

AZV 26: Session: 1: COACH evaluation sheet for TEAM: HOZT

Coachinfo: Warming up from: 12:30 untill . Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Kenis Bart HEADCOACH

Coaches: Melis Tom

PB => Personal Best time

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

Event number: 1: 400M FREESTYLE WOMEN 11+ Heat:3, starttime: 14:14

Heat: 3/5 Lane : 2 Athlete: MELIS FEE							Q-time: 05:44:38	
PB (25m pool): 05:44.38 Antwerpen 12/10/2025				PB (50m pool): 05:26.20SB: 05:44.38 Antwerpen 12/10/2025				
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		00:38.40		01:21.27		02:05.57		02:48.97
	00:38.40		00:42.87		00:44.30		00:43.40	
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		03:33.17		04:18.05		05:01.72		05:44.38
	00:44.20		00:44.88		00:43.67		00:42.66	
								

Coach feedback:

Event number: 1: 400M FREESTYLE WOMEN 11+ Heat:5, starttime: 14:27

Heat: 5/5 Lane : 1 Athlete: MELIS VLINDER							Q-time: 04:55:84	
PB (25m pool): 04:56.67 Heist Op Den Berg 11/01/2025				PB (50m pool): 04:58.12SB: 04:56.72 Antwerpen 12/10/2025				
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		no time		01:07.33		no time		02:24.30
	no time							
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		no time		no time		no time		04:56.67
								

Coach feedback:

Event number: 2: 200M MEDLEY MEN 11+ Heat:5, starttime: 14:48

Heat: 5/5 Lane : 3 Athlete: COUVREUR FRED							Q-time: 02:31:05	
PB (25m pool): 02:31.05 Mol 28/12/2025				PB (50m pool): 02:32.94SB: 02:31.05 Mol 28/12/2025				
	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		00:33.73		01:11.88		01:55.85		02:31.05
	00:33.73		00:38.15		00:43.97		00:35.20	
								

Coach feedback:

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Event number: 3: 100M BREASTSTROKE MIXED 10-9					Heat:1, starttime: 14:51
Heat: 1/3 Lane : 2 Athlete: BOGHIU KIM					Q-time: 99:99:99
PB (25m pool): no time PB (50m pool): 02:15.82 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		no time	
	no time				
					

Coach feedback:

Event number: 3: 100M BREASTSTROKE MIXED 10-9					Heat:3, starttime: 14:56
Heat: 3/3 Lane : 1 Athlete: FABRY LIEZE					Q-time: 01:56:60
PB (25m pool): 01:56.60 2370 Arendonk 21/12/2025 PB (50m pool): 02:03.17 SB: 01:56.60 2370 Arendonk 21/12/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:55.92		01:56.60	
	00:55.92 01:00.68				
					

Coach feedback:

Event number: 4: 100M MEDLEY MEN 11+					Heat:2, starttime: 15:01
Heat: 2/2 Lane : 1 Athlete: DOCHITA EDUARD					Q-time: 01:18:67
PB (25m pool): 01:25.91 Hoogstraten 28/09/2025 PB (50m pool): no time SB: 01:25.91 Hoogstraten 28/09/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:25.91	
	no time				
					

Coach feedback:

Event number: 5: 100M MEDLEY WOMEN 11+					Heat:6, starttime: 15:14
Heat: 6/6 Lane : 4 Athlete: MELIS FEE					Q-time: 01:17:48
PB (25m pool): 01:24.30 Herentals 17/05/2025 PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.68		01:24.30	
	00:38.68 00:45.62				
					

Coach feedback:

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Event number: 6: 400M FREESTYLE MEN 11+							Heat:4, starttime: 15:57	
Heat: 4/5 Lane : 4 Athlete: DOCHITA EDUARD							Q-time: 05:35:60	
PB (25m pool): 05:39.16 Antwerpen 12/10/2025				PB (50m pool): 05:17.24SB: 05:39.16 Antwerpen 12/10/2025				
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		00:37.45		01:20.37		02:04.85		02:48.22
	00:37.45		00:42.92		00:44.48		00:43.37	
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		03:31.63		04:15.54		04:59.08		05:39.16
	00:43.41		00:43.91		00:43.54		00:40.08	
								

Coach feedback:

Event number: 6: 400M FREESTYLE MEN 11+							Heat:5, starttime: 16:03	
Heat: 5/5 Lane : 3 Athlete: COUVREUR FRED							Q-time: 04:40:00	
PB (25m pool): 04:44.90 Aarschot 04/05/2025			PB (50m pool): 04:49.06 SB: 04:46.19 Antwerpen 12/10/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		no time		01:09.74		no time		02:22.41
	no time							
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		no time		no time		no time		04:44.90
								

Coach feedback:

Event number: 7: 200M MEDLEY WOMEN 11+							Heat:2, starttime: 16:12	
Heat: 2/4 Lane : 2 Athlete: KENIS STERRE							Q-time: 03:01:29	
PB (25m pool): 03:01.45 Mol 28/12/2025				PB (50m pool): 03:02.83 SB: 03:01.45 Mol 28/12/2025				
	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		00:41.79		01:27.05		02:21.02		03:01.45
	00:41.79		00:45.26		00:53.97		00:40.43	
								

Coach feedback:

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Event number: 7: 200M MEDLEY WOMEN 11+							Heat:2, starttime: 16:12	
Heat: 2/4 Lane : 4 Athlete: VAN DIJCK LOTTE							Q-time: 03:15:28	
PB (25m pool): 03:15.28 Mol 28/12/2025				PB (50m pool): 03:16.08SB: 03:15.28 Mol 28/12/2025				
	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		00:51.53		01:40.32		02:32.44		03:15.28
	00:51.53		00:48.79		00:52.12		00:42.84	
								

Coach feedback:

Event number: 7: 200M MEDLEY WOMEN 11+							Heat:4, starttime: 16:19	
Heat: 4/4 Lane : 2 Athlete: MELIS VLINDER							Q-time: 02:30:21	
PB (25m pool): 02:30.21 Mol 28/12/2025				PB (50m pool): 02:33.59SB: 02:30.21 Mol 28/12/2025				
	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		00:32.96		01:10.98		01:55.95		02:30.21
	00:32.96		00:38.02		00:44.97		00:34.26	
								

Coach feedback:

Event number: 9: 50M FREESTYLE WOMEN 11+										Heat:4, starttime: 16:31	
Heat: 4/9 Lane : 1 Athlete: VAN DIJCK LOTTE										Q-time: 00:39:95	
PB (25m pool): 00:39.95 Sint-Amandsberg 19/10/2025					PB (50m pool): 00:37.97 SB: 00:39.95 Sint-Amandsberg 19/10/2025						
	2 5 M		5 0 M								
PB			00:39.95								
	00:39.95										
											

Coach feedback:

Event number: 9: 50M FREESTYLE WOMEN 11+										Heat:5, starttime: 16:32	
Heat: 5/9 Lane : 4 Athlete: KENIS STERRE										Q-time: 00:36:10	
PB (25m pool): 00:36.46 Sint-Amandsberg 19/10/2025					PB (50m pool): 00:35.34 SB: 00:36.46 Sint-Amandsberg 19/10/2025						
	2 5 M		5 0 M								
PB			00:36.46								
			00:36.46								
											

Coach feedback:

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Event number: 9: 50M FREESTYLE WOMEN 11+							Heat:7, starttime: 16:35		
Heat: 7/9 Lane : 4 Athlete: MELIS FEE							Q-time: 00:32:96		
PB (25m pool): 00:34.12 Sint-Amandsberg 19/10/2025							PB (50m pool): 00:32.70SB: 00:34.12 Sint-Amandsberg 19/10/2025		
	2 5 M		5 0 M						
PB			00:34.12						
			00:34.12						
									

Coach feedback:

Event number: 9: 50M FREESTYLE WOMEN 11+							Heat:9, starttime: 16:37		
Heat: 9/9 Lane : 4 Athlete: MELIS VLINDER							Q-time: 00:28:73		
PB (25m pool): 00:29.44 Arendonk 25/05/2025							PB (50m pool): 00:29.32 SB: 00:29.51 Sint-Amandsberg 19/10/2025		
	2 5 M		5 0 M						
PB			00:29.44						
	00:29.44								
									

Coach feedback:

Event number: 10: 50M FREESTYLE MEN 11+							Heat:4, starttime: 16:41		
Heat: 4/7 Lane : 3 Athlete: DOCHITA EDUARD							Q-time: 00:32:93		
PB (25m pool): 00:34.38 Sint-Amandsberg 19/10/2025							PB (50m pool): 00:33.34 SB: 00:34.38 Sint-Amandsberg 19/10/2025		
	2 5 M		5 0 M						
PB			00:34.38						
	00:34.38								
									

Coach feedback:

Event number: 11: 100M FREESTYLE MIXED 10-9					Heat:1, starttime: 16:46	
Heat: 1/2 Lane : 2 Athlete: BOGHIU KIM					Q-time: 01:37:74	
PB (25m pool): no time			PB (50m pool): 01:48.02 SB: no time			
	2 5 M	5 0 M	7 5 M	1 0 0 M		
PB		no time		no time		
	no time					
						

Coach feedback:

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Event number: 11: 100M FREESTYLE MIXED 10-9					Heat:2, starttime: 16:48
Heat: 2/2 Lane : 1 Athlete: FABRY LIEZE					Q-time: 01:32:04
PB (25m pool): 01:39.06 2370 Arendonk 21/12/2025					PB (50m pool): 01:35.84 SB: 01:39.06 2370 Arendonk 21/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:45.53		01:39.06	
	00:45.53		00:53.53		
					

Coach feedback:

Event number: 12: 4x50M FREESTYLE MIXED							Heat:2, starttime: 16:52	
Heat: 2/2 Lane : 3 Athlete: TEAM HOZT 1							Q-time: 99:99:99	
PB (25m pool):			PB (50m pool):		SB:			
	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								
								

Coach feedback: