

ALZV SPRINT CUP 2026: Session: 1: COACH evaluation sheet for TEAM: DIZV

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

Coaches: Cooreman Sarah HEADCOACH

Coaches: Dom Elize

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

Event number: 2: 50M BUTTERFLY WOMEN 11+			Heat:2, starttime: 14:05
Heat: 2/14 Lane : 2 Athlete: CLABAUT ELINA			Q-time: 00:48:54
PB (25m pool): 00:48.86 Kapelle-op-den-Bos 21/04/2025			PB (50m pool): 00:48.54 SB: no time
	2 5 M	5 0 M	
PB		00:48.86	
	00:48.86		
			

Coach feedback:

Event number: 2: 50M BUTTERFLY WOMEN 11+			Heat:4, starttime: 14:07
Heat: 4/14 Lane : 1 Athlete: MOXHET TESS			Q-time: 00:40:49
PB (25m pool): 00:40.49 Tremelo 18/01/2026			PB (50m pool): 00:40.87 SB: no time
	2 5 M	5 0 M	
PB		00:40.49	
	00:40.49		
			

Coach feedback:

Event number: 2: 50M BUTTERFLY WOMEN 11+			Heat:4, starttime: 14:07
Heat: 4/14 Lane : 2 Athlete: EL HACHIMI NORA			Q-time: 00:39:97
PB (25m pool): 00:39.97 Tremelo 18/01/2026			PB (50m pool): 00:39.98 SB: no time
	2 5 M	5 0 M	
PB		00:39.97	
	00:39.97		
			

Coach feedback:

ALZV SPRINT CUP 2026: Session: 1: COACH evaluation sheet for TEAM: DIZV

Event number: 2: 50M BUTTERFLY WOMEN 11+			Heat:5, starttime: 14:08
Heat: 5/14 Lane : 3 Athlete: VANDEROOST CLARA			Q-time: 00:38:71
PB (25m pool): 00:38.71 Tremelo 18/01/2026			PB (50m pool): 00:42.92 SB: no time
	2 5 M	5 0 M	
PB		00:38.71	
	00:38.71		
			

Coach feedback:

Event number: 2: 50M BUTTERFLY WOMEN 11+			Heat:8, starttime: 14:12
Heat: 8/14 Lane : 1 Athlete: DERIJCKE LAURA			Q-time: 00:35:77
PB (25m pool): 00:37.16 Kapelle-op-den-Bos 21/04/2025			PB (50m pool): 00:35.77 SB: no time
	2 5 M	5 0 M	
PB		00:37.16	
	00:37.16		
			

Coach feedback:

Event number: 2: 50M BUTTERFLY WOMEN 11+			Heat:11, starttime: 14:15
Heat: 11/14 Lane : 5 Athlete: VERHERSTRAETEN LORE			Q-time: 00:33:25
PB (25m pool): 00:33.42 Tremelo 18/01/2026			PB (50m pool): 00:33.25 SB: no time
	2 5 M	5 0 M	
PB		00:33.42	
	00:33.42		
			

Coach feedback:

Event number: 3: 50M BUTTERFLY MEN 11+			Heat:1, starttime: 14:20
Heat: 1/18 Lane : 5 Athlete: PROPS LUKAS			Q-time: 99:99:99
PB (25m pool): 00:49.36 Dilbeek 11/05/2025			PB (50m pool): no time SB: no time
	2 5 M	5 0 M	
PB		00:49.36	
	00:49.36		
			

Coach feedback:

ALZV SPRINT CUP 2026: Session: 1: COACH evaluation sheet for TEAM: DIZV

Event number: 3: 50M BUTTERFLY MEN 11+			Heat:3, starttime: 14:23
Heat: 3/18 Lane : 5 Athlete: HAEZEBROUCK THIJS			Q-time: 00:48:75
PB (25m pool): 00:47.75 Dilbeek 28/09/2025			PB (50m pool): 01:02.92 SB: no time
	2 5 M	5 0 M	
PB		00:47.75	
	00:47.75		
			

Coach feedback:

Event number: 3: 50M BUTTERFLY MEN 11+			Heat:6, starttime: 14:26
Heat: 6/18 Lane : 2 Athlete: DIMITROV YOAN			Q-time: 00:41:66
PB (25m pool): 00:41.66 Tremelo 18/01/2026			PB (50m pool): no time SB: no time
	2 5 M	5 0 M	
PB		00:41.66	
	00:41.66		
			

Coach feedback:

Event number: 3: 50M BUTTERFLY MEN 11+			Heat:9, starttime: 14:30
Heat: 9/18 Lane : 2 Athlete: BOSSUYT LIAS			Q-time: 00:37:07
PB (25m pool): 00:37.31 Tremelo 18/01/2026			PB (50m pool): 00:37.07 SB: no time
	2 5 M	5 0 M	
PB		00:37.31	
	00:37.31		
			

Coach feedback:

Event number: 3: 50M BUTTERFLY MEN 11+			Heat:12, starttime: 14:33
Heat: 12/18 Lane : 2 Athlete: ADAMS HENRY			Q-time: 00:34:08
PB (25m pool): 00:34.08 Tremelo 18/01/2026			PB (50m pool): 00:40.59 SB: no time
	2 5 M	5 0 M	
PB		00:34.08	
	00:34.08		
			

Coach feedback:

ALZV SPRINT CUP 2026: Session: 1: COACH evaluation sheet for TEAM: DIZV

Event number: 3: 50M BUTTERFLY MEN 11+			Heat:13, starttime: 14:34
Heat: 13/18 Lane : 2 Athlete: VERHERSTRAETEN KOBE			Q-time: 00:33:01
PB (25m pool): 00:33.73 Tremelo 18/01/2026			PB (50m pool): 00:33.01 SB: no time
	2 5 M	5 0 M	
PB		00:33.73	
		00:33.73	
			

Coach feedback:

Event number: 5: 50M BACKSTROKE WOMEN 11+			Heat:1, starttime: 14:42
Heat: 1/14 Lane : 4 Athlete: CLABAUT ELINA			Q-time: 99:99:99
PB (25m pool): 00:40.18 Leuven 12/10/2025			PB (50m pool): no time SB: no time
	2 5 M	5 0 M	
PB		00:40.18	
		00:40.18	
			

Coach feedback:

Event number: 5: 50M BACKSTROKE WOMEN 11+			Heat:4, starttime: 14:48
Heat: 4/14 Lane : 4 Athlete: VANDEROOST CLARA			Q-time: 00:41:99
PB (25m pool): 00:41.99 Tremelo 18/01/2026			PB (50m pool): 00:42.82 SB: no time
	2 5 M	5 0 M	
PB		00:41.99	
		00:41.99	
			

Coach feedback:

Event number: 5: 50M BACKSTROKE WOMEN 11+			Heat:4, starttime: 14:48
Heat: 4/14 Lane : 5 Athlete: EL HACHIMI NORA			Q-time: 00:42:09
PB (25m pool): 00:41.95 Tienen 26/10/2025			PB (50m pool): 00:42.09 SB: no time
	2 5 M	5 0 M	
PB		00:41.95	
		00:41.95	
			

Coach feedback:

ALZV SPRINT CUP 2026: Session: 1: COACH evaluation sheet for TEAM: DIZV

Event number: 5: 50M BACKSTROKE WOMEN 11+			Heat:7, starttime: 14:53
Heat: 7/14 Lane : 2 Athlete: DERIJCKE LAURA			Q-time: 00:38:25
PB (25m pool): 00:38.53 Kapelle-op-den-Bos 21/04/2025			PB (50m pool): 00:38.25 SB: no time
	2 5 M	5 0 M	
PB		00:38.53	
	00:38.53		
			

Coach feedback:

Event number: 5: 50M BACKSTROKE WOMEN 11+			Heat:8, starttime: 14:55
Heat: 8/14 Lane : 3 Athlete: MOXHET TESS			Q-time: 00:37:07
PB (25m pool): 00:36.98 Leuven 12/10/2025			PB (50m pool): 00:37.07 SB: no time
	2 5 M	5 0 M	
PB		00:36.98	
	00:36.98		
			

Coach feedback:

Event number: 5: 50M BACKSTROKE WOMEN 11+			Heat:13, starttime: 15:03
Heat: 13/14 Lane : 1 Athlete: VERHERSTRAETEN LORE			Q-time: 00:33:67
PB (25m pool): 00:33.13 Tienen 26/10/2025			PB (50m pool): 00:33.67 SB: no time
	2 5 M	5 0 M	
PB		00:33.13	
	00:33.13		
			

Coach feedback:

Event number: 6: 50M BACKSTROKE MEN 11+			Heat:6, starttime: 15:15
Heat: 6/18 Lane : 1 Athlete: HAEZEBROUCK THIJS			Q-time: 00:45:19
PB (25m pool): 00:45.19 Tremelo 18/01/2026			PB (50m pool): 00:46.01 SB: no time
	2 5 M	5 0 M	
PB		00:45.19	
	00:45.19		
			

Coach feedback:

ALZV SPRINT CUP 2026: Session: 1: COACH evaluation sheet for TEAM: DIZV

Event number: 6: 50M BACKSTROKE MEN 11+			Heat:8, starttime: 15:18
Heat: 8/18 Lane : 1 Athlete: PROPS LUKAS			Q-time: 00:41:37
PB (25m pool): 00:43.79 Kapelle-op-den-Bos 21/04/2025			PB (50m pool): 00:41.37 SB: no time
	2 5 M	5 0 M	
PB		00:43.79	
		00:43.79	
			

Coach feedback:

Event number: 6: 50M BACKSTROKE MEN 11+			Heat:9, starttime: 15:20
Heat: 9/18 Lane : 1 Athlete: DIMITROV YOAN			Q-time: 00:40:32
PB (25m pool): 00:40.32 Tremelo 18/01/2026			PB (50m pool): 00:41.09 SB: no time
	2 5 M	5 0 M	
PB		00:40.32	
		00:40.32	
			

Coach feedback:

Event number: 6: 50M BACKSTROKE MEN 11+			Heat:11, starttime: 15:23
Heat: 11/18 Lane : 3 Athlete: ADAMS HENRY			Q-time: 00:37:72
PB (25m pool): 00:37.72 Tremelo 18/01/2026			PB (50m pool): 00:42.56 SB: no time
	2 5 M	5 0 M	
PB		00:37.72	
		00:37.72	
			

Coach feedback:

Event number: 6: 50M BACKSTROKE MEN 11+			Heat:11, starttime: 15:23
Heat: 11/18 Lane : 5 Athlete: BOSSUYT LIAS			Q-time: 00:37:85
PB (25m pool): 00:37.85 Ternat 29/03/2026			PB (50m pool): no time SB: no time
	2 5 M	5 0 M	
PB		00:37.85	
		00:37.85	
			

Coach feedback:

ALZV SPRINT CUP 2026: Session: 1: COACH evaluation sheet for TEAM: DIZV

Event number: 6: 50M BACKSTROKE MEN 11+			Heat:15, starttime: 15:30
Heat: 15/18 Lane : 4 Athlete: VERHERSTRAETEN KOBE			Q-time: 00:33:52
PB (25m pool): 00:32.57 Leuven 12/10/2025			PB (50m pool): 00:33.52 SB: no time
	2 5 M	5 0 M	
PB		00:32.57	
	00:32.57		
			

Coach feedback:

Event number: 8: 50M BREASTSTROKE WOMEN 11+			Heat:4, starttime: 15:42
Heat: 4/14 Lane : 1 Athlete: CLABAUT ELINA			Q-time: 00:47:69
PB (25m pool): 00:47.69 Ternat 29/03/2026			PB (50m pool): no time SB: no time
	2 5 M	5 0 M	
PB		00:47.69	
	00:47.69		
			

Coach feedback:

Event number: 8: 50M BREASTSTROKE WOMEN 11+			Heat:5, starttime: 15:43
Heat: 5/14 Lane : 5 Athlete: MOXHET TESS			Q-time: 00:46:46
PB (25m pool): 00:46.46 Ternat 29/03/2026			PB (50m pool): 00:47.34 SB: no time
	2 5 M	5 0 M	
PB		00:46.46	
	00:46.46		
			

Coach feedback:

Event number: 8: 50M BREASTSTROKE WOMEN 11+			Heat:6, starttime: 15:44
Heat: 6/14 Lane : 2 Athlete: VANDEROOST CLARA			Q-time: 00:45:33
PB (25m pool): 00:45.33 Sint-Pieters-Leeuw 01/03/2026			PB (50m pool): no time SB: no time
	2 5 M	5 0 M	
PB		00:45.33	
	00:45.33		
			

Coach feedback:

ALZV SPRINT CUP 2026: Session: 1: COACH evaluation sheet for TEAM: DIZV

Event number: 8: 50M BREASTSTROKE WOMEN 11+			Heat:6, starttime: 15:44
Heat: 6/14 Lane : 4 Athlete: EL HACHIMI NORA			Q-time: 00:44:86
PB (25m pool): 00:44.86 Ternat 29/03/2026			PB (50m pool): 00:45.37 SB: no time
	2 5 M	5 0 M	
PB		00:44.86	
	00:44.86		
			

Coach feedback:

Event number: 8: 50M BREASTSTROKE WOMEN 11+			Heat:7, starttime: 15:45
Heat: 7/14 Lane : 5 Athlete: DERIJCKE LAURA			Q-time: 00:44:23
PB (25m pool): 00:44.23 Ternat 29/03/2026			PB (50m pool): 00:47.33 SB: no time
	2 5 M	5 0 M	
PB		00:44.23	
	00:44.23		
			

Coach feedback:

Event number: 8: 50M BREASTSTROKE WOMEN 11+			Heat:12, starttime: 15:51
Heat: 12/14 Lane : 2 Athlete: VERHERSTRAETEN LORE			Q-time: 00:38:41
PB (25m pool): 00:38.41 Dilbeek 10/05/2026			PB (50m pool): 00:40.16 SB: no time
	2 5 M	5 0 M	
PB		00:38.41	
	00:38.41		
			

Coach feedback:

Event number: 9: 50M BREASTSTROKE MEN 11+			Heat:5, starttime: 16:01
Heat: 5/18 Lane : 4 Athlete: HAEZEBROUCK THIJS			Q-time: 00:49:20
PB (25m pool): 00:49.20 Sint-Pieters-Leeuw 01/03/2026			PB (50m pool): 00:49.96 SB: no time
	2 5 M	5 0 M	
PB		00:49.20	
	00:49.20		
			

Coach feedback:

ALZV SPRINT CUP 2026: Session: 1: COACH evaluation sheet for TEAM: DIZV

Event number: 9: 50M BREASTSTROKE MEN 11+			Heat:7, starttime: 16:03
Heat: 7/18 Lane : 2 Athlete: PROPS LUKAS			Q-time: 00:45:84
PB (25m pool): 00:45.84 Sint-Pieters-Leeuw 01/03/2026			PB (50m pool): no time SB: no time
	2 5 M	5 0 M	
PB		00:45.84	
	00:45.84		
			

Coach feedback:

Event number: 9: 50M BREASTSTROKE MEN 11+			Heat:10, starttime: 16:07
Heat: 10/18 Lane : 5 Athlete: BOSSUYT LIAS			Q-time: 00:41:40
PB (25m pool): 00:41.40 Sint-Pieters-Leeuw 01/03/2026			PB (50m pool): 00:42.33 SB: no time
	2 5 M	5 0 M	
PB		00:41.40	
	00:41.40		
			

Coach feedback:

Event number: 9: 50M BREASTSTROKE MEN 11+			Heat:11, starttime: 16:08
Heat: 11/18 Lane : 5 Athlete: DIMITROV YOAN			Q-time: 00:40:73
PB (25m pool): 00:40.73 Sint-Pieters-Leeuw 01/03/2026			PB (50m pool): 00:44.68 SB: no time
	2 5 M	5 0 M	
PB		00:40.73	
	00:40.73		
			

Coach feedback:

Event number: 9: 50M BREASTSTROKE MEN 11+			Heat:12, starttime: 16:10
Heat: 12/18 Lane : 1 Athlete: ADAMS HENRY			Q-time: 00:40:10
PB (25m pool): 00:38.21 Dilbeek 28/09/2025			PB (50m pool): 00:40.10 SB: no time
	2 5 M	5 0 M	
PB		00:38.21	
	00:38.21		
			

Coach feedback:

ALZV SPRINT CUP 2026: Session: 1: COACH evaluation sheet for TEAM: DIZV

Event number: 9: 50M BREASTSTROKE MEN 11+			Heat:14, starttime: 16:12
Heat: 14/18 Lane : 5 Athlete: VERHERSTRAETEN KOBE			Q-time: 00:37:87
PB (25m pool): 00:35.39 Dilbeek 28/09/2025			PB (50m pool): 00:37.87 SB: no time
	2 5 M	5 0 M	
PB		00:35.39	
	00:35.39		
			

Coach feedback:

Event number: 11: 50M FREESTYLE WOMEN 11+			Heat:4, starttime: 16:24
Heat: 4/14 Lane : 2 Athlete: VANDEROOST CLARA			Q-time: 00:34:75
PB (25m pool): 00:34.75 Sint-Pieters-Leeuw 01/03/2026			PB (50m pool): 00:35.57 SB: no time
	2 5 M	5 0 M	
PB		00:34.75	
	00:34.75		
			

Coach feedback:

Event number: 11: 50M FREESTYLE WOMEN 11+			Heat:4, starttime: 16:24
Heat: 4/14 Lane : 3 Athlete: EL HACHIMI NORA			Q-time: 00:33:78
PB (25m pool): 00:35.19 Dilbeek 28/09/2025			PB (50m pool): 00:33.78 SB: no time
	2 5 M	5 0 M	
PB		00:35.19	
	00:35.19		
			

Coach feedback:

Event number: 11: 50M FREESTYLE WOMEN 11+			Heat:5, starttime: 16:25
Heat: 5/14 Lane : 3 Athlete: MOXHET TESS			Q-time: 00:33:38
PB (25m pool): 00:34.06 Meise 21/06/2026			PB (50m pool): 00:33.38 SB: no time
	2 5 M	5 0 M	
PB		00:34.06	
	00:34.06		
			

Coach feedback:

ALZV SPRINT CUP 2026: Session: 1: COACH evaluation sheet for TEAM: DIZV

Event number: 11: 50M FREESTYLE WOMEN 11+			Heat:7, starttime: 16:27
Heat: 7/14 Lane : 5 Athlete: CLABAUT ELINA			Q-time: 00:32:77
PB (25m pool): 00:32.77 Meise 21/06/2026			PB (50m pool): no time SB: no time
	2 5 M	5 0 M	
PB		00:32.77	
	00:32.77		
			

Coach feedback:

Event number: 11: 50M FREESTYLE WOMEN 11+			Heat:10, starttime: 16:31
Heat: 10/14 Lane : 5 Athlete: DERIJCKE LAURA			Q-time: 00:30:99
PB (25m pool): 00:31.53 Meise 21/06/2026			PB (50m pool): 00:30.99 SB: no time
	2 5 M	5 0 M	
PB		00:31.53	
	00:31.53		
			

Coach feedback:

Event number: 11: 50M FREESTYLE WOMEN 11+			Heat:13, starttime: 16:34
Heat: 13/14 Lane : 2 Athlete: VERHERSTRAETEN LORE			Q-time: 00:28:40
PB (25m pool): 00:28.40 Meise 21/06/2026			PB (50m pool): 00:28.86 SB: no time
	2 5 M	5 0 M	
PB		00:28.40	
	00:28.40		
			

Coach feedback:

Event number: 12: 50M FREESTYLE MEN 11+			Heat:2, starttime: 16:37
Heat: 2/18 Lane : 5 Athlete: DIMITROV YOAN			Q-time: 99:99:99
PB (25m pool): 00:34.45 Dendermonde 22/11/2025			PB (50m pool): no time SB: no time
	2 5 M	5 0 M	
PB		00:34.45	
	00:34.45		
			

Coach feedback:

ALZV SPRINT CUP 2026: Session: 1: COACH evaluation sheet for TEAM: DIZV

Event number: 12: 50M FREESTYLE MEN 11+			Heat:3, starttime: 16:38
Heat: 3/18 Lane : 4 Athlete: HAEZEBROUCK THIJS			Q-time: 00:38:09
PB (25m pool): 00:38.09 Meise 21/06/2026			PB (50m pool): 00:40.02 SB: no time
	2 5 M	5 0 M	
PB		00:38.09	
	00:38.09		
			

Coach feedback:

Event number: 12: 50M FREESTYLE MEN 11+			Heat:5, starttime: 16:41
Heat: 5/18 Lane : 2 Athlete: PROPS LUKAS			Q-time: 00:35:36
PB (25m pool): 00:34.24 Dilbeek 28/09/2025			PB (50m pool): 00:35.36 SB: no time
	2 5 M	5 0 M	
PB		00:34.24	
	00:34.24		
			

Coach feedback:

Event number: 12: 50M FREESTYLE MEN 11+			Heat:10, starttime: 16:46
Heat: 10/18 Lane : 1 Athlete: BOSSUYT LIAS			Q-time: 00:31:94
PB (25m pool): 00:31.94 Meise 21/06/2026			PB (50m pool): 00:32.01 SB: no time
	2 5 M	5 0 M	
PB		00:31.94	
	00:31.94		
			

Coach feedback:

Event number: 12: 50M FREESTYLE MEN 11+			Heat:10, starttime: 16:46
Heat: 10/18 Lane : 4 Athlete: ADAMS HENRY			Q-time: 00:31:63
PB (25m pool): 00:30.53 Overijse 30/11/2024			PB (50m pool): 00:31.63 SB: no time
	2 5 M	5 0 M	
PB		00:30.53	
	00:30.53		
			

Coach feedback:

ALZV SPRINT CUP 2026: Session: 1: COACH evaluation sheet for TEAM: DIZV

Event number: 12: 50M FREESTYLE MEN 11+			Heat:15, starttime: 16:51		
Heat: 15/18 Lane : 4 Athlete: VERHERSTRAETEN KOBE			Q-time: 00:27:98		
PB (25m pool): 00:27.30 Leuven 12/10/2025			PB (50m pool): 00:27.98 SB: no time		
	2 5 M	5 0 M			
PB		00:27.30			
	00:27.30				
					

Coach feedback:

Event number: 13: 4x50M MEDLEY WOMEN						Heat:1, starttime: 16:55		
Heat: 1/2 Lane : 2 Athlete: TEAM DIZV 1						Q-time: 02:40:00		
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: 13: 4x50M MEDLEY WOMEN						Heat:1, starttime: 16:55		
Heat: 1/2 Lane : 5 Athlete: TEAM DIZV 2						Q-time: 02:40:00		
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: 14: 4x50M MEDLEY MEN						Heat:1, starttime: 17:02		
Heat: 1/2 Lane : 5 Athlete: TEAM DIZV 1						Q-time: 02:40:00		
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: