

Allerlaatste kans: Session: 1: COACH evaluation sheet for TEAM: ZCK

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

Coaches: Brugghemans Suzanne

Coaches: Gillis Xander

PB => Personal Best time

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

Event number: 2: 200M MEDLEY WOMEN 11+

Heat:3, starttime:

Heat: 3/7 Lane : 7 Athlete: DE SITTER KIRA

Q-time: 03:11:31

PB (25m pool): 03:11.31 Wildersportcomplex 16/03/2025

PB (50m pool): no time

SB: 03:11.52

Kapelle-op-den-Bos

21/09/2025

	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		00:46.94		no time		no time		03:11.31
	00:46.94							
								

Coach feedback:

Event number: 2: 200M MEDLEY WOMEN 11+

Heat:4, starttime:

Heat: 4/7 Lane : 1 Athlete: VAN HOOMISSEN CHELSEA

Q-time: 02:56:67

PB (25m pool): 02:56.67 Leuven 12/10/2025

PB (50m pool): 02:57.65

SB: 02:56.67

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		00:38.07		01:23.87		02:17.58		02:56.67
	00:38.07		00:45.80		00:53.71		00:39.09	
								

Coach feedback:

Event number: 2: 200M MEDLEY WOMEN 11+

Heat:4, starttime:

Heat: 4/7 Lane : 4 Athlete: VERSPECHT KAAAT

Q-time: 02:53:78

PB (25m pool): 02:53.78 Meise 22/06/2025

PB (50m pool): 03:22.57

SB: 02:56.18

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		00:38.76		no time		no time		02:53.78
	00:38.76							
								

Coach feedback:

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Event number: 2: 200M MEDLEY WOMEN 11+							Heat:5, starttime:	
Heat: 5/7 Lane : 2 Athlete: NUYTKENS MARIE							Q-time: 02:50:52	
PB (25m pool): 02:50.52 Zaventem 21/06/2025				PB (50m pool): 02:59.18SB: 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		02:50.52
	no time							
								

Coach feedback:

Event number: 3: 200M MEDLEY MEN 11+							Heat:1, starttime:	
Heat: 1/5 Lane : 5 Athlete: LAUWENS FINN							Q-time: 03:11:46	
PB (25m pool): 03:11.85 Meise 22/06/2025				PB (50m pool): 03:11.46SB: 03:12.96 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		00:46.16		no time		no time		03:11.85
	00:46.16							
								

Coach feedback:

Event number: 3: 200M MEDLEY MEN 11+							Heat:2, starttime:	
Heat: 2/5 Lane : 2 Athlete: DE ROOS KASPER							Q-time: 02:50:61	
PB (25m pool): 02:50.61 Sinbad 22/07/2025				PB (50m pool): 02:59.23SB: 02:55.09 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		00:39.00		no time		no time		02:50.61
	00:39.00							
								

Coach feedback:

Event number: 3: 200M MEDLEY MEN 11+							Heat:3, starttime:	
Heat: 3/5 Lane : 2 Athlete: VAN DEN BROECK TIEBE							Q-time: 02:45:79	
PB (25m pool): 02:45.79 Liège 21/07/2025				PB (50m pool): 03:01.58 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		02:45.79
	no time							
								

Coach feedback:

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Event number: 5: 100M BREASTSTROKE WOMEN 11+					Heat:5, starttime:
Heat: 5/6 Lane : 6 Athlete: DE SITTER KIRA					Q-time: 01:27:01
PB (25m pool): 01:27.01 Liedekerke 11/11/2025					PB (50m pool): 01:34.61 SB: 01:27.01 Liedekerke 11/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.54		01:27.01	
	00:40.54		00:46.47		
					

Coach feedback:

Event number: 5: 100M BREASTSTROKE WOMEN 11+					Heat:6, starttime:
Heat: 6/6 Lane : 6 Athlete: JACOBS LAURIEN					Q-time: 01:21:06
PB (25m pool): 01:21.06 Sinbad 29/12/2024					PB (50m pool): 01:24.34 SB: 01:24.51 TEMSE 23/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.99		01:21.06	
	00:37.99		00:43.07		
					

Coach feedback:

Event number: 9: 100M BUTTERFLY WOMEN 11+					Heat:2, starttime:
Heat: 2/4 Lane : 2 Athlete: VERSPECHT KAAT					Q-time: 01:30:38
PB (25m pool): 01:30.38 Liedekerke 11/11/2025					PB (50m pool): no time SB: 01:30.38 Liedekerke 11/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.95		01:30.38	
	00:39.95		00:50.43		
					

Coach feedback:

Event number: 9: 100M BUTTERFLY WOMEN 11+					Heat:3, starttime:
Heat: 3/4 Lane : 4 Athlete: VAN HOOMISSEN CHELSEA					Q-time: 01:17:90
PB (25m pool): 01:17.90 TEMSE 23/11/2025					PB (50m pool): 01:20.34 SB: 01:17.90 TEMSE 23/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.09		01:17.90	
	00:36.09		00:41.81		
					

Coach feedback:

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Event number: 10: 100M BUTTERFLY MEN 11+					Heat:2, starttime:
Heat: 2/4 Lane : 7 Athlete: DE ROOS KASPER					Q-time: 01:25:31
PB (25m pool): 01:22.94 Ternat 14/12/2025					PB (50m pool): 01:26.90 SB: 01:22.94 Ternat 14/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.93		01:22.94	
	00:36.93		00:46.01		
					

Coach feedback:

Event number: 11: 200M BACKSTROKE WOMEN 11+							Heat:3, starttime:	
Heat: 3/4 Lane : 6 Athlete: NUYTKENS MARIE							Q-time: 02:56:27	
PB (25m pool): 02:56.27 Leuven 20/10/2024				PB (50m pool): 03:00.91 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		00:42.36		01:28.34		02:13.32		02:56.27
	00:42.36		00:45.98		00:44.98		00:42.95	
								

Coach feedback:

Event number: 11: 200M BACKSTROKE WOMEN 11+							Heat:4, starttime:	
Heat: 4/4 Lane : 1 Athlete: JACOBS LAURIEN							Q-time: 02:45:28	
PB (25m pool): 02:45.28 Kapelle-op-den-Bos 22/09/2024							PB (50m pool): 03:00.07 SB: 02:51.00 Kapelle-op-den-Bos 21/09/2025	
	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		no time		no time		no time		02:45.28
	no time							
								

Coach feedback:

Event number: 12: 200M BACKSTROKE MEN 11+							Heat:2, starttime:	
Heat: 2/3 Lane : 2 Athlete: LAUWENS FINN							Q-time: 03:09:98	
PB (25m pool): 03:09.98 Meise 22/06/2025				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		00:46.10		01:34.82		no time		03:09.98
	00:46.10		00:48.72					
								

Coach feedback:

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Event number: 12: 200M BACKSTROKE MEN 11+							Heat:2, starttime:	
Heat: 2/3 Lane : 3 Athlete: VAN DEN BROECK TIEBE							Q-time: 02:48:90	
PB (25m pool): 02:48.90 Meise 22/06/2025				PB (50m pool): 02:49.42 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		00:39.69		01:22.92		no time		02:48.90
	00:39.69		00:43.23					
								

Coach feedback: