

ALZV SPRINT CUP 2026: 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: Van Den Broeck Michaël

Coaches: Van den Brande Liesbeth HEADCOACH

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

Event number: 2: 50M BUTTERFLY WOMEN 11+			Heat:1, starttime: 14:03
Heat: 1/14 Lane : 3 Athlete: VAN DEN EYNDE PAULIEN			Q-time: 00:51:07
PB (25m pool): 00:51.07 Kapelle-op-den-Bos 19/04/2026 PB (50m pool): no time SB: no time			
PB	2 5 M	5 0 M	
		00:51.07	
	00:51.07		
			

Coach feedback:

Event number: 2: 50M BUTTERFLY WOMEN 11+			Heat:2, starttime: 14:05
Heat: 2/14 Lane : 5 Athlete: REYNIERS SINNE			Q-time: 00:48:61
PB (25m pool): 00:48.61 Tremelo 18/01/2026 PB (50m pool): 00:51.17 SB: no time			
PB	2 5 M	5 0 M	
		00:48.61	
	00:48.61		
			

Coach feedback:

Event number: 2: 50M BUTTERFLY WOMEN 11+			Heat:5, starttime: 14:08
Heat: 5/14 Lane : 2 Athlete: DE SITTER KIRA			Q-time: 00:38:83
PB (25m pool): 00:38.83 Tervuren 30/05/2026 PB (50m pool): 00:40.36 SB: no time			
PB	2 5 M	5 0 M	
		00:38.83	
	00:38.83		
			

Coach feedback:

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

Event number: 2: 50M BUTTERFLY WOMEN 11+			Heat:6, starttime: 14:09
Heat: 6/14 Lane : 3 Athlete: REYNIERS FIEN			Q-time: 00:37:77
PB (25m pool): 00:37.77 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 00:38.39 SB: no time			
	2 5 M	5 0 M	
PB		00:37.77	
	00:37.77		
			

Coach feedback:

Event number: 2: 50M BUTTERFLY WOMEN 11+			Heat:6, starttime: 14:09
Heat: 6/14 Lane : 4 Athlete: DE TOLLENAERE LAURA			Q-time: 00:38:09
PB (25m pool): 00:40.44 Bastogne 05/04/2026 PB (50m pool): 00:38.09 SB: no time			
	2 5 M	5 0 M	
PB		00:40.44	
	00:40.44		
			

Coach feedback:

Event number: 2: 50M BUTTERFLY WOMEN 11+			Heat:7, starttime: 14:11
Heat: 7/14 Lane : 2 Athlete: SEGHERS MILLA			Q-time: 00:36:06
PB (25m pool): 00:36.06 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 00:36.45 SB: no time			
	2 5 M	5 0 M	
PB		00:36.06	
	00:36.06		
			

Coach feedback:

Event number: 2: 50M BUTTERFLY WOMEN 11+			Heat:9, starttime: 14:13
Heat: 9/14 Lane : 1 Athlete: VERSPECHT KAAT			Q-time: 00:35:40
PB (25m pool): 00:35.66 Tervuren 30/05/2026 PB (50m pool): 00:35.40 SB: no time			
	2 5 M	5 0 M	
PB		00:35.66	
	00:35.66		
			

Coach feedback:

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

Event number: 2: 50M BUTTERFLY WOMEN 11+			Heat:10, starttime: 14:14
Heat: 10/14 Lane : 5 Athlete: VAN HOOMISSEN CHELSEA			Q-time: 00:33:81
PB (25m pool): 00:33.81 Bastogne 05/04/2026			PB (50m pool): 00:34.60 SB: no time
	2 5 M	5 0 M	
PB		00:33.81	
	00:33.81		
			

Coach feedback:

Event number: 2: 50M BUTTERFLY WOMEN 11+			Heat:11, starttime: 14:15
Heat: 11/14 Lane : 2 Athlete: NUYTKENS MARIE			Q-time: 00:33:22
PB (25m pool): 00:33.22 Tervuren 30/05/2026			PB (50m pool): 00:33.93 SB: no time
	2 5 M	5 0 M	
PB		00:33.22	
	00:33.22		
			

Coach feedback:

Event number: 2: 50M BUTTERFLY WOMEN 11+			Heat:13, starttime: 14:17
Heat: 13/14 Lane : 5 Athlete: VAN DEN EEDE OLIVIA			Q-time: 00:31:72
PB (25m pool): 00:31.72 Kapelle-op-den-Bos 19/04/2026			PB (50m pool): 00:32.56 SB: no time
	2 5 M	5 0 M	
PB		00:31.72	
	00:31.72		
			

Coach feedback:

Event number: 2: 50M BUTTERFLY WOMEN 11+			Heat:14, starttime: 14:18
Heat: 14/14 Lane : 3 Athlete: DALEMANS LYN			Q-time: 00:28:90
PB (25m pool): 00:28.98 Leuven 12/10/2025			PB (50m pool): 00:28.90 SB: no time
	2 5 M	5 0 M	
PB		00:28.98	
	00:28.98		
			

Coach feedback:

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

Event number: 3: 50M BUTTERFLY MEN 11+			Heat:2, starttime: 14:21
Heat: 2/18 Lane : 2 Athlete: PODBIELSKI JAN			Q-time: 00:52:71
PB (25m pool): 00:52.71 Kapelle-op-den-Bos 19/04/2026			PB (50m pool): no time SB: no time
	2 5 M	5 0 M	
PB		00:52.71	
	00:52.71		
			

Coach feedback:

Event number: 3: 50M BUTTERFLY MEN 11+			Heat:3, starttime: 14:23
Heat: 3/18 Lane : 4 Athlete: VAN DEN BRANDE JASPER			Q-time: 00:47:27
PB (25m pool): 00:47.50 Liedekerke 01/05/2026			PB (50m pool): 00:47.27 SB: no time
	2 5 M	5 0 M	
PB		00:47.50	
	00:47.50		
			

Coach feedback:

Event number: 3: 50M BUTTERFLY MEN 11+			Heat:10, starttime: 14:31
Heat: 10/18 Lane : 2 Athlete: DE ROOS KASPER			Q-time: 00:35:83
PB (25m pool): 00:36.01 Temse 17/11/2025			PB (50m pool): 00:35.83 SB: no time
	2 5 M	5 0 M	
PB		00:36.01	
	00:36.01		
			

Coach feedback:

Event number: 3: 50M BUTTERFLY MEN 11+			Heat:11, starttime: 14:32
Heat: 11/18 Lane : 5 Athlete: KENNES KYNOA			Q-time: 00:35:06
PB (25m pool): 00:35.06 Kapelle-op-den-Bos 19/04/2026			PB (50m pool): no time SB: no time
	2 5 M	5 0 M	
PB		00:35.06	
	00:35.06		
			

Coach feedback:

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

Event number: 3: 50M BUTTERFLY MEN 11+			Heat:12, starttime: 14:33
Heat: 12/18 Lane : 3 Athlete: VAN DEN BRANDE LUCAS			Q-time: 00:33:33
PB (25m pool): 00:33.33 Liedekerke 01/05/2026			PB (50m pool): 00:33.73 SB: no time
	2 5 M	5 0 M	
PB		00:33.33	
	00:33.33		
			

Coach feedback:

Event number: 3: 50M BUTTERFLY MEN 11+			Heat:13, starttime: 14:34
Heat: 13/18 Lane : 1 Athlete: VAN DEN BROECK TIEBE			Q-time: 00:33:24
PB (25m pool): 00:33.28 Stedelijk Zwembad Geel 15/02/2026			PB (50m pool): 00:33.24 SB: no time
	2 5 M	5 0 M	
PB		00:33.28	
	00:33.28		
			

Coach feedback:

Event number: 3: 50M BUTTERFLY MEN 11+			Heat:16, starttime: 14:37
Heat: 16/18 Lane : 3 Athlete: KENNES KYLIAN			Q-time: 00:29:60
PB (25m pool): 00:30.03 Stedelijk Zwembad Geel 11/02/2024			PB (50m pool): 00:29.60 SB: no time
	2 5 M	5 0 M	
PB		00:30.03	
	00:30.03		
			

Coach feedback:

Event number: 4: 50M BACKSTROKE MIXED 10-9			Heat:1, starttime: 14:41
Heat: 1/1 Lane : 2 Athlete: PODBIELSKI KAMIEL			Q-time: 99:99:99
PB (25m pool): no time			PB (50m pool): no time SB: no time
	2 5 M	5 0 M	
PB		no time	
	no time		
			

Coach feedback:

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

Event number: 4: 50M BACKSTROKE MIXED 10-9			Heat:1, starttime: 14:41
Heat: 1/1 Lane : 4 Athlete: VERMEIR SENNE			Q-time: 99:99:99
PB (25m pool): no time			PB (50m pool): no time SB: no time
	2 5 M	5 0 M	
PB		no time	
	no time		
			

Coach feedback:

Event number: 5: 50M BACKSTROKE WOMEN 11+			Heat:2, starttime: 14:44
Heat: 2/14 Lane : 2 Athlete: CARLIER LOBKE			Q-time: 99:99:99
PB (25m pool): no time			PB (50m pool): no time SB: no time
	2 5 M	5 0 M	
PB		no time	
	no time		
			

Coach feedback:

Event number: 5: 50M BACKSTROKE WOMEN 11+			Heat:3, starttime: 14:46
Heat: 3/14 Lane : 2 Athlete: REYNIERS SINNE			Q-time: 00:46:49
PB (25m pool): 00:46.49 Tremelo 18/01/2026			PB (50m pool): 00:49.18 SB: no time
	2 5 M	5 0 M	
PB		00:46.49	
	00:46.49		
			

Coach feedback:

Event number: 5: 50M BACKSTROKE WOMEN 11+			Heat:3, starttime: 14:46
Heat: 3/14 Lane : 4 Athlete: VAN DEN EYNDE PAULIEN			Q-time: 00:46:21
PB (25m pool): 00:46.21 Tervuren 30/05/2026			PB (50m pool): no time SB: no time
	2 5 M	5 0 M	
PB		00:46.21	
	00:46.21		
			

Coach feedback:

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

Event number: 5: 50M BACKSTROKE WOMEN 11+			Heat:4, starttime: 14:48
Heat: 4/14 Lane : 3 Athlete: DE SITTER KIRA			Q-time: 00:41:63
PB (25m pool): 00:42.00 Meise 15/09/2024			PB (50m pool): 00:41.63 SB: no time
	2 5 M	5 0 M	
PB		00:42.00	
	00:42.00		
			

Coach feedback:

Event number: 5: 50M BACKSTROKE WOMEN 11+			Heat:6, starttime: 14:51
Heat: 6/14 Lane : 5 Athlete: DE TOLLENAERE LAURA			Q-time: 00:39:62
PB (25m pool): 00:40.99 Bastogne 06/04/2025			PB (50m pool): 00:39.62 SB: no time
	2 5 M	5 0 M	
PB		00:40.99	
	00:40.99		
			

Coach feedback:

Event number: 5: 50M BACKSTROKE WOMEN 11+			Heat:7, starttime: 14:53
Heat: 7/14 Lane : 4 Athlete: SEGHERS MILLA			Q-time: 00:38:17
PB (25m pool): 00:38.17 Stedelijk Zwembad Geel 15/02/2026			PB (50m pool): 00:39.40 SB: no time
	2 5 M	5 0 M	
PB		00:38.17	
	00:38.17		
			

Coach feedback:

Event number: 5: 50M BACKSTROKE WOMEN 11+			Heat:8, starttime: 14:55
Heat: 8/14 Lane : 2 Athlete: REYNIERS FIEN			Q-time: 00:37:26
PB (25m pool): 00:37.26 Kapelle-op-den-Bos 19/04/2026			PB (50m pool): 00:38.80 SB: no time
	2 5 M	5 0 M	
PB		00:37.26	
	00:37.26		
			

Coach feedback:

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

Event number: 5: 50M BACKSTROKE WOMEN 11+			Heat:9, starttime: 14:56
Heat: 9/14 Lane : 4 Athlete: VAN HOOMISSEN CHELSEA			Q-time: 00:36:63
PB (25m pool): 00:36.99 Tervuren 30/05/2026			PB (50m pool): 00:36.63 SB: no time
	2 5 M	5 0 M	
PB		00:36.99	
	00:36.99		
			

Coach feedback:

Event number: 5: 50M BACKSTROKE WOMEN 11+			Heat:10, starttime: 14:58
Heat: 10/14 Lane : 3 Athlete: NUYTKENS MARIE			Q-time: 00:35:87
PB (25m pool): 00:35.87 Tervuren 30/05/2026			PB (50m pool): 00:36.29 SB: no time
	2 5 M	5 0 M	
PB		00:35.87	
	00:35.87		
			

Coach feedback:

Event number: 5: 50M BACKSTROKE WOMEN 11+			Heat:11, starttime: 14:59
Heat: 11/14 Lane : 4 Athlete: VERSPECHT KAAT			Q-time: 00:34:99
PB (25m pool): 00:34.99 Stedelijk Zwembad Geel 15/02/2026			PB (50m pool): 00:36.22 SB: no time
	2 5 M	5 0 M	
PB		00:34.99	
	00:34.99		
			

Coach feedback:

Event number: 5: 50M BACKSTROKE WOMEN 11+			Heat:13, starttime: 15:03
Heat: 13/14 Lane : 5 Athlete: VAN DEN EEDE OLIVIA			Q-time: 00:33:64
PB (25m pool): 00:33.64 Gent 23/02/2025			PB (50m pool): 00:35.13 SB: no time
	2 5 M	5 0 M	
PB		00:33.64	
	00:33.64		
			

Coach feedback:

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

Event number: 5: 50M BACKSTROKE WOMEN 11+			Heat:14, starttime: 15:04
Heat: 14/14 Lane : 3 Athlete: DALEMANS LYN			Q-time: 00:30:52
PB (25m pool): 00:30.52 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 00:31.26 SB: no time			
	2 5 M	5 0 M	
PB		00:30.52	
	00:30.52		
			

Coach feedback:

Event number: 6: 50M BACKSTROKE MEN 11+			Heat:2, starttime: 15:07
Heat: 2/18 Lane : 5 Athlete: KENNES KYNOA			Q-time: 99:99:99
PB (25m pool): no time PB (50m pool): no time SB: no time			
	2 5 M	5 0 M	
PB		no time	
	no time		
			

Coach feedback:

Event number: 6: 50M BACKSTROKE MEN 11+			Heat:5, starttime: 15:13
Heat: 5/18 Lane : 4 Athlete: VAN DEN BRANDE JASPER			Q-time: 00:46:00
PB (25m pool): 00:46.47 Tremelo 18/01/2026 PB (50m pool): 00:46.00 SB: no time			
	2 5 M	5 0 M	
PB		00:46.47	
	00:46.47		
			

Coach feedback:

Event number: 6: 50M BACKSTROKE MEN 11+			Heat:6, starttime: 15:15
Heat: 6/18 Lane : 3 Athlete: PODBIELSKI JAN			Q-time: 00:42:93
PB (25m pool): 00:42.93 Tremelo 18/01/2026 PB (50m pool): no time SB: no time			
	2 5 M	5 0 M	
PB		00:42.93	
	00:42.93		
			

Coach feedback:

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

Event number: 6: 50M BACKSTROKE MEN 11+			Heat:12, starttime: 15:25
Heat: 12/18 Lane : 5 Athlete: DE ROOS KASPER			Q-time: 00:37:60
PB (25m pool): 00:37.60 Kapelle-op-den-Bos 19/04/2026			PB (50m pool): 00:38.81 SB: no time
	2 5 M	5 0 M	
PB		00:37.60	
		00:37.60	
			

Coach feedback:

Event number: 6: 50M BACKSTROKE MEN 11+			Heat:13, starttime: 15:27
Heat: 13/18 Lane : 1 Athlete: VAN DEN BROECK TIEBE			Q-time: 00:36:31
PB (25m pool): 00:36.31 Kapelle-op-den-Bos 19/04/2026			PB (50m pool): 00:37.50 SB: no time
	2 5 M	5 0 M	
PB		00:36.31	
		00:36.31	
			

Coach feedback:

Event number: 6: 50M BACKSTROKE MEN 11+			Heat:13, starttime: 15:27
Heat: 13/18 Lane : 4 Athlete: VAN DEN BRANDE LUCAS			Q-time: 00:35:30
PB (25m pool): 00:35.30 Bastogne 05/04/2026			PB (50m pool): 00:35.95 SB: no time
	2 5 M	5 0 M	
PB		00:35.30	
		00:35.30	
			

Coach feedback:

Event number: 6: 50M BACKSTROKE MEN 11+			Heat:16, starttime: 15:31
Heat: 16/18 Lane : 3 Athlete: KENNES KYLIAN			Q-time: 00:32:40
PB (25m pool): 00:32.40 Kapelle-op-den-Bos 19/04/2026			PB (50m pool): 00:32.82 SB: no time
	2 5 M	5 0 M	
PB		00:32.40	
		00:32.40	
			

Coach feedback:

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

Event number: 8: 50M BREASTSTROKE WOMEN 11+			Heat:2, starttime: 15:39
Heat: 2/14 Lane : 4 Athlete: VAN DEN EYNDE PAULIEN			Q-time: 00:52:72
PB (25m pool): 00:52.72 Kapelle-op-den-Bos 19/04/2026			PB (50m pool): no time SB: no time
	2 5 M	5 0 M	
PB		00:52.72	
	00:52.72		
			

Coach feedback:

Event number: 8: 50M BREASTSTROKE WOMEN 11+			Heat:2, starttime: 15:39
Heat: 2/14 Lane : 5 Athlete: CARLIER LOBKE			Q-time: 99:99:99
PB (25m pool): no time			PB (50m pool): no time SB: no time
	2 5 M	5 0 M	
PB		no time	
	no time		
			

Coach feedback:

Event number: 8: 50M BREASTSTROKE WOMEN 11+			Heat:3, starttime: 15:40
Heat: 3/14 Lane : 4 Athlete: REYNIERS SINNE			Q-time: 00:49:46
PB (25m pool): 00:49.46 Ternat 29/03/2026			PB (50m pool): 00:56.45 SB: no time
	2 5 M	5 0 M	
PB		00:49.46	
	00:49.46		
			

Coach feedback:

Event number: 8: 50M BREASTSTROKE WOMEN 11+			Heat:5, starttime: 15:43
Heat: 5/14 Lane : 2 Athlete: REYNIERS FIEN			Q-time: 00:46:11
PB (25m pool): 00:46.62 Meise 22/06/2025			PB (50m pool): 00:46.11 SB: no time
	2 5 M	5 0 M	
PB		00:46.62	
	00:46.62		
			

Coach feedback:

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

Event number: 8: 50M BREASTSTROKE WOMEN 11+			Heat:7, starttime: 15:45
Heat: 7/14 Lane : 3 Athlete: SEGHERS MILLA			Q-time: 00:43:52
PB (25m pool): 00:43.52 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 00:45.18 SB: no time			
	2 5 M	5 0 M	
PB		00:43.52	
	00:43.52		
			

Coach feedback:

Event number: 8: 50M BREASTSTROKE WOMEN 11+			Heat:9, starttime: 15:48
Heat: 9/14 Lane : 1 Athlete: DE TOLLENAERE LAURA			Q-time: 00:42:26
PB (25m pool): 00:43.24 Bastogne 05/04/2026 PB (50m pool): 00:42.26 SB: no time			
	2 5 M	5 0 M	
PB		00:43.24	
	00:43.24		
			

Coach feedback:

Event number: 8: 50M BREASTSTROKE WOMEN 11+			Heat:10, starttime: 15:49
Heat: 10/14 Lane : 1 Athlete: NUYTKENS MARIE			Q-time: 00:40:89
PB (25m pool): 00:40.89 Ternat 29/03/2026 PB (50m pool): 00:42.00 SB: no time			
	2 5 M	5 0 M	
PB		00:40.89	
	00:40.89		
			

Coach feedback:

Event number: 8: 50M BREASTSTROKE WOMEN 11+			Heat:10, starttime: 15:49
Heat: 10/14 Lane : 2 Athlete: VAN HOOMISSEN CHELSEA			Q-time: 00:40:63
PB (25m pool): 00:40.63 Ternat 29/03/2026 PB (50m pool): 00:44.12 SB: no time			
	2 5 M	5 0 M	
PB		00:40.63	
	00:40.63		
			

Coach feedback:

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

Event number: 8: 50M BREASTSTROKE WOMEN 11+			Heat:11, starttime: 15:50
Heat: 11/14 Lane : 5 Athlete: VERSPECHT KAAT			Q-time: 00:39:98
PB (25m pool): 00:39.98 Meise 22/06/2025			PB (50m pool): 00:41.41 SB: no time
	2 5 M	5 0 M	
PB		00:39.98	
	00:39.98		
			

Coach feedback:

Event number: 8: 50M BREASTSTROKE WOMEN 11+			Heat:13, starttime: 15:53
Heat: 13/14 Lane : 5 Athlete: DE SITTER KIRA			Q-time: 00:37:04
PB (25m pool): 00:37.04 Dilbeek 10/05/2026			PB (50m pool): 00:38.72 SB: no time
	2 5 M	5 0 M	
PB		00:37.04	
	00:37.04		
			

Coach feedback:

Event number: 8: 50M BREASTSTROKE WOMEN 11+			Heat:14, starttime: 15:54
Heat: 14/14 Lane : 2 Athlete: DALEMANS LYN			Q-time: 00:35:24
PB (25m pool): 00:35.24 Kapelle-op-den-Bos 21/09/2025			PB (50m pool): 00:37.58 SB: no time
	2 5 M	5 0 M	
PB		00:35.24	
	00:35.24		
			

Coach feedback:

Event number: 8: 50M BREASTSTROKE WOMEN 11+			Heat:14, starttime: 15:54
Heat: 14/14 Lane : 4 Athlete: VAN DEN EEDE OLIVIA			Q-time: 00:34:92
PB (25m pool): 00:34.92 Kapelle-op-den-Bos 19/04/2026			PB (50m pool): 00:36.15 SB: no time
	2 5 M	5 0 M	
PB		00:34.92	
	00:34.92		
			

Coach feedback:

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

Event number: 9: 50M BREASTSTROKE MEN 11+			Heat:3, starttime: 15:58
Heat: 3/18 Lane : 4 Athlete: VAN DEN BRANDE JASPER			Q-time: 00:52:93
PB (25m pool): 00:52.93 Kapelle-op-den-Bos 19/04/2026			PB (50m pool): 00:58.71 SB: no time
	2 5 M	5 0 M	
PB		00:52.93	
	00:52.93		
			

Coach feedback:

Event number: 9: 50M BREASTSTROKE MEN 11+			Heat:6, starttime: 16:02
Heat: 6/18 Lane : 3 Athlete: PODBIELSKI JAN			Q-time: 00:46:65
PB (25m pool): 00:46.65 Kapelle-op-den-Bos 19/04/2026			PB (50m pool): no time SB: no time
	2 5 M	5 0 M	
PB		00:46.65	
	00:46.65		
			

Coach feedback:

Event number: 9: 50M BREASTSTROKE MEN 11+			Heat:9, starttime: 16:06
Heat: 9/18 Lane : 1 Athlete: KENNES KYNOA			Q-time: 00:43:75
PB (25m pool): 00:43.75 Kapelle-op-den-Bos 19/04/2026			PB (50m pool): no time SB: no time
	2 5 M	5 0 M	
PB		00:43.75	
	00:43.75		
			

Coach feedback:

Event number: 9: 50M BREASTSTROKE MEN 11+			Heat:11, starttime: 16:08
Heat: 11/18 Lane : 3 Athlete: DE ROOS KASPER			Q-time: 00:40:32
PB (25m pool): 00:40.32 Dilbeek 10/05/2026			PB (50m pool): 00:42.19 SB: no time
	2 5 M	5 0 M	
PB		00:40.32	
	00:40.32		
			

Coach feedback:

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

Event number: 9: 50M BREASTSTROKE MEN 11+			Heat:13, starttime: 16:11
Heat: 13/18 Lane : 3 Athlete: VAN DEN BROECK TIEBE			Q-time: 00:38:17
PB (25m pool): 00:38.17 Kapelle-op-den-Bos 19/04/2026			PB (50m pool): 00:41.36 SB: no time
	2 5 M	5 0 M	
PB		00:38.17	
	00:38.17		
			

Coach feedback:

Event number: 9: 50M BREASTSTROKE MEN 11+			Heat:15, starttime: 16:13
Heat: 15/18 Lane : 3 Athlete: KENNES KYLIAN			Q-time: 00:35:31
PB (25m pool): 00:34.83 Stedelijk Zwembad Geel 11/02/2024			PB (50m pool): 00:36.32 SB: no time
	2 5 M	5 0 M	
PB		00:34.83	
	00:34.83		
			

Coach feedback:

Event number: 9: 50M BREASTSTROKE MEN 11+			Heat:17, starttime: 16:15
Heat: 17/18 Lane : 2 Athlete: VAN DEN BRANDE LUCAS			Q-time: 00:34:28
PB (25m pool): 00:34.72 Leuven 12/10/2025			PB (50m pool): 00:34.28 SB: no time
	2 5 M	5 0 M	
PB		00:34.72	
	00:34.72		
			

Coach feedback:

Event number: 10: 50M FREESTYLE MIXED 10-9			Heat:2, starttime: 16:19
Heat: 2/2 Lane : 2 Athlete: VERMEIR SENNE			Q-time: 00:43:88
PB (25m pool): 00:43.88 Meise 21/06/2026			PB (50m pool): no time SB: no time
	2 5 M	5 0 M	
PB		00:43.88	
	00:43.88		
			

Coach feedback:

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

Event number: 10: 50M FREESTYLE MIXED 10-9			Heat:2, starttime: 16:19
Heat: 2/2 Lane : 5 Athlete: PODBIELSKI KAMIEL			Q-time: 99:99:99
PB (25m pool): no time			PB (50m pool): no time SB: no time
	2 5 M	5 0 M	
PB		no time	
	no time		
			

Coach feedback:

Event number: 11: 50M FREESTYLE WOMEN 11+			Heat:2, starttime: 16:22
Heat: 2/14 Lane : 1 Athlete: CARLIER LOBKE			Q-time: 99:99:99
PB (25m pool): no time			PB (50m pool): no time SB: no time
	2 5 M	5 0 M	
PB		no time	
	no time		
			

Coach feedback:

Event number: 11: 50M FREESTYLE WOMEN 11+			Heat:2, starttime: 16:22
Heat: 2/14 Lane : 4 Athlete: REYNIERS SINNE			Q-time: 00:39:61
PB (25m pool): 00:40.94 Meise 21/06/2026			PB (50m pool): 00:39.61 SB: no time
	2 5 M	5 0 M	
PB		00:40.94	
	00:40.94		
			

Coach feedback:

Event number: 11: 50M FREESTYLE WOMEN 11+			Heat:3, starttime: 16:23
Heat: 3/14 Lane : 5 Athlete: VAN DEN EYNDE PAULIEN			Q-time: 00:37:31
PB (25m pool): 00:37.31 Meise 21/06/2026			PB (50m pool): no time SB: no time
	2 5 M	5 0 M	
PB		00:37.31	
	00:37.31		
			

Coach feedback:

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

Event number: 11: 50M FREESTYLE WOMEN 11+			Heat:5, starttime: 16:25
Heat: 5/14 Lane : 1 Athlete: DE TOLLENAERE LAURA			Q-time: 00:33:74
PB (25m pool): 00:33.89 Kapelle-op-den-Bos 19/04/2026			PB (50m pool): 00:33.74 SB: no time
	2 5 M	5 0 M	
PB		00:33.89	
	00:33.89		
			

Coach feedback:

Event number: 11: 50M FREESTYLE WOMEN 11+			Heat:5, starttime: 16:25
Heat: 5/14 Lane : 4 Athlete: SEGHERS MILLA			Q-time: 00:33:44
PB (25m pool): 00:33.44 Overijse 29/11/2025			PB (50m pool): 00:33.48 SB: no time
	2 5 M	5 0 M	
PB		00:33.44	
	00:33.44		
			

Coach feedback:

Event number: 11: 50M FREESTYLE WOMEN 11+			Heat:6, starttime: 16:26
Heat: 6/14 Lane : 4 Athlete: REYNIERS FIEN			Q-time: 00:33:03
PB (25m pool): 00:33.03 Meise 21/06/2026			PB (50m pool): 00:34.00 SB: no time
	2 5 M	5 0 M	
PB		00:33.03	
	00:33.03		
			

Coach feedback:

Event number: 11: 50M FREESTYLE WOMEN 11+			Heat:7, starttime: 16:27
Heat: 7/14 Lane : 4 Athlete: VERSPECHT KAAT			Q-time: 00:32:28
PB (25m pool): 00:32.28 Stedelijk Zwembad Geel 15/02/2026			PB (50m pool): 00:32.30 SB: no time
	2 5 M	5 0 M	
PB		00:32.28	
	00:32.28		
			

Coach feedback:

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

Event number: 11: 50M FREESTYLE WOMEN 11+			Heat:8, starttime: 16:29
Heat: 8/14 Lane : 4 Athlete: DE SITTER KIRA			Q-time: 00:32:19
PB (25m pool): 00:33.44 Bastogne 06/04/2025			PB (50m pool): 00:32.19 SB: no time
	2 5 M	5 0 M	
PB		00:33.44	
	00:33.44		
			

Coach feedback:

Event number: 11: 50M FREESTYLE WOMEN 11+			Heat:10, starttime: 16:31
Heat: 10/14 Lane : 2 Athlete: VAN HOOMISSEN CHELSEA			Q-time: 00:30:80
PB (25m pool): 00:30.80 Kapelle-op-den-Bos 19/04/2026			PB (50m pool): 00:31.62 SB: no time
	2 5 M	5 0 M	
PB		00:30.80	
	00:30.80		
			

Coach feedback:

Event number: 11: 50M FREESTYLE WOMEN 11+			Heat:11, starttime: 16:32
Heat: 11/14 Lane : 5 Athlete: NUYTKENS MARIE			Q-time: 00:30:31
PB (25m pool): 00:30.31 Kapelle-op-den-Bos 19/04/2026			PB (50m pool): 00:31.16 SB: no time
	2 5 M	5 0 M	
PB		00:30.31	
	00:30.31		
			

Coach feedback:

Event number: 11: 50M FREESTYLE WOMEN 11+			Heat:13, starttime: 16:34
Heat: 13/14 Lane : 3 Athlete: VAN DEN EEDE OLIVIA			Q-time: 00:28:21
PB (25m pool): 00:28.82 Kapelle-op-den-Bos 19/04/2026			PB (50m pool): 00:29.70 SB: no time
	2 5 M	5 0 M	
PB		00:28.82	
	00:28.82		
			

Coach feedback:

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

Event number: 11: 50M FREESTYLE WOMEN 11+			Heat:14, starttime: 16:35
Heat: 14/14 Lane : 4 Athlete: DALEMANS LYN			Q-time: 00:27:01
PB (25m pool): 00:26.76 Stedelijk Zwembad Geel 11/02/2024 PB (50m pool): 00:27.13 SB: no time			
	2 5 M	5 0 M	
PB		00:26.76	
	00:26.76		
			

Coach feedback:

Event number: 12: 50M FREESTYLE MEN 11+			Heat:3, starttime: 16:38
Heat: 3/18 Lane : 2 Athlete: VAN DEN BRANDE JASPER			Q-time: 00:39:11
PB (25m pool): 00:40.12 Kapelle-op-den-Bos 19/04/2026 PB (50m pool): 00:39.11 SB: no time			
	2 5 M	5 0 M	
PB		00:40.12	
	00:40.12		
			

Coach feedback:

Event number: 12: 50M FREESTYLE MEN 11+			Heat:4, starttime: 16:40
Heat: 4/18 Lane : 1 Athlete: PODBIELSKI JAN			Q-time: 00:36:50
PB (25m pool): 00:36.50 Kapelle-op-den-Bos 19/04/2026 PB (50m pool): no time SB: no time			
	2 5 M	5 0 M	
PB		00:36.50	
	00:36.50		
			

Coach feedback:

Event number: 12: 50M FREESTYLE MEN 11+			Heat:9, starttime: 16:45
Heat: 9/18 Lane : 5 Athlete: DE ROOS KASPER			Q-time: 00:32:44
PB (25m pool): 00:32.44 Kapelle-op-den-Bos 19/04/2026 PB (50m pool): 00:32.04 SB: no time			
	2 5 M	5 0 M	
PB		00:32.44	
	00:32.44		
			

Coach feedback:

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

Event number: 12: 50M FREESTYLE MEN 11+			Heat:10, starttime: 16:46
Heat: 10/18 Lane : 3 Athlete: VAN DEN BROECK TIEBE			Q-time: 00:31:54
PB (25m pool): 00:31.54 Liège 21/07/2025			PB (50m pool): 00:32.38 SB: no time
	2 5 M	5 0 M	
PB		00:31.54	
	00:31.54		
			

Coach feedback:

Event number: 12: 50M FREESTYLE MEN 11+			Heat:12, starttime: 16:48
Heat: 12/18 Lane : 4 Athlete: KENNES KYNOA			Q-time: 00:29:60
PB (25m pool): 00:29.60 Kapelle-op-den-Bos 19/04/2026			PB (50m pool): no time SB: no time
	2 5 M	5 0 M	
PB		00:29.60	
	00:29.60		
			

Coach feedback:

Event number: 12: 50M FREESTYLE MEN 11+			Heat:13, starttime: 16:49
Heat: 13/18 Lane : 3 Athlete: VAN DEN BRANDE LUCAS			Q-time: 00:29:38
PB (25m pool): 00:29.68 Bastogne 05/04/2026			PB (50m pool): 00:29.38 SB: no time
	2 5 M	5 0 M	
PB		00:29.68	
	00:29.68		
			

Coach feedback:

Event number: 12: 50M FREESTYLE MEN 11+			Heat:16, starttime: 16:52
Heat: 16/18 Lane : 4 Athlete: KENNES KYLIAN			Q-time: 00:27:22
PB (25m pool): 00:27.22 Kapelle-op-den-Bos 19/04/2026			PB (50m pool): 00:27.98 SB: no time
	2 5 M	5 0 M	
PB		00:27.22	
	00:27.22		
			

Coach feedback:

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

Event number: 13: 4x50M MEDLEY WOMEN							Heat:2, starttime: 16:59	
Heat: 2/2 Lane : 1 Athlete: TEAM ZCK 2							Q-time: 02:21:00	
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:2, starttime: 16:59	
Heat: 2/2 Lane : 3 Athlete: TEAM ZCK 1							Q-time: 02:09:50	
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:2, starttime: 17:05	
Heat: 2/2 Lane : 2 Athlete: TEAM ZCK 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: