

200M KST: Session: 1: COACH evaluation sheet for TEAM: HZA

Coachinfo: Warming up from: 13:00 untill 13:55. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: De Cuyper Tibo

Coaches: Pieters Jana

Coaches: Waelkens Bea HEADCOACH

Coaches: Gullentops Axel

Coaches: Van Dyck Nina

PB => Personal Best time

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

Event number: 1: 200M MEDLEY MIXED 9-10							Heat:1, starttime: 14:00	
Heat: 1/1 Lane : 2 Athlete: PANKEN MATS							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	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		no time		no time		no time
	no time							
								

Coach feedback:

Event number: 2: 200M MEDLEY WOMEN 11+							Heat:5, starttime: 14:19	
Heat: 5/8 Lane : 4 Athlete: ROZIERIS LILY							Q-time: 03:11:54	
PB (25m pool): 03:11.54 LEUVEN 21/12/2025			PB (50m pool): no time SB: 03:11.54 LEUVEN 21/12/2025					
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:44.75		01:32.59		02:29.43		03:11.54
	00:44.75		00:47.84		00:56.84		00:42.11	
								

Coach feedback:

Event number: 2: 200M MEDLEY WOMEN 11+							Heat:6, starttime: 14:23	
Heat: 6/8 Lane : 1 Athlete: VAN ROMPAEY LORE							Q-time: 03:04:60	
PB (25m pool): 03:04.60 Heist-op-den-Berg 10/01/2026			PB (50m pool): no time SB: 03:04:60 Heist-op-den-Berg 10/01/2026					
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:41.35		no time		no time		03:04.60
	00:41.35							
								

Coach feedback:

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Event number: 2: 200M MEDLEY WOMEN 11+							Heat:6, starttime: 14:23	
Heat: 6/8 Lane : 2 Athlete: NEUVILLE ALIZÉE							Q-time: 03:01:39	
PB (25m pool): 03:01.39 Tremelo 14/12/2025				PB (50m pool): 03:17.51 SB: 03:01.39 Tremelo 14/12/2025				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:39.19		no time		no time		03:01.39
	00:39.19							
								

Coach feedback:

Event number: 2: 200M MEDLEY WOMEN 11+							Heat:7, starttime: 14:26	
Heat: 7/8 Lane : 4 Athlete: DE LAET ELINE							Q-time: 02:52:78	
PB (25m pool): 02:52.78 Heist-op-den-Berg 10/01/2026				PB (50m pool): 03:08.99SB: 02:52.78 Heist-op-den-Berg 10/01/2026				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:38.72		no time		no time		02:52.78
	00:38.72							
								

Coach feedback:

Event number: 2: 200M MEDLEY WOMEN 11+							Heat:7, starttime: 14:26	
Heat: 7/8 Lane : 6 Athlete: NEUVILLE AXELLE							Q-time: 02:55:49	
PB (25m pool): 02:55.49 Tremelo 14/12/2025				PB (50m pool): 02:58.77SB: 02:55.49 Tremelo 14/12/2025				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:36.45		no time		no time		02:55.49
	00:36.45							
								

Coach feedback:

Event number: 2: 200M MEDLEY WOMEN 11+							Heat:8, starttime: 14:29	
Heat: 8/8 Lane : 1 Athlete: VAN DE WOUWER MYRTHE							Q-time: 02:49:30	
PB (25m pool): 02:49.30 Zaventem 21/06/2025				PB (50m pool): 02:55.05SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		no time		no time		02:49.30
	no time							
								

Coach feedback:

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Event number: 3: 200M MEDLEY MEN 11+							Heat:4, starttime: 14:45	
Heat: 4/6 Lane : 1 Athlete: PANKEN LEX							Q-time: 03:23:38	
PB (25m pool): 03:23.38 Heist-op-den-Berg 10/01/2026				PB (50m pool): no time SB: 03:23.38 Heist-op-den-Berg 10/01/2026				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:47.61		no time		no time		03:23.38
	00:47.61							
								

Coach feedback:

Event number: 3: 200M MEDLEY MEN 11+							Heat:4, starttime: 14:45	
Heat: 4/6 Lane : 2 Athlete: BATS YVAN							Q-time: 03:09:17	
PB (25m pool): 03:09.17 Heist-op-den-Berg 10/01/2026				PB (50m pool): no time SB: 03:09.17 Heist-op-den-Berg 10/01/2026				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:40.63		no time		no time		03:09.17
	00:40.63							
								

Coach feedback:

Event number: 3: 200M MEDLEY MEN 11+							Heat:5, starttime: 14:49	
Heat: 5/6 Lane : 3 Athlete: VERBEEK MATTS							Q-time: 02:53:19	
PB (25m pool): 02:53.19 Tremelo 14/12/2025				PB (50m pool): 02:58.24SB: 02:53.19 Tremelo 14/12/2025				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:36.69		no time		no time		02:53.19
	00:36.69							
								

Coach feedback:

Event number: 4: 200M BACKSTROKE MIXED 9-10							Heat:1, starttime: 14:56	
Heat: 1/1 Lane : 2 Athlete: MEUNIER EMILE							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	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		no time		no time		no time
	no time							
								

Coach feedback:

200M KST: Session: 1: COACH evaluation sheet for TEAM: HZA

Event number: 4: 200M BACKSTROKE MIXED 9-10							Heat:1, starttime: 14:56	
Heat: 1/1 Lane : 4 Athlete: CEELEN BRECHT							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	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		no time		no time		no time
	no time							
								

Coach feedback:

Event number: 5: 200M BACKSTROKE WOMEN 11+							Heat:1, starttime: 14:59	
Heat: 1/2 Lane : 2 Athlete: VAN DE WOUWER MYRTHE							Q-time: 99:99:99	
PB (25m pool): no time			PB (50m pool): 03:18.00 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		no time		no time		no time
	no time							
								

Coach feedback:

Event number: 6: 200M BACKSTROKE MEN 11+							Heat:2, starttime: 15:12	
Heat: 2/3 Lane : 4 Athlete: SEYMUS AXEL							Q-time: 03:02:78	
PB (25m pool): 03:02.78 Heist Op Den Berg 11/01/2025							PB (50m pool): 02:49.02 SB: no time	
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:43.18		01:30.94		no time		03:02.78
	00:43.18		00:47.76					
								

Coach feedback:

Event number: 6: 200M BACKSTROKE MEN 11+							Heat:3, starttime: 15:16	
Heat: 3/3 Lane : 5 Athlete: VERBEEK MATTS							Q-time: 02:47:44	
PB (25m pool): 02:47.44 Heist-op-den-Berg 10/01/2026			PB (50m pool): 03:01.46SB: 02:47.44 Heist-op-den-Berg 10/01/2026					
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:40.71		01:24.51		no time		02:47.44
	00:40.71		00:43.80					
								

Coach feedback:

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Event number: 7: 200M BREASTSTROKE MIXED 9-10							Heat:1, starttime: 15:19	
Heat: 1/1 Lane : 2 Athlete: MEUNIER ELISE							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	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		no time		no time		no time
	no time							
								

Coach feedback:

Event number: 8: 200M BREASTSTROKE WOMEN 11+							Heat:2, starttime: 15:42	
Heat: 2/5 Lane : 1 Athlete: ROZIERIS LILY							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	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		no time		no time		no time
	no time							
								

Coach feedback:

Event number: 8: 200M BREASTSTROKE WOMEN 11+							Heat:4, starttime: 15:51	
Heat: 4/5 Lane : 4 Athlete: DE LAET ELINE							Q-time: 03:27:92	
PB (25m pool): 03:27.92 Aarschot 04/05/2025			PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:47.84		01:41.01		no time		03:27.92
	00:47.84		00:53.17					
								

Coach feedback:

Event number: 9: 200M BREASTSTROKE MEN 11+							Heat:3, starttime: 16:09	
Heat: 3/4 Lane : 5 Athlete: PANKEN LEX							Q-time: 03:47:82	
PB (25m pool): 03:47.82 Heist-op-den-Berg 10/01/2026			PB (50m pool): no time SB: 03:47.82 Heist-op-den-Berg 10/01/2026					
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:52.28		01:51.00		no time		03:47.82
	00:52.28		00:58.72					
								

Coach feedback:

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Event number: 11: 200M FREESTYLE WOMEN 11+							Heat:6, starttime: 16:40	
Heat: 6/7 Lane : 1 Athlete: VAN ROMPAEY LORE							Q-time: 02:39:21	
PB (25m pool): 02:39.21 Nijlen 01/03/2026				PB (50m pool): no time SB: 02:39.21 Nijlen 01/03/2026				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:36.80		01:17.81		no time		02:39.21
	00:36.80		00:41.01					
								

Coach feedback:

Event number: 14: 200M BUTTERFLY MEN 11+							Heat:1, starttime: 17:11	
Heat: 1/1 Lane : 4 Athlete: SEYMUS AXEL							Q-time: 03:14:65	
PB (25m pool): 03:14.65 LEUVEN 21/12/2025				PB (50m pool): 03:06.99SB: 03:14.65 LEUVEN 21/12/2025				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:44.04		01:37.61		02:31.47		03:14.65
	00:44.04		00:53.57		00:53.86		00:43.18	
								

Coach feedback: