

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

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

Coaches: Verbinnen Nadine

Coaches: Schepens Koen HEADCOACH

Coaches: Loeman Efiennia

PB => Personal Best time

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

Event number: 2: 200M MEDLEY WOMEN 11+							Heat:5, starttime: 14:19	
Heat: 5/8 Lane : 2 Athlete: BELIAEV EMILY							Q-time: 03:15:93	
PB (25m pool): 03:15.93 Leuven 12/10/2025				PB (50m pool): 03:05.05 SB: 03:15.93 Leuven 12/10/2025				
	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		00:45.34		01:36.50		02:35.07		03:15.93
	00:45.34		00:51.16		00:58.57		00:40.86	
								

Coach feedback:

Event number: 2: 200M MEDLEY WOMEN 11+							Heat:7, starttime: 14:26	
Heat: 7/8 Lane : 2 Athlete: VERVLOET LIN							Q-time: 02:52:97	
PB (25m pool): 02:52.97 Heist-op-den-Berg 10/01/2026				PB (50m pool): 02:55.52SB: 02:52.97 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		00:39.05		no time		no time		02:52.97
	00:39.05							
								

Coach feedback:

Event number: 2: 200M MEDLEY WOMEN 11+							Heat:7, starttime: 14:26	
Heat: 7/8 Lane : 3 Athlete: PISCAER STANSE							Q-time: 02:50:83	
PB (25m pool): 02:50.83 Heist-op-den-Berg 10/01/2026				PB (50m pool): 02:56.07 SB: 02:50.83 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		00:37.47		no time		no time		02:50.83
	00:37.47							
								

Coach feedback:

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

Event number: 2: 200M MEDLEY WOMEN 11+							Heat:8, starttime: 14:29	
Heat: 8/8 Lane : 2 Athlete: JANSSEN LUCY							Q-time: 02:45:21	
PB (25m pool): 02:45.21 Heist-op-den-Berg 10/01/2026				PB (50m pool): 02:51.65SB: 02:45.21 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		00:36.61		no time		no time		02:45.21
	00:36.61							
								

Coach feedback:

Event number: 2: 200M MEDLEY WOMEN 11+							Heat:8, starttime: 14:29	
Heat: 8/8 Lane : 3 Athlete: UYTTERHOEVEN FIEBE							Q-time: 02:41:10	
PB (25m pool): 02:41.10 Leuven 12/10/2025				PB (50m pool): 02:46.03 SB: 02:41.10 Leuven 12/10/2025				
	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		00:36.58		01:18.68		02:02.75		02:41.10
	00:36.58		00:42.10		00:44.07		00:38.35	
								

Coach feedback:

Event number: 2: 200M MEDLEY WOMEN 11+							Heat:8, starttime: 14:29	
Heat: 8/8 Lane : 6 Athlete: DECALUWé ELOUISE							Q-time: 02:49:56	
PB (25m pool): 02:49.56 Heist-op-den-Berg 10/01/2026				PB (50m pool): 02:59.25 SB: 02:49.56 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		00:37.63		no time		no time		02:49.56
	00:37.63							
								

Coach feedback:

Event number: 3: 200M MEDLEY MEN 11+							Heat:5, starttime: 14:49	
Heat: 5/6 Lane : 1 Athlete: SOENS JACK							Q-time: 02:56:43	
PB (25m pool): 02:56.43 Tremelo 18/01/2026				PB (50m pool): 03:05.92 SB: 02:56.43 Tremelo 18/01/2026				
	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		00:40.24		no time		no time		02:56.43
	00:40.24							
								

Coach feedback:

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

Event number: 3: 200M MEDLEY MEN 11+							Heat:5, starttime: 14:49	
Heat: 5/6 Lane : 4 Athlete: ROCKELé LOWIE							Q-time: 02:55:06	
PB (25m pool): 02:55.06 Aarschot 04/05/2025				PB (50m pool): 02:58.02SB: 02:55.18 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		00:37.90		no time		no time		02:55.06
	00:37.90							
								

Coach feedback:

Event number: 3: 200M MEDLEY MEN 11+							Heat:6, starttime: 14:52	
Heat: 6/6 Lane : 5 Athlete: SCHEPENS TOOR							Q-time: 02:44:86	
PB (25m pool): 02:44.86 Heist-op-den-Berg 10/01/2026				PB (50m pool): 02:56.79 SB: 02:44.86 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		00:37.57		no time		no time		02:44.86
	00:37.57							
								

Coach feedback:

Event number: 5: 200M BACKSTROKE WOMEN 11+							Heat:2, starttime: 15:04	
Heat: 2/2 Lane : 4 Athlete: BOND MAYA							Q-time: 02:56:57	
PB (25m pool): 02:56.57 LEUVEN 23/11/2025				PB (50m pool): no time SB: 02:56.57 LEUVEN 23/11/2025				
	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		00:42.06		01:27.19		02:12.62		02:56.57
	00:42.06		00:45.13		00:45.43		00:43.95	
								

Coach feedback:

Event number: 6: 200M BACKSTROKE MEN 11+							Heat:3, starttime: 15:16	
Heat: 3/3 Lane : 4 Athlete: MERTENS LANDER							Q-time: 02:38:97	
PB (25m pool): 02:38.97 LEUVEN 23/11/2025			PB (50m pool): 02:42.16 SB: 02:38.97 LEUVEN 23/11/2025					
	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		00:37.38		01:17.95		01:59.40		02:38.97
	00:37.38		00:40.57		00:41.45		00:39.57	
								

Coach feedback:

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

Event number: 6: 200M BACKSTROKE MEN 11+							Heat:3, starttime: 15:16	
Heat: 3/3 Lane : 6 Athlete: VANDENWEGHE DRIES							Q-time: 02:55:57	
PB (25m pool): 02:55.57 Sinbad 16/03/2025				PB (50m pool): no time SB: 02:55.91 LEUVEN 23/11/2025				
	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		00:42.84		01:28.47		no time		02:55.57
	00:42.84		00:45.63					
								

Coach feedback:

Event number: 8: 200M BREASTSTROKE WOMEN 11+							Heat:2, starttime: 15:42	
Heat: 2/5 Lane : 4 Athlete: JANSSEN LUCY							Q-time: 99:99:99	
PB (25m pool): 03:51.50 Aarschot 28/04/2024				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		03:51.50
	no time							
								

Coach feedback:

Event number: 8: 200M BREASTSTROKE WOMEN 11+							Heat:3, starttime: 15:47	
Heat: 3/5 Lane : 3 Athlete: BELIAEV EMILY							Q-time: 03:44:22	
PB (25m pool): 03:44.22 Tremelo 12/01/2025				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		00:52.84		01:52.12		no time		03:44.22
	00:52.84		00:59.28					
								

Coach feedback:

Event number: 8: 200M BREASTSTROKE WOMEN 11+							Heat:3, starttime: 15:47	
Heat: 3/5 Lane : 4 Athlete: BOND MAYA							Q-time: 03:45:04	
PB (25m pool): 03:45.04 Tremelo 12/01/2025				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		00:53.00		01:50.78		no time		03:45.04
	00:53.00		00:57.78					
								

Coach feedback:

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

Event number: 8: 200M BREASTSTROKE WOMEN 11+							Heat:4, starttime: 15:51	
Heat: 4/5 Lane : 3 Athlete: VERVLOET LIN							Q-time: 03:25:65	
PB (25m pool): 03:44.43 Tremelo 14/01/2024				PB (50m pool): 03:25.65SB: 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		03:44.43
	no time							
								

Coach feedback:

Event number: 8: 200M BREASTSTROKE WOMEN 11+							Heat:5, starttime: 15:55	
Heat: 5/5 Lane : 1 Athlete: PISCAER STANSE							Q-time: 03:18:62	
PB (25m pool): 03:18.62 Heist Op Den Berg 11/01/2025				PB (50m pool): 03:27.00SB: 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		00:44.12		01:34.81		no time		03:18.62
	00:44.12		00:50.69					
								

Coach feedback:

Event number: 8: 200M BREASTSTROKE WOMEN 11+							Heat:5, starttime: 15:55	
Heat: 5/5 Lane : 6 Athlete: DECALUWé ELOUISE							Q-time: 03:22:25	
PB (25m pool): 03:22.25 Heist Op Den Berg 11/01/2025				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		00:47.18		01:39.63		no time		03:22.25
	00:47.18		00:52.45					
								

Coach feedback:

Event number: 9: 200M BREASTSTROKE MEN 11+							Heat:2, starttime: 16:04	
Heat: 2/4 Lane : 1 Athlete: SOENS JACK							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: ZCT

Event number: 9: 200M BREASTSTROKE MEN 11+							Heat:3, starttime: 16:09	
Heat: 3/4 Lane : 3 Athlete: SCHEPENS TOOR							Q-time: 03:18:94	
PB (25m pool): 03:35.34 Tremelo 14/01/2024				PB (50m pool): 03:18.94SB: 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		03:35.34
	no time							
								

Coach feedback:

Event number: 9: 200M BREASTSTROKE MEN 11+							Heat:3, starttime: 16:09	
Heat: 3/4 Lane : 4 Athlete: VANDENWEGHE DRIES							Q-time: 03:20:45	
PB (25m pool): 03:20.45 Leuven 12/10/2025			PB (50m pool): 03:24.32 SB: 03:20.45 Leuven 12/10/2025					
	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		00:45.80		01:37.83		02:30.43		03:20.45
	00:45.80		00:52.03		00:52.60		00:50.02	
								

Coach feedback:

Event number: 11: 200M FREESTYLE WOMEN 11+							Heat:7, starttime: 16:43	
Heat: 7/7 Lane : 4 Athlete: UYTTERHOEVEN FIEBE							Q-time: 02:25:49	
PB (25m pool): 02:25.49 LEUVEN 21/12/2025			PB (50m pool): 02:28.27 SB: 02:25.49 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		00:34.46		01:12.01		01:50.47		02:25.49
	00:34.46		00:37.55		00:38.46		00:35.02	
								

Coach feedback:

Event number: 12: 200M FREESTYLE MEN 11+							Heat:5, starttime: 17:01	
Heat: 5/6 Lane : 3 Athlete: ROCKELé LOWIE							Q-time: 02:31:43	
PB (25m pool): 02:31.43 Aarschot 04/05/2025				PB (50m pool): 02:35.25 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		00:33.78		01:13.43		no time		02:31.43
	00:33.78		00:39.65					
								

Coach feedback:

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

Event number: 12: 200M FREESTYLE MEN 11+							Heat:5, starttime: 17:01	
Heat: 5/6 Lane : 4 Athlete: MERTENS LANDER							Q-time: 02:31:46	
PB (25m pool): 02:31.46 Aarschot 04/05/2025				PB (50m pool): 02:34.20SB: 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		00:34.37		01:13.33		no time		02:31.46
	00:34.37		00:38.96					
								

Coach feedback: