

Paasmeeting 2026: Session: 2: COACH evaluation sheet for TEAM: ZIOS

Coachinfo: Warming up from: 12:50 untill 13:50. Teamleadmeeting @ 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: 8: 100M BACKSTROKE MEN 11+					Heat:9, starttime: 14:25
Heat: 9/12 Lane : 2 Athlete: TURF SANDER					Q-time: 01:15:74
PB (25m pool): 01:15.74 Temse 21/12/2025					PB (50m pool): 01:20.07 SB: 01:15.74 Temse 21/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.56		01:15.74	
		00:35.56		00:40.18	
					

Coach feedback:

Event number: 8: 100M BACKSTROKE MEN 11+					Heat:10, starttime: 14:25
Heat: 10/12 Lane : 2 Athlete: DE PEYPER MATS					Q-time: 01:11:06
PB (25m pool): 01:11.06 Liedekerke 11/11/2025					PB (50m pool): 01:15.14 SB: 01:11.06 Liedekerke 11/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.77		01:11.06	
		00:34.77		00:36.29	
					

Coach feedback:

Event number: 8: 100M BACKSTROKE MEN 11+					Heat:10, starttime: 14:25
Heat: 10/12 Lane : 3 Athlete: VOLCKAERT THOMAS					Q-time: 01:09:31
PB (25m pool): 01:09.31 Liedekerke 11/11/2025					PB (50m pool): 01:12.07 SB: 01:09.31 Liedekerke 11/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.51		01:09.31	
		00:33.51		00:35.80	
					

Coach feedback:

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Event number: 8: 100M BACKSTROKE MEN 11+					Heat:11, starttime: 14:30
Heat: 11/12 Lane : 6 Athlete: PERSOONS EMIEL					Q-time: 01:07:80
PB (25m pool): 01:07.80 Aarschot 28/07/2025					PB (50m pool): 01:18.37 SB: 01:09.49 Leuven 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:07.80	
	no time				
					

Coach feedback:

Event number: 8: 100M BACKSTROKE MEN 11+					Heat:12, starttime: 14:30
Heat: 12/12 Lane : 4 Athlete: VOLCKAERT MATTHIAS					Q-time: 01:00:97
PB (25m pool): 01:00.97 Gent 09/11/2025					PB (50m pool): 01:02.50 SB: 01:00.97 Gent 09/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:29.54		01:00.97	
	00:29.54 00:31.43				
					

Coach feedback:

Event number: 9: 100M BACKSTROKE WOMEN 11+					Heat:5, starttime: 14:40
Heat: 5/13 Lane : 1 Athlete: VAN DER VEKEN LARA					Q-time: 01:34:79
PB (25m pool): 01:27.75 Ternat 29/03/2026					PB (50m pool): 01:32.70 SB: 01:27.75 Ternat 29/03/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:43.65		01:27.75	
	00:43.65 00:44.10				
					

Coach feedback:

Event number: 9: 100M BACKSTROKE WOMEN 11+					Heat:6, starttime: 14:45
Heat: 6/13 Lane : 6 Athlete: MUYLEAERT YAELE					Q-time: 01:31:84
PB (25m pool): 01:31.84 Vilvoorde 18/05/2025					PB (50m pool): 01:35.50 SB: 01:32.83 Temse 21/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:44.91		01:31.84	
	00:44.91 00:46.93				
					

Coach feedback:

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Event number: 9: 100M BACKSTROKE WOMEN 11+					Heat:7, starttime: 14:45
Heat: 7/13 Lane : 1 Athlete: DE GEYTER ILANA					Q-time: 01:28:49
PB (25m pool): 01:22.33 Ternat 06/11/2022					PB (50m pool): 01:27.66 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:22.33	
	no time				
					

Coach feedback:

Event number: 9: 100M BACKSTROKE WOMEN 11+					Heat:8, starttime: 14:45
Heat: 8/13 Lane : 4 Athlete: DEROOST BEAU					Q-time: 01:23:50
PB (25m pool): 01:17.92 Ternat 29/03/2026					PB (50m pool): 01:20.66 SB: 01:17.92 Ternat 29/03/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.27		01:17.92	
	00:38.27 00:39.65				
					

Coach feedback:

Event number: 9: 100M BACKSTROKE WOMEN 11+					Heat:9, starttime: 14:50
Heat: 9/13 Lane : 2 Athlete: BIESEMANS JANA					Q-time: 01:20:03
PB (25m pool): 01:20.03 Temse 21/12/2025					PB (50m pool): 01:21.25 SB: 01:20.03 Temse 21/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.97		01:20.03	
	00:38.97 00:41.06				
					

Coach feedback:

Event number: 9: 100M BACKSTROKE WOMEN 11+					Heat:9, starttime: 14:50
Heat: 9/13 Lane : 4 Athlete: BOMBAERT MILLA					Q-time: 01:20:00
PB (25m pool): 01:20.00 LEUVEN 22/02/2026					PB (50m pool): 01:27.00 SB: 01:20.00 LEUVEN 22/02/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.49		01:20.00	
	00:38.49 00:41.51				
					

Coach feedback:

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Event number: 9: 100M BACKSTROKE WOMEN 11+					Heat:12, starttime: 14:55
Heat: 12/13 Lane : 5 Athlete: LANDRIEU NORA					Q-time: 01:12:63
PB (25m pool): 01:12.63 Liedekerke 11/11/2025					PB (50m pool): 01:14.86 SB: 01:12.63 Liedekerke 11/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.61		01:12.63	
	00:35.61		00:37.02		
					

Coach feedback:

Event number: 9: 100M BACKSTROKE WOMEN 11+					Heat:13, starttime: 14:55
Heat: 13/13 Lane : 4 Athlete: DE BACKER BIRGIT					Q-time: 01:09:03
PB (25m pool): 01:09.03 Leuven 12/10/2025					PB (50m pool): 01:11.15 SB: 01:09.03 Leuven 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.33		01:09.03	
	00:33.33		00:35.70		
					

Coach feedback:

Event number: 11: 100M BUTTERFLY MEN 11+					Heat:9, starttime: 15:25
Heat: 9/11 Lane : 5 Athlete: DE PEYPER MATS					Q-time: 01:10:15
PB (25m pool): 01:10.15 Sint-Niklaas 11/01/2026					PB (50m pool): 01:12.12 SB: 01:10.15 Sint-Niklaas 11/01/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.44		01:10.15	
	00:33.44		00:36.71		
					

Coach feedback:

Event number: 11: 100M BUTTERFLY MEN 11+					Heat:10, starttime: 15:25
Heat: 10/11 Lane : 1 Athlete: VOLCKAERT THOMAS					Q-time: 01:07:39
PB (25m pool): 01:07.39 LEUVEN 22/02/2026					PB (50m pool): 01:06.92 SB: 01:07.39 LEUVEN 22/02/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.63		01:07.39	
	00:30.63		00:36.76		
					

Coach feedback:

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Event number: 11: 100M BUTTERFLY MEN 11+					Heat:10, starttime: 15:25
Heat: 10/11 Lane : 5 Athlete: PERSONS EMIEL					Q-time: 01:04:94
PB (25m pool): 01:04.94 Liedekerke 11/11/2025					PB (50m pool): 01:07.02 SB: 01:04.94 Liedekerke 11/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:29.85		01:04.94	
	00:29.85		00:35.09		
					

Coach feedback:

Event number: 11: 100M BUTTERFLY MEN 11+					Heat:10, starttime: 15:25
Heat: 10/11 Lane : 6 Athlete: TURF SANDER					Q-time: 01:07:53
PB (25m pool): 01:07.53 Hannuit 29/11/2025					PB (50m pool): 01:10.17 SB: 01:07.53 Hannuit 29/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.63		01:07.53	
	00:30.63		00:36.90		
					

Coach feedback:

Event number: 11: 100M BUTTERFLY MEN 11+					Heat:11, starttime: 15:30
Heat: 11/11 Lane : 4 Athlete: VOLCKAERT MATTHIAS					Q-time: 01:00:78
PB (25m pool): 01:00.78 LEUVEN 22/02/2026					PB (50m pool): 01:02.37 SB: 01:00.78 LEUVEN 22/02/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:28.03		01:00.78	
	00:28.03		00:32.75		
					

Coach feedback:

Event number: 12: 100M BUTTERFLY WOMEN 11+					Heat:2, starttime: 15:30
Heat: 2/11 Lane : 4 Athlete: VAN DER VEKEN LARA					Q-time: 99:99:99
PB (25m pool): 01:38.21 Ternat 29/03/2026					PB (50m pool): no time SB: 01:38.21 Ternat 29/03/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:45.14		01:38.21	
	00:45.14		00:53.07		
					

Coach feedback:

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Event number: 12: 100M BUTTERFLY WOMEN 11+					Heat:5, starttime: 15:40
Heat: 5/11 Lane : 6 Athlete: BIESEMANS JANA					Q-time: 01:41:12
PB (25m pool): 01:41.12 Sint-Pieters-Leeuw 05/10/2025					PB (50m pool): 01:47.52 SB: 01:41.12 Sint-Pieters-Leeuw 05/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:42.81		01:41.12	
	00:42.81		00:58.31		
					

Coach feedback:

Event number: 12: 100M BUTTERFLY WOMEN 11+					Heat:6, starttime: 15:40
Heat: 6/11 Lane : 1 Athlete: MUYLELAERT YAELE					Q-time: 01:33:25
PB (25m pool): 01:33.25 Sinbad 12/01/2025					PB (50m pool): 01:38.22 SB: 01:35.22 LEUVEN 22/02/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:42.47		01:33.25	
	00:42.47		00:50.78		
					

Coach feedback:

Event number: 12: 100M BUTTERFLY WOMEN 11+					Heat:6, starttime: 15:40
Heat: 6/11 Lane : 2 Athlete: VAN LIERDE LANA					Q-time: 01:28:33
PB (25m pool): 01:17.81 WAREGEM 10/04/2023					PB (50m pool): 01:18.71 SB: 01:25.69 Ternat 29/03/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:17.81	
	no time				
					

Coach feedback:

Event number: 12: 100M BUTTERFLY WOMEN 11+					Heat:7, starttime: 15:45
Heat: 7/11 Lane : 2 Athlete: BOMBAERT MILLA					Q-time: 01:24:89
PB (25m pool): 01:24.89 Liedekerke 11/11/2025					PB (50m pool): 01:28.06 SB: 01:24.89 Liedekerke 11/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.89		01:24.89	
	00:36.89		00:48.00		
					

Coach feedback:

Paasmeeting 2026: Session: 2: COACH evaluation sheet for TEAM: ZIOS

Event number: 12: 100M BUTTERFLY WOMEN 11+					Heat:9, starttime: 15:50
Heat: 9/11 Lane : 1 Athlete: DEROOST BEAU					Q-time: 01:18:30
PB (25m pool): 01:18.30 LEUVEN 22/02/2026					PB (50m pool): 01:19.23 SB: 01:18.30 LEUVEN 22/02/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.23		01:18.30	
	00:36.23		00:42.07		
					

Coach feedback:

Event number: 12: 100M BUTTERFLY WOMEN 11+					Heat:10, starttime: 15:50
Heat: 10/11 Lane : 4 Athlete: LANDRIEU NORA					Q-time: 01:12:35
PB (25m pool): 01:12.35 Liedekerke 11/11/2025					PB (50m pool): 01:32.76 SB: 01:12.35 Liedekerke 11/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.64		01:12.35	
	00:33.64		00:38.71		
					

Coach feedback:

Event number: 12: 100M BUTTERFLY WOMEN 11+					Heat:11, starttime: 15:50
Heat: 11/11 Lane : 5 Athlete: DE BACKER BIRGIT					Q-time: 01:08:66
PB (25m pool): 01:08.66 LEUVEN 22/02/2026					PB (50m pool): 01:10.23 SB: 01:08.66 LEUVEN 22/02/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.68		01:08.66	
	00:31.68		00:36.98		
					

Coach feedback: