

Laatste kans Vita: Session: 1: COACH evaluation sheet for TEAM: ZCK

Coachinfo: Warming up from: 13:00 untill 13:50. Teamleadmeeting @ 13:45 The listed starttimes are indicative!

Coaches: Van Den Broeck Dennis

Coaches: Martens Jelle

PB => Personal Best time

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

Event number: 1: 100M FREESTYLE MEN 11+					Heat:3, starttime: 14:04
Heat: 3/13 Lane : 2 Athlete: LAUWENS FINN					Q-time: 01:13:13
PB (25m pool): 01:13.13 Temse 17/11/2025					PB (50m pool): 01:14.00 SB: 01:13.13 Temse 17/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.62		01:13.13	
		00:35.62		00:37.51	
					

Coach feedback:

Event number: 1: 100M FREESTYLE MEN 11+					Heat:9, starttime: 14:13
Heat: 9/13 Lane : 7 Athlete: KENNES KYLIAN					Q-time: 00:59:71
PB (25m pool): 00:59.71 Stedelijk Zwembad Geel 11/02/2024					PB (50m pool): 01:01.27 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		00:59.71	
		no time			
					

Coach feedback:

Event number: 1: 100M FREESTYLE MEN 11+					Heat:10, starttime: 14:14
Heat: 10/13 Lane : 5 Athlete: BAKX WARRE					Q-time: 00:57:63
PB (25m pool): 00:57.63 Leuven 12/10/2025					PB (50m pool): 01:00.49 SB: 00:57.63 Leuven 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		00:57.63	
		no time			
					

Coach feedback:

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Event number: 2: 100M FREESTYLE WOMEN 11+					Heat:4, starttime: 14:26
Heat: 4/12 Lane : 6 Athlete: DE TOLLENAERE LAURA					Q-time: 01:14:64
PB (25m pool): 01:16.47 Liedekerke 11/11/2025					PB (50m pool): 01:14.64 SB: 01:16.47 Liedekerke 11/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.75		01:16.47	
	00:36.75		00:39.72		
					

Coach feedback:

Event number: 2: 100M FREESTYLE WOMEN 11+					Heat:6, starttime: 14:29
Heat: 6/12 Lane : 2 Athlete: VAN HOOMISSEN CHELSEA					Q-time: 01:11:04
PB (25m pool): 01:11.04 Tienen 26/10/2025					PB (50m pool): 01:14.22 SB: 01:11.04 Tienen 26/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.24		01:11.04	
	00:34.24		00:36.80		
					

Coach feedback:

Event number: 2: 100M FREESTYLE WOMEN 11+					Heat:8, starttime: 14:32
Heat: 8/12 Lane : 8 Athlete: JACOBS LAURIEN					Q-time: 01:08:15
PB (25m pool): 01:08.15 Stedelijk Zwembad Geel 16/02/2025					PB (50m pool): 01:08.17 SB: 01:09.63 Liedekerke 11/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.59		01:08.15	
	00:32.59		00:35.56		
					

Coach feedback:

Event number: 2: 100M FREESTYLE WOMEN 11+					Heat:11, starttime: 14:37
Heat: 11/12 Lane : 1 Athlete: GEENS AMÉLIE					Q-time: 01:02:61
PB (25m pool): 01:02.61 Bastogne 06/04/2025					PB (50m pool): 01:03.34 SB: 01:02.64 TEMSE 23/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.58		01:02.61	
	00:30.58		00:32.03		
					

Coach feedback:

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Event number: 4: 200M BREASTSTROKE MEN 11+							Heat:4, starttime: 15:00	
Heat: 4/6 Lane : 2 Athlete: DE ROOS KASPER							Q-time: 03:13:02	
PB (25m pool): 03:13.02 Leuven 12/10/2025				PB (50m pool): 03:30.46 SB: 03:13.02 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		00:43.24		01:32.80		02:24.48		03:13.02
	00:43.24		00:49.56		00:51.68		00:48.54	
								

Coach feedback:

Event number: 4: 200M BREASTSTROKE MEN 11+							Heat:5, starttime: 15:04	
Heat: 5/6 Lane : 1 Athlete: VAN DEN BROECK TIEBE							Q-time: 02:59:90	
PB (25m pool): 02:59.90 TEMSE 23/11/2025				PB (50m pool): 03:05.31 SB: 02:59.90 TEMSE 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		00:40.75		01:26.83		02:13.50		02:59.90
	00:40.75		00:46.08		00:46.67		00:46.40	
								

Coach feedback:

Event number: 5: 200M BREASTSTROKE WOMEN 11+							Heat:4, starttime: 15:23	
Heat: 4/5 Lane : 6 Athlete: DE SITTER KIRA							Q-time: 03:18:52	
PB (25m pool): 03:18.52 Liedekerke 01/05/2025				PB (50m pool): 03:21.04 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		00:45.37		01:37.43		no time		03:18.52
	00:45.37		00:52.06					
								

Coach feedback:

Event number: 6: 100M MEDLEY MEN 11+							Heat:6, starttime: 15:40		
Heat: 6/7 Lane : 1 Athlete: KENNES KYLIAN							Q-time: 01:08:67		
PB (25m pool): 01:08.67 Stedelijk Zwembad Geel 11/02/2024 PB (50m pool): no time SB: no time									
	2 5 M		5 0 M		7 5 M		1 0 0 M		
PB			no time				01:08.67		
	no time								
									

Coach feedback:

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Event number: 6: 100M MEDLEY MEN 11+					Heat:6, starttime: 15:40
Heat: 6/7 Lane : 4 Athlete: BAKX WARRE					Q-time: 01:05:82
PB (25m pool): 01:05.82 Liedekerke 11/11/2025					PB (50m pool): no time SB: 01:05.82 Liedekerke 11/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:05.82	
	no time				
					

Coach feedback:

Event number: 6: 100M MEDLEY MEN 11+					Heat:6, starttime: 15:40
Heat: 6/7 Lane : 8 Athlete: VAN LOON BAS					Q-time: 01:09:20
PB (25m pool): 01:09.20 Liedekerke 11/11/2025					PB (50m pool): no time SB: 01:09.20 Liedekerke 11/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:09.20	
	no time				
					

Coach feedback:

Event number: 7: 100M MEDLEY WOMEN 11+					Heat:5, starttime: 15:52
Heat: 5/9 Lane : 3 Athlete: VAN HOOMISSEN CHELSEA					Q-time: 01:20:36
PB (25m pool): 01:20.36 Tienen 26/10/2025					PB (50m pool): no time SB: 01:20.36 Tienen 26/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:20.36	
	no time				
					

Coach feedback:

Event number: 7: 100M MEDLEY WOMEN 11+					Heat:5, starttime: 15:52
Heat: 5/9 Lane : 5 Athlete: NUYTKENS MARIE					Q-time: 01:19:68
PB (25m pool): 01:19.68 Zaventem 15/07/2025					PB (50m pool): no time SB: 01:20.09 Tienen 26/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:19.68	
	no time				
					

Coach feedback:

Laatste kans Vita: Session: 1: COACH evaluation sheet for TEAM: ZCK

Event number: 7: 100M MEDLEY WOMEN 11+					Heat:9, starttime: 15:59
Heat: 9/9 Lane : 4 Athlete: DALEMANS LYN					Q-time: 01:07:65
PB (25m pool): 01:07.65 Bastogne 06/04/2025					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.14		01:07.65	
	00:30.14		00:37.51		
					

Coach feedback:

Event number: 7: 100M MEDLEY WOMEN 11+					Heat:9, starttime: 15:59
Heat: 9/9 Lane : 8 Athlete: CLERBOUT FILLO					Q-time: 01:10:64
PB (25m pool): 01:10.64 Stedelijk Zwembad Geel 11/02/2024					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:10.64	
	no time				
					

Coach feedback:

Event number: 11: 100M BACKSTROKE MEN 11+					Heat:3, starttime: 16:30
Heat: 3/9 Lane : 1 Athlete: LAUWENS FINN					Q-time: 01:26:19
PB (25m pool): 01:26.19 Temse 17/11/2025					PB (50m pool): 01:30.11 SB: 01:26.19 Temse 17/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:41.92		01:26.19	
	00:41.92		00:44.27		
					

Coach feedback:

Event number: 11: 100M BACKSTROKE MEN 11+					Heat:3, starttime: 16:30
Heat: 3/9 Lane : 4 Athlete: DE ROOS KASPER					Q-time: 01:22:21
PB (25m pool): 01:22.21 Temse 17/11/2025					PB (50m pool): 01:25.15 SB: 01:22.21 Temse 17/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.16		01:22.21	
	00:39.16		00:43.05		
					

Coach feedback:

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Event number: 11: 100M BACKSTROKE MEN 11+					Heat:6, starttime: 16:36
Heat: 6/9 Lane : 8 Athlete: VAN LOON BAS					Q-time: 01:15:08
PB (25m pool): 01:15.08 Liedekerke 11/11/2025					PB (50m pool): 01:19.18 SB: 01:15.08 Liedekerke 11/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.27		01:15.08	
	00:37.27		00:37.81		
					

Coach feedback:

Event number: 12: 100M BACKSTROKE WOMEN 11+					Heat:3, starttime: 16:49
Heat: 3/11 Lane : 5 Athlete: DE TOLLENAERE LAURA					Q-time: 01:33:18
PB (25m pool): 01:40.76 Tremelo 15/12/2024					PB (50m pool): 01:33.18 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:50.17		01:40.76	
	00:50.17		00:50.59		
					

Coach feedback:

Event number: 12: 100M BACKSTROKE WOMEN 11+					Heat:5, starttime: 16:53
Heat: 5/11 Lane : 4 Athlete: DE SITTER KIRA					Q-time: 01:25:60
PB (25m pool): 01:25.60 Liedekerke 11/11/2025					PB (50m pool): 01:35.16 SB: 01:25.60 Liedekerke 11/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:41.79		01:25.60	
	00:41.79		00:43.81		
					

Coach feedback:

Event number: 12: 100M BACKSTROKE WOMEN 11+					Heat:7, starttime: 16:58
Heat: 7/11 Lane : 5 Athlete: NUYTKENS MARIE					Q-time: 01:19:42
PB (25m pool): 01:19.42 Liedekerke 11/11/2025					PB (50m pool): 01:23.13 SB: 01:19.42 Liedekerke 11/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.14		01:19.42	
	00:39.14		00:40.28		
					

Coach feedback:

Laatste kans Vita: Session: 1: COACH evaluation sheet for TEAM: ZCK

Event number: 12: 100M BACKSTROKE WOMEN 11+					Heat:10, starttime: 17:04
Heat: 10/11 Lane : 2 Athlete: CLERBOUT FILLO					Q-time: 01:11:38
PB (25m pool): 01:11.38 Stedelijk Zwembad Geel 16/02/2025 PB (50m pool): 01:13.99SB: 01:13.58 Leuven 12/10/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.25		01:11.38	
	00:34.25		00:37.13		
					

Coach feedback:

Event number: 12: 100M BACKSTROKE WOMEN 11+					Heat:11, starttime: 17:06
Heat: 11/11 Lane : 7 Athlete: GEENS AMÉLIE					Q-time: 01:08:06
PB (25m pool): 01:08.06 Gent 23/02/2025 PB (50m pool): 01:09.99SB: 01:08.36 TEMSE 23/11/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.09		01:08.06	
	00:33.09		00:34.97		
					

Coach feedback:

Event number: 13: 400M MEDLEY MEN 11+						Heat:1, starttime: 17:07		
Heat: 1/2 Lane : 3 Athlete: VAN DEN BROECK TIEBE						Q-time: 05:56:17		
PB (25m pool): 05:56.17 Liège 21/07/2025 PB (50m pool): no time SB: no time								
	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		no time		no time		no time
	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		05:56.17
								

Coach feedback:

Laatste kans Vita:
 Session: 1:
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Event number: 14: 400M MEDLEY WOMEN 11+							Heat:1, starttime: 17:20	
Heat: 1/2 Lane : 5 Athlete: JACOBS LAURIEN							Q-time: 05:54:38	
PB (25m pool): 05:54.38 Liège 21/07/2025				PB (50m pool): no time SB: no time				
	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		no time		no time		no time
	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		05:54.38
								

Coach feedback:

Event number: 14: 400M MEDLEY WOMEN 11+							Heat:2, starttime: 17:28	
Heat: 2/2 Lane : 5 Athlete: DALEMANS LYN							Q-time: 05:23:19	
PB (25m pool): 05:21.60 Temse 23/12/2023				PB (50m pool): no time SB: no time				
	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		no time		no time		no time
	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		05:21.60
								

Coach feedback:

Event number: 15: 4x50M MEDLEY MEN 11+							Heat:3, starttime: 17:45	
Heat: 3/3 Lane : 4 Athlete: TEAM ZCK 1							Q-time: 00:02:15	
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:

Laatste kans Vita:
 Session: 1:
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Event number: 16: 4x50M MEDLEY WOMEN 11+							Heat:3, starttime: 17:54	
Heat: 3/3 Lane : 4 Athlete: TEAM ZCK 1							Q-time: 00:02:18	
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: