

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

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

Coaches: Muylaert Nele HEADCOACH

Coaches: Bosselaar Mirella

PB => Personal Best time

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

Event number: 1: 100M FREESTYLE MEN 11+					Heat:4, starttime: 14:05
Heat: 4/13 Lane : 7 Athlete: BOMBAERT LOUIS					Q-time: 01:09:91
PB (25m pool): 01:09.91 Liedekerke 11/11/2025			PB (50m pool): no time SB: 01:09.91 Liedekerke 11/11/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.54		01:09.91	
		00:33.54		00:36.37	
					

Coach feedback:

Event number: 1: 100M FREESTYLE MEN 11+					Heat:7, starttime: 14:10
Heat: 7/13 Lane : 2 Athlete: TURF SANDER					Q-time: 01:02:82
PB (25m pool): 01:02.82 Zaventem 15/07/2025			PB (50m pool): 01:05.11 SB: 01:03.07 Liedekerke 11/11/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:29.52		01:02.82	
		00:29.52		00:33.30	
					

Coach feedback:

Event number: 1: 100M FREESTYLE MEN 11+					Heat:8, starttime: 14:11
Heat: 8/13 Lane : 8 Athlete: DE PEYPER MATS					Q-time: 01:02:17
PB (25m pool): 01:02.17 Aarschot 28/07/2025			PB (50m pool): 01:10.11 SB: 01:02.79 Leuven 12/10/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:29.56		01:02.17	
		00:29.56		00:32.61	
					

Coach feedback:

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

Event number: 1: 100M FREESTYLE MEN 11+					Heat:9, starttime: 14:13
Heat: 9/13 Lane : 3 Athlete: DE BACKER BRENT					Q-time: 00:59:35
PB (25m pool): 00:59.35 Leuven 12/10/2025					PB (50m pool): 01:06.62 SB: 00:59.35 Leuven 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:28.13		00:59.35	
	00:28.13		00:31.22		
					

Coach feedback:

Event number: 2: 100M FREESTYLE WOMEN 11+					Heat:5, starttime: 14:27
Heat: 5/12 Lane : 4 Athlete: HEREMANS DITTE					Q-time: 01:12:07
PB (25m pool): 01:12.07 Liedekerke 11/11/2025					PB (50m pool): 01:11.69 SB: 01:12.07 Liedekerke 11/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.67		01:12.07	
	00:34.67		00:37.40		
					

Coach feedback:

Event number: 2: 100M FREESTYLE WOMEN 11+					Heat:6, starttime: 14:29
Heat: 6/12 Lane : 4 Athlete: BIESEMANS JANA					Q-time: 01:10:32
PB (25m pool): 01:10.32 Temse 17/11/2025					PB (50m pool): 01:17.74 SB: 01:10.32 Temse 17/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.05		01:10.32	
	00:33.05		00:37.27		
					

Coach feedback:

Event number: 2: 100M FREESTYLE WOMEN 11+					Heat:6, starttime: 14:29
Heat: 6/12 Lane : 6 Athlete: VAN LIERDE LANA					Q-time: 01:10:63
PB (25m pool): 01:08.05 LEUVEN 14/05/2023					PB (50m pool): 01:10.50 SB: 01:15.00 Liedekerke 11/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:08.05	
	no time				
					

Coach feedback:

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

Event number: 2: 100M FREESTYLE WOMEN 11+					Heat:9, starttime: 14:34
Heat: 9/12 Lane : 3 Athlete: BOMBAERT MILLA					Q-time: 01:05:73
PB (25m pool): 01:05.73 Leuven 12/10/2025					PB (50m pool): 01:09.05 SB: 01:05.73 Leuven 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.06		01:05.73	
	00:31.06		00:34.67		
					

Coach feedback:

Event number: 2: 100M FREESTYLE WOMEN 11+					Heat:10, starttime: 14:35
Heat: 10/12 Lane : 6 Athlete: LANDRIEU NORA					Q-time: 01:03:73
PB (25m pool): 01:03.73 Leuven 12/10/2025					PB (50m pool): 01:06.19 SB: 01:03.73 Leuven 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.53		01:03.73	
	00:30.53		00:33.20		
					

Coach feedback:

Event number: 4: 200M BREASTSTROKE MEN 11+					Heat:1, starttime: 14:46			
Heat: 1/6 Lane : 5 Athlete: TUTS VIKTOR					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: 4: 200M BREASTSTROKE MEN 11+					Heat:6, starttime: 15:07			
Heat: 6/6 Lane : 3 Athlete: PERSOONS EMIEL					Q-time: 02:33:69			
PB (25m pool): 02:33.69 Liedekerke 01/05/2025					PB (50m pool): 02:39.11 SB: 02:37.28 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		00:35.75		01:15.63		no time		02:33.69
	00:35.75		00:39.88					
								

Coach feedback:

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Event number: 5: 200M BREASTSTROKE WOMEN 11+							Heat:5, starttime: 15:27	
Heat: 5/5 Lane : 3 Athlete: DE BACKER BIRGIT							Q-time: 02:53:55	
PB (25m pool): 02:53.55 Dilbeek 11/05/2025				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		00:40.65		01:24.87		no time		02:53.55
	00:40.65		00:44.22					
								

Coach feedback:

Event number: 5: 200M BREASTSTROKE WOMEN 11+							Heat:5, starttime: 15:27	
Heat: 5/5 Lane : 4 Athlete: DONIN MANON							Q-time: 02:42:19	
PB (25m pool): 02:42.19 Dilbeek 11/05/2025				PB (50m pool): 02:47.22SB: 02:47.04 Gent 09/11/2025				
	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		00:35.97		01:17.69		no time		02:42.19
	00:35.97		00:41.72					
								

Coach feedback:

Event number: 7: 100M MEDLEY WOMEN 11+					Heat:2, starttime: 15:46
Heat: 2/9 Lane : 6 Athlete: TIMMERMANS NOOR				Q-time: 99:99:99	
PB (25m pool): 01:13.66 Liedekerke 01/05/2023			PB (50m pool): no time SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:13.66	
	no time				
					

Coach feedback:

Event number: 7: 100M MEDLEY WOMEN 11+							Heat:3, starttime: 15:48	
Heat: 3/9 Lane : 2 Athlete: MUYLEAERT YAELE							Q-time: 01:29:93	
PB (25m pool): 01:29.93 Kapelle-op-den-Bos 21/04/2025							PB (50m pool): no time SB: 01:30.56 Hannuit 29/11/2025	
PB	2 5 M	5 0 M	7 5 M	1 0 0 M				
		no time		01:29.93				
	no time							
								

Coach feedback:

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

Event number: 7: 100M MEDLEY WOMEN 11+					Heat:3, starttime: 15:48
Heat: 3/9 Lane : 8 Athlete: HEREMANS MARIE					Q-time: 01:39:81
PB (25m pool): 01:39.81 Ternat 26/12/2024					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:39.81	
	no time				
					

Coach feedback:

Event number: 7: 100M MEDLEY WOMEN 11+					Heat:5, starttime: 15:52
Heat: 5/9 Lane : 2 Athlete: VAN LIERDE LANA					Q-time: 01:21:60
PB (25m pool): 01:21.60 Liedekerke 03/11/2024					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:21.60	
	no time				
					

Coach feedback:

Event number: 11: 100M BACKSTROKE MEN 11+					Heat:1, starttime: 16:25
Heat: 1/9 Lane : 5 Athlete: TUTS VIKTOR					Q-time: 01:36:29
PB (25m pool): 01:36.29 Liedekerke 03/11/2024					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:47.21		01:36.29	
	00:47.21		00:49.08		
					

Coach feedback:

Event number: 11: 100M BACKSTROKE MEN 11+					Heat:2, starttime: 16:27
Heat: 2/9 Lane : 2 Athlete: BOMBAERT LOUIS					Q-time: 01:30:68
PB (25m pool): 01:30.68 Ternat 26/12/2024					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:44.22		01:30.68	
	00:44.22		00:46.46		
					

Coach feedback:

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

Event number: 11: 100M BACKSTROKE MEN 11+					Heat:5, starttime: 16:34
Heat: 5/9 Lane : 8 Athlete: TURF SANDER					Q-time: 01:19:36
PB (25m pool): 01:19.36 Tervuren 13/10/2024					PB (50m pool): 01:35.82 SB: 01:19.68 Sint-Pieters-Leeuw 05/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.59		01:19.36	
	00:38.59		00:40.77		
					

Coach feedback:

Event number: 11: 100M BACKSTROKE MEN 11+					Heat:7, starttime: 16:38
Heat: 7/9 Lane : 4 Athlete: DE BACKER BRENT					Q-time: 01:08:71
PB (25m pool): 01:08.71 Liedekerke 11/11/2025					PB (50m pool): 01:18.35 SB: 01:08.71 Liedekerke 11/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.81		01:08.71	
	00:32.81		00:35.90		
					

Coach feedback:

Event number: 12: 100M BACKSTROKE WOMEN 11+					Heat:2, starttime: 16:46
Heat: 2/11 Lane : 4 Athlete: HEREMANS MARIE					Q-time: 01:38:07
PB (25m pool): 01:38.07 Ternat 26/12/2024					PB (50m pool): 01:43.84 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:47.94		01:38.07	
	00:47.94		00:50.13		
					

Coach feedback:

Event number: 12: 100M BACKSTROKE WOMEN 11+					Heat:4, starttime: 16:51
Heat: 4/11 Lane : 8 Athlete: MUYLEAERT YAELE					Q-time: 01:31:84
PB (25m pool): 01:31.84 Vilvoorde 18/05/2025					PB (50m pool): 01:42.67 SB: 01:35.22 Hannuit 29/11/2025
	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:

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

Event number: 12: 100M BACKSTROKE WOMEN 11+					Heat:7, starttime: 16:58
Heat: 7/11 Lane : 2 Athlete: BIESEMANS JANA					Q-time: 01:20:89
PB (25m pool): 01:20.89 Leuven 12/10/2025					PB (50m pool): 01:23.47 SB: 01:20.89 Leuven 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.02		01:20.89	
	00:39.02		00:41.87		
					

Coach feedback:

Event number: 12: 100M BACKSTROKE WOMEN 11+					Heat:7, starttime: 16:58
Heat: 7/11 Lane : 7 Athlete: HEREMANS DITTE					Q-time: 01:20:97
PB (25m pool): 01:20.97 Vilvoorde 18/05/2025					PB (50m pool): 01:22.57 SB: 01:24.30 Sint-Pieters-Leeuw 05/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.93		01:20.97	
	00:38.93		00:42.04		
					

Coach feedback:

Event number: 12: 100M BACKSTROKE WOMEN 11+					Heat:9, starttime: 17:02
Heat: 9/11 Lane : 3 Athlete: DONIN MANON					Q-time: 01:13:81
PB (25m pool): 01:13.81 Liedekerke 11/11/2025					PB (50m pool): 01:25.00 SB: 01:13.81 Liedekerke 11/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.16		01:13.81	
	00:36.16		00:37.65		
					

Coach feedback:

Event number: 12: 100M BACKSTROKE WOMEN 11+					Heat:9, starttime: 17:02
Heat: 9/11 Lane : 5 Athlete: LANDRIEU NORA					Q-time: 01:12:63
PB (25m pool): 01:12.63 Liedekerke 11/11/2025					PB (50m pool): 01:16.69 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:

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

Event number: 12: 100M BACKSTROKE WOMEN 11+					Heat:10, starttime: 17:04
Heat: 10/11 Lane : 7 Athlete: TIMMERMANS NOOR					Q-time: 01:11:67
PB (25m pool): 01:11.22 Overijse 26/11/2022					PB (50m pool): 01:14.46 SB: 01:14.93 Liedekerke 11/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:11.22	
	no time				
					

Coach feedback:

Event number: 13: 400M MEDLEY MEN 11+					Heat:2, starttime: 17:14			
Heat: 2/2 Lane : 1 Athlete: DE PEYPER MATS					Q-time: 05:27:66			
PB (25m pool): 05:27.66 LEUVEN 23/11/2025					PB (50m pool): no time SB: 05:27.66 LEUVEN 23/11/2025			
	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		00:34.88		01:15.42		01:59.08		02:42.14
	00:34.88		00:40.54		00:43.66		00:43.06	
								
	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		03:25.87		04:10.52		04:50.26		05:27.66
	00:43.73		00:44.65		00:39.74		00:37.40	
								

Coach feedback:

Event number: 13: 400M MEDLEY MEN 11+					Heat:2, starttime: 17:14			
Heat: 2/2 Lane : 3 Athlete: PERSOONS EMIEL					Q-time: 04:59:16			
PB (25m pool): 04:59.16 Dilbeek 11/05/2025					PB (50m pool): 05:08.47 SB: 05:01.56 Leuven 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		00:32.47		01:09.86		no time		no time
	00:32.47		00:37.39					
								
	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		04:59.16
								

Coach feedback:

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

Event number: 14: 400M MEDLEY WOMEN 11+							Heat:1, starttime: 17:20	
Heat: 1/2 Lane : 7 Athlete: BOMBAERT MILLA							Q-time: 06:31:22	
PB (25m pool): 06:31.22 Vilvoorde 18/05/2025				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		01:34.72		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		06:31.22
								

Coach feedback:

Event number: 14: 400M MEDLEY WOMEN 11+							Heat:2, starttime: 17:28	
Heat: 2/2 Lane : 6 Athlete: DE BACKER BIRGIT							Q-time: 05:26:44	
PB (25m pool): 05:26.44 Vilvoorde 18/05/2025				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		01:15.83		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		05:26.44
								

Coach feedback:

Event number: 15: 4x50M MEDLEY MEN 11+							Heat:2, starttime: 17:42	
Heat: 2/3 Lane : 5 Athlete: TEAM ZIOS 1							Q-time: 02:06:00	
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: COACH evaluation sheet for TEAM: ZIOS

Event number: 16: 4x50M MEDLEY WOMEN 11+							Heat:3, starttime: 17:54	
Heat: 3/3 Lane : 1 Athlete: TEAM ZIOS 2							Q-time: 02:20:00	
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:

Event number: 16: 4x50M MEDLEY WOMEN 11+							Heat:3, starttime: 17:54	
Heat: 3/3 Lane : 6 Athlete: TEAM ZIOS 1							Q-time: 02:10:00	
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: