

FIRST Swim Meeting: Session: 2: COACH evaluation sheet for TEAM: ZCK

Coachinfo: Warming up from: 13:00 untill 14:05. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Timmermans Vera HEADCOACH

Coaches: Brugghemans Suzanne

Coaches: Van Den Broeck Dennis

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

Event number: 8: 200M FREESTYLE MEN 11+					Heat:10, starttime: 14:56
Heat: 10/28 Lane : 1 Athlete: DE ROOS KASPER					Q-time: 02:38:64
PB (50m pool): 02:38.64 Aalst 20/12/2025 PB (25m pool): 02:39.10 SB: 02:38.64 Aalst 20/12/2025					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:35.78	01:15.72	01:58.30	02:38.64	
	00:35.78	00:39.94	00:42.58	00:40.34	
					

Coach feedback:

Event number: 8: 200M FREESTYLE MEN 11+					Heat:19, starttime: 15:22
Heat: 19/28 Lane : 6 Athlete: VAN LOON BAS					Q-time: 02:16:07
PB (50m pool): 02:16.07 Molenbeek 01/02/2026 PB (25m pool): 02:08.85 SB: 02:16.07 Molenbeek 01/02/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	01:05.35	no time	02:16.07	
	no time				
					

Coach feedback:

Event number: 10: 200M BREASTSTROKE WOMEN 11+					Heat:7, starttime: 16:24
Heat: 7/18 Lane : 6 Athlete: SEGHERS MILLA					Q-time: 03:51:32
PB (50m pool): no time PB (25m pool): 03:51.32 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	no time	
	no time				
					

Coach feedback:

FIRST Swim Meeting: Session: 2: COACH evaluation sheet for TEAM: ZCK

Event number: 10: 200M BREASTSTROKE WOMEN 11+				Heat:12, starttime: 16:45	
Heat: 12/18 Lane : 4 Athlete: VERSPECHT KAAT				Q-time: 03:22:07	
PB (50m pool): 03:22.07 Molenbeek 01/02/2026				PB (25m pool): 03:11.27 SB: 03:22.07 Molenbeek 01/02/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	01:36.39	no time	03:22.07	
	no time				
					

Coach feedback:

Event number: 10: 200M BREASTSTROKE WOMEN 11+				Heat:14, starttime: 16:52	
Heat: 14/18 Lane : 8 Athlete: VAN HOOMISSEN CHELSEA				Q-time: 03:15:56	
PB (50m pool): no time				PB (25m pool): 03:15.56 SB: no time	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	no time	
	no time				
					

Coach feedback:

Event number: 10: 200M BREASTSTROKE WOMEN 11+				Heat:18, starttime: 17:07	
Heat: 18/18 Lane : 7 Athlete: VAN DEN EEDE OLIVIA				Q-time: 02:51:49	
PB (50m pool): 02:51.49 Lago Gent Rozebroeken 04/05/2025				PB (25m pool): 02:46.25 SB: 02:54.27 Gent 08/02/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:39.95	01:23.86	02:08.11	02:51.49	
	00:39.95	00:43.91	00:44.25	00:43.38	
					

Coach feedback: