0 M	
PB		00:27.90	
		00:27.90	
			

Coach feedback: