

deKlikbox.be-cup : Session: 93: COACH evaluation sheet for TEAM: ZCK

Coachinfo: Warming up from: 13:15 untill 14:10. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Okens Jari

Coaches: Van Den Broeck Michaël HEADCOACH

PB => Personal Best time

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

Event number: 302: 100M BUTTERFLY WOMEN 11+					Heat:2, starttime: 14:42
Heat: 2/6 Lane : 3 Athlete: DE SITTER KIRA					Q-time: 01:37:23
PB (25m pool): 01:37.23 Meise 21/06/2026					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:42.19		01:37.23	
		00:42.19		00:55.04	
					

Coach feedback:

Event number: 302: 100M BUTTERFLY WOMEN 11+					Heat:4, starttime: 14:47
Heat: 4/6 Lane : 4 Athlete: VERSPECHT KAAT					Q-time: 01:25:11
PB (25m pool): 01:28.03 Sint-Niklaas 28/12/2025					PB (50m pool): 01:25.11 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.97		01:28.03	
		00:38.97		00:49.06	
					

Coach feedback:

Event number: 302: 100M BUTTERFLY WOMEN 11+					Heat:5, starttime: 14:49
Heat: 5/6 Lane : 3 Athlete: VAN HOOMISSEN CHELSEA					Q-time: 01:14:90
PB (25m pool): 01:14.90 Stedelijk Zwembad Geel 15/02/2026					PB (50m pool): 01:15.99 SB: 01:18.13 Leuven 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.39		01:14.90	
		00:34.39		00:40.51	
					

Coach feedback:

deKlikbox.be-cup : Session: 93: COACH evaluation sheet for TEAM: ZCK

Event number: 302: 100M BUTTERFLY WOMEN 11+					Heat:5, starttime: 14:49
Heat: 5/6 Lane : 5 Athlete: NUYTKENS MARIE					Q-time: 01:17:00
PB (25m pool): 01:17.00 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 01:18.74 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.89		01:17.00	
	00:34.89		00:42.11		
					

Coach feedback:

Event number: 302: 100M BUTTERFLY WOMEN 11+					Heat:5, starttime: 14:49
Heat: 5/6 Lane : 6 Athlete: SEGHERS MILLA					Q-time: 01:20:53
PB (25m pool): 01:23.98 Overijse 29/11/2025 PB (50m pool): 01:20.53 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.41		01:23.98	
	00:39.41		00:44.57		
					

Coach feedback:

Event number: 302: 100M BUTTERFLY WOMEN 11+					Heat:6, starttime: 14:50
Heat: 6/6 Lane : 3 Athlete: DALEMANS LYN					Q-time: 01:07:03
PB (25m pool): 01:07.03 Bastogne 05/04/2026 PB (50m pool): 01:07.59 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.05		01:07.03	
	00:31.05		00:35.98		
					

Coach feedback:

Event number: 302: 100M BUTTERFLY WOMEN 11+					Heat:6, starttime: 14:50
Heat: 6/6 Lane : 4 Athlete: GEENS AMÉLIE					Q-time: 01:11:82
PB (25m pool): 01:11.82 Zwembad De Motte 14/07/2026 PB (50m pool): 01:16.68 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.98		01:11.82	
	00:31.98		00:39.84		
					

Coach feedback:

deKlikbox.be-cup : Session: 93: COACH evaluation sheet for TEAM: ZCK

Event number: 303: 400M FREESTYLE MEN 11+							Heat:1, starttime: 14:53	
Heat: 1/7 Lane : 2 Athlete: VERHEYEN TAYLOR							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 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		no time		no time		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		no time
								

Coach feedback:

Event number: 303: 400M FREESTYLE MEN 11+							Heat:1, starttime: 14:53	
Heat: 1/7 Lane : 3 Athlete: VAN DEN BRANDE LUCAS							Q-time: 99:99:99	
PB (25m pool): 06:00.58 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	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		no time		01:18.02		no time		02:50.14
	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		06:00.58
								

Coach feedback:

Event number: 303: 400M FREESTYLE MEN 11+							Heat:2, starttime: 15:01	
Heat: 2/7 Lane : 3 Athlete: VAN DEN BRANDE JASPER							Q-time: 07:23:45	
PB (25m pool): 07:23.45 Bastogne 05/04/2026			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		00:48.49		01:43.83		02:41.32		03:38.41
	00:48.49		00:55.34		00:57.49		00:57.09	
								
	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		04:37.14		05:36.53		06:34.00		07:23.45
	00:58.73		00:59.39		00:57.47		00:49.45	
								

Coach feedback:

deKlikbox.be-cup : Session: 93: COACH evaluation sheet for TEAM: ZCK

Event number: 303: 400M FREESTYLE MEN 11+							Heat:2, starttime: 15:01	
Heat: 2/7 Lane : 6 Athlete: PODBIELSKI JAN							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 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		no time		no time		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		no time
	...	...	...	...	...	...	...	...

Coach feedback:

Event number: 303: 400M FREESTYLE MEN 11+							Heat:6, starttime: 15:29	
Heat: 6/7 Lane : 4 Athlete: LAUWENS FINN							Q-time: 05:10:55	
PB (25m pool): 05:24.12 Sinbad 22/07/2025				PB (50m pool): 05:10.55SB: 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		00:37.97		01:18.56		no time		02:42.23
	00:37.97		00:40.59					
								
	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		05:24.12
								

Coach feedback:

Event number: 303: 400M FREESTYLE MEN 11+							Heat:6, starttime: 15:29	
Heat: 6/7 Lane : 6 Athlete: DE ROOS KASPER							Q-time: 05:17:15	
PB (25m pool): 05:20.12 Liège 21/07/2025				PB (50m pool): 05:17.15SB: 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		no time		no time		no time
	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		05:20.12
	no time		no time			no time		
	...	...	...	...	...	...	...	...

Coach feedback:

deKlikbox.be-cup : Session: 93: COACH evaluation sheet for TEAM: ZCK

Event number: 303: 400M FREESTYLE MEN 11+							Heat:7, starttime: 15:35	
Heat: 7/7 Lane : 2 Athlete: VAN DEN BROECK TIEBE							Q-time: 04:53:85	
PB (25m pool): 04:53.85 Sportoase De Watermolen 21/07/2026 PB (50m pool): 05:12.38SB: 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		00:32.80		01:09.41		01:47.31		02:24.87
	00:32.80		00:36.61		00:37.90		00:37.56	
								
	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		03:02.58		03:40.40		04:17.73		04:53.85
	00:37.71		00:37.82		00:37.33		00:36.12	
								

Coach feedback:

Event number: 303: 400M FREESTYLE MEN 11+							Heat:7, starttime: 15:35	
Heat: 7/7 Lane : 4 Athlete: BAKX WARRE							Q-time: 04:34:78	
PB (25m pool): 04:34.78 Bastogne 05/04/2026							PB (50m pool): 05:03.69SB: 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		00:29.34		01:02.21		01:35.80		02:10.47
	00:29.34		00:32.87		00:33.59		00:34.67	
								
	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		02:46.03		03:22.48		03:58.98		04:34.78
	00:35.56		00:36.45		00:36.50		00:35.80	
								

Coach feedback:

Event number: 304: 50M FREESTYLE WOMEN 18+										Heat:1, starttime: 15:41	
Heat: 1/1 Lane : 4 Athlete: JACOBS LAURIEN										Q-time: 00:30:88	
PB (25m pool): 00:30.88 Kapelle-op-den-Bos 19/04/2026 PB (50m pool): 00:31.27 SB: no time											
	2 5 M		5 0 M								
PB			00:30.88								
	00:30.88										
											

Coach feedback:

deKlikbox.be-cup : Session: 93: COACH evaluation sheet for TEAM: ZCK

Event number: 306: 50M BREASTSTROKE MIXED 10-9				Heat:1, starttime: 15:44
Heat: 1/2 Lane : 4 Athlete: PODBIELSKI KAMIL				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: 307: 100M MEDLEY WOMEN 11+					Heat:1, starttime: 15:47
Heat: 1/5 Lane : 2 Athlete: VANDERWEE NOOR					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 M	
PB		no time		no time	
	no time				
					

Coach feedback:

Event number: 307: 100M MEDLEY WOMEN 11+					Heat:1, starttime: 15:47
Heat: 1/5 Lane : 3 Athlete: REYNIERS SINNE					Q-time: 01:39:38
PB (25m pool): 01:39.38 Ternat 29/03/2026		PB (50m pool): no time SB: no time			
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:39.38	
	no time				
					

Coach feedback:

Event number: 307: 100M MEDLEY WOMEN 11+					Heat:1, starttime: 15:47
Heat: 1/5 Lane : 4 Athlete: VAN DEN EYNDE PAULIEN					Q-time: 01:41:58
PB (25m pool): 01:41.58 Tienen 26/10/2025		PB (50m pool): no time SB: no time			
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:41.58	
	no time				
					

Coach feedback:

Event number: 307: 100M MEDLEY WOMEN 11+					Heat:2, starttime: 15:49
Heat: 2/5 Lane : 3 Athlete: DE SAEGER JULIE					Q-time: 01:31:65
PB (25m pool): 01:31.65 Kapelle-op-den-Bos 19/04/2026 PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:31.65	
	no time				
					

Coach feedback:

Event number: 307: 100M MEDLEY WOMEN 11+					Heat:2, starttime: 15:49
Heat: 2/5 Lane : 5 Athlete: SCHAERLAEKEN LANA					Q-time: 01:34:21
PB (25m pool): 01:34.21 Kapelle-op-den-Bos 19/04/2026 PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:34.21	
	no time				
					

Coach feedback:

Event number: 307: 100M MEDLEY WOMEN 11+					Heat:3, starttime: 15:51
Heat: 3/5 Lane : 1 Athlete: SCHAERLAEKEN NOOR					Q-time: 01:28:53
PB (25m pool): 01:28.53 Kapelle-op-den-Bos 19/04/2026 PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:28.53	
	no time				
					

Coach feedback:

Event number: 307: 100M MEDLEY WOMEN 11+					Heat:4, starttime: 15:53
Heat: 4/5 Lane : 2 Athlete: REYNIERS FIEN					Q-time: 01:21:55
PB (25m pool): 01:21.55 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.00		01:21.55	
	00:37.00		00:44.55		
					

Coach feedback:

Event number: 307: 100M MEDLEY WOMEN 11+					Heat:4, starttime: 15:53
Heat: 4/5 Lane : 3 Athlete: DE TOLLENAERE LAURA					Q-time: 01:20:97
PB (25m pool): 01:20.97 Zwembad De Motte 14/07/2026 PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:20.97	
	no time				
					

Coach feedback:

Event number: 307: 100M MEDLEY WOMEN 11+					Heat:5, starttime: 15:55
Heat: 5/5 Lane : 2 Athlete: JACOBS LAURIEN					Q-time: 01:15:79
PB (25m pool): 01:15.79 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.28		01:15.79	
	00:35.28 00:40.51				
					

Coach feedback:

Event number: 307: 100M MEDLEY WOMEN 11+					Heat:5, starttime: 15:55
Heat: 5/5 Lane : 3 Athlete: VAN DEN EEDE OLIVIA					Q-time: 01:11:11
PB (25m pool): 01:11.03 Leuven 04/10/2026 PB (50m pool): no time SB: 01:11.03 Leuven 04/10/2026					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.85		01:11.03	
	00:33.85 00:37.18				
					

Coach feedback:

Event number: 308: 100M BACKSTROKE MEN 11+					Heat:3, starttime: 16:04
Heat: 3/5 Lane : 1 Athlete: VANDERWEE MATTIAS					Q-time: 01:28:83
PB (25m pool): 01:28.83 Liedekerke 11/11/2025 PB (50m pool): 01:29.87 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:41.44		01:28.83	
	00:41.44 00:47.39				
					

Coach feedback:

deKlikbox.be-cup : Session: 93: COACH evaluation sheet for TEAM: ZCK

Event number: 308: 100M BACKSTROKE MEN 11+					Heat:4, starttime: 16:06
Heat: 4/5 Lane : 4 Athlete: VAN DEN BROECK TIEBE					Q-time: 01:18:08
PB (25m pool): 01:18.08 Bastogne 05/04/2026			PB (50m pool): 01:25.91 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.42		01:18.08	
	00:37.42		00:40.66		
					

Coach feedback:

Event number: 308: 100M BACKSTROKE MEN 11+					Heat:5, starttime: 16:08
Heat: 5/5 Lane : 2 Athlete: VAN LOON BAS					Q-time: 01:12:54
PB (25m pool): 01:12.54 Temse 21/12/2025			PB (50m pool): 01:18.23 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.93		01:12.54	
	00:35.93		00:36.61		
					

Coach feedback:

Event number: 309: 200M BACKSTROKE MIXED 10-9							Heat:2, starttime: 16:15	
Heat: 2/2 Lane : 6 Athlete: PODBIELSKI KAMIL							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: 310: 50M BREASTSTROKE WOMEN 11+										Heat:4, starttime: 16:34	
Heat: 4/4 Lane : 1 Athlete: DE SAEGER JULIE										Q-time: 00:43:78	
PB (25m pool): 00:43.78 Kapelle-op-den-Bos 21/09/2025 PB (50m pool): 00:43.83SB: no time											
	2 5 M		5 0 M								
PB			00:43.78								
			00:43.78								
											

Coach feedback:

Event number: 310: 50M BREASTSTROKE WOMEN 11+							Heat:4, starttime: 16:34	
Heat: 4/4 Lane : 3 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: 00:35.43 Leuven 04/10/2026	
	2 5 M		5 0 M					
PB			00:34.92					
			00:34.92					
								

Coach feedback:

Event number: 311: 50M BREASTSTROKE MEN 11+							Heat:1, starttime: 16:36	
Heat: 1/2 Lane : 2 Athlete: VANDERWEE MATTIAS							Q-time: 00:47:02	
PB (25m pool): 00:47.02 Sint-Pieters-Leeuw 01/03/2026							PB (50m pool): no time SB: no time	
	2 5 M		5 0 M					
PB			00:47.02					
			00:47.02					
								

Coach feedback:

Event number: 313: 50M BUTTERFLY WOMEN 18+							Heat:1, starttime: 16:42	
Heat: 1/1 Lane : 3 Athlete: JACOBS LAURIEN							Q-time: 00:35:15	
PB (25m pool): 00:35.15 Kapelle-op-den-Bos 19/04/2026							PB (50m pool): 00:35.27 SB: no time	
	2 5 M		5 0 M					
PB			00:35.15					
			00:35.15					
								

Coach feedback:

Event number: 315: 100M BACKSTROKE WOMEN 11+				Heat:1, starttime: 16:45	
Heat: 1/4 Lane : 2 Athlete: SCHAEERLAEKEN LANA				Q-time: 01:37:42	
PB (25m pool): 01:37.42 Zaventem 16/02/2025				PB (50m pool): 01:39.68 SB: no time	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:47.16		01:37.42	
	00:47.16		00:50.26		
					

Coach feedback:

Event number: 315: 100M BACKSTROKE WOMEN 11+					Heat:1, starttime: 16:45
Heat: 1/4 Lane : 6 Athlete: VANDERWEE NOOR					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 M	
PB		no time		no time	
	no time				
					

Coach feedback:

Event number: 315: 100M BACKSTROKE WOMEN 11+					Heat:2, starttime: 16:48
Heat: 2/4 Lane : 1 Athlete: SCHAEERLAEKEN NOOR					Q-time: 01:34:67
PB (25m pool): 01:32.87 Dilbeek 12/05/2024 PB (50m pool): 01:34.67 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:32.87	
	no time				
					

Coach feedback:

Event number: 315: 100M BACKSTROKE WOMEN 11+					Heat:4, starttime: 16:53
Heat: 4/4 Lane : 2 Athlete: VAN HOOMISSEN CHELSEA					Q-time: 01:15:42
PB (25m pool): 01:15.42 Ternat 29/03/2026 PB (50m pool): 01:18.92 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.32		01:15.42	
	00:36.32 00:39.10				
					

Coach feedback:

Event number: 315: 100M BACKSTROKE WOMEN 11+					Heat:4, starttime: 16:53
Heat: 4/4 Lane : 4 Athlete: VERSPECHT KAAAT					Q-time: 01:14:84
PB (25m pool): 01:14.84 Bastogne 05/04/2026 PB (50m pool): 01:17.34 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.06		01:14.84	
	00:36.06 00:38.78				
					

Coach feedback:

Event number: 315: 100M BACKSTROKE WOMEN 11+					Heat:4, starttime: 16:53
Heat: 4/4 Lane : 5 Athlete: DE SITTER KIRA					Q-time: 01:20:39
PB (25m pool): 01:20.39 Meise 21/06/2026			PB (50m pool): 01:24.96 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.80		01:20.39	
	00:38.80		00:41.59		
					

Coach feedback:

Event number: 316: 100M MEDLEY MEN 11+					Heat:2, starttime: 16:57
Heat: 2/5 Lane : 2 Athlete: VERHEYEN TAYLOR					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 M	
PB		no time		no time	
	no time				
					

Coach feedback:

Event number: 316: 100M MEDLEY MEN 11+					Heat:2, starttime: 16:57
Heat: 2/5 Lane : 3 Athlete: VAN DEN BRANDE JASPER					Q-time: 01:42:80
PB (25m pool): 01:42.80 Kapelle-op-den-Bos 19/04/2026			PB (50m pool): no time SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:42.80	
	no time				
					

Coach feedback:

Event number: 316: 100M MEDLEY MEN 11+					Heat:3, starttime: 17:00
Heat: 3/5 Lane : 1 Athlete: PODBIELSKI JAN					Q-time: 01:37:78
PB (25m pool): 01:37.78 Ternat 29/03/2026			PB (50m pool): no time SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:37.78	
	no time				
					

Coach feedback:

Event number: 316: 100M MEDLEY MEN 11+					Heat:5, starttime: 17:04
Heat: 5/5 Lane : 1 Athlete: VAN DEN BRANDE LUCAS					Q-time: 01:13:95
PB (25m pool): 01:13.95 Liedekerke 11/11/2025					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:13.95	
	no time				
					

Coach feedback:

Event number: 316: 100M MEDLEY MEN 11+					Heat:5, starttime: 17:04
Heat: 5/5 Lane : 3 Athlete: BAKX WARRE					Q-time: 01:04:19
PB (25m pool): 01:04.19 Kapelle-op-den-Bos 19/04/2026					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:04.19	
	no time				
					

Coach feedback:

Event number: 317: 400M FREESTYLE WOMEN 11+							Heat:2, starttime: 17:15
Heat: 2/8 Lane : 1 Athlete: VAN DEN EYNDE PAULIEN							Q-time: 06:51:70
PB (25m pool): 06:51.70 Ternat 29/03/2026							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
PB		no time		01:38.88		no time	03:24.86
	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
PB		no time		no time		no time	06:51.70
							

Coach feedback:

deKlikbox.be-cup : Session: 93: COACH evaluation sheet for TEAM: ZCK

Event number: 317: 400M FREESTYLE WOMEN 11+							Heat:2, starttime: 17:15	
Heat: 2/8 Lane : 4 Athlete: REYNIERS SINNE							Q-time: 06:35:93	
PB (25m pool): 06:35.93 Zwembad De Motte 20/06/2026				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		01:32.40		no time		03:13.33
	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		06:35.93
								

Coach feedback:

Event number: 317: 400M FREESTYLE WOMEN 11+							Heat:6, starttime: 17:41	
Heat: 6/8 Lane : 2 Athlete: SEGHERS MILLA							Q-time: 05:28:73	
PB (25m pool): 05:28.73 Meise 02/11/2025				PB (50m pool): 05:32.52SB: 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		01:19.33		no time		02:44.76
	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		05:28.73
								

Coach feedback:

Event number: 317: 400M FREESTYLE WOMEN 11+							Heat:6, starttime: 17:41	
Heat: 6/8 Lane : 3 Athlete: REYNIERS FIEN							Q-time: 05:25:73	
PB (25m pool): 05:25.73 Tienen 26/10/2025				PB (50m pool): 05:32.86SB: 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		01:18.43		no time		02:41.23
	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		05:25.73
								

Coach feedback:

deKlikbox.be-cup : Session: 93: COACH evaluation sheet for TEAM: ZCK

Event number: 317: 400M FREESTYLE WOMEN 11+							Heat:7, starttime: 17:47	
Heat: 7/8 Lane : 2 Athlete: NUYTKENS MARIE							Q-time: 05:07:73	
PB (25m pool): 05:07.73 Ternat 29/03/2026				PB (50m pool): 05:15.30SB: 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		01:12.19		no time		02:31.72
	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		05:07.73
								

Coach feedback:

Event number: 317: 400M FREESTYLE WOMEN 11+							Heat:7, starttime: 17:47	
Heat: 7/8 Lane : 5 Athlete: DE TOLLENAERE LAURA							Q-time: 05:20:72	
PB (25m pool): 05:20.72 Zwembad De Motte 14/07/2026				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		01:14.22		no time		02:36.02
	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		05:20.72
								

Coach feedback:

Event number: 317: 400M FREESTYLE WOMEN 11+							Heat:8, starttime: 17:53	
Heat: 8/8 Lane : 3 Athlete: DALEMANS LYN							Q-time: 04:31:79	
PB (25m pool): 04:31.79 Zaventem 15/07/2025				PB (50m pool): 04:56.52SB: 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		01:04.55		no time		02:13.55
	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		04:31.79
								

Coach feedback:

deKlikbox.be-cup : Session: 93: COACH evaluation sheet for TEAM: ZCK

Event number: 317: 400M FREESTYLE WOMEN 11+							Heat:8, starttime: 17:53	
Heat: 8/8 Lane : 4 Athlete: GEENS AMÉLIE							Q-time: 04:47:69	
PB (25m pool): 04:47.69 Bastogne 05/04/2026				PB (50m pool): 05:09.09SB: 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		00:31.48		01:06.86		01:43.29		02:20.38
	00:31.48		00:35.38		00:36.43		00:37.09	
								
	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		02:57.02		03:34.41		04:11.64		04:47.69
	00:36.64		00:37.39		00:37.23		00:36.05	
								

Coach feedback:

Event number: 318: 100M BUTTERFLY MEN 11+					Heat:3, starttime: 18:04
Heat: 3/5 Lane : 1 Athlete: LAUWENS FINN				Q-time: 01:28:23	
PB (25m pool): 01:28.23 Sportoase De Watermolen 21/07/2026 PB (50m pool): 01:37.74SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.96		01:28.23	
	00:40.96		00:47.27		
					

Coach feedback:

Event number: 318: 100M BUTTERFLY MEN 11+					Heat:4, starttime: 18:06
Heat: 4/5 Lane : 2 Athlete: DE ROOS KASPER				Q-time: 01:19:43	
PB (25m pool): 01:19.67 Bastogne 05/04/2026					PB (50m pool): 01:19.43SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.27		01:19.67	
	00:37.27		00:42.40		
					

Coach feedback:

Event number: 318: 100M BUTTERFLY MEN 11+					Heat:5, starttime: 18:08
Heat: 5/5 Lane : 3 Athlete: VAN LOON BAS					Q-time: 01:10:24
PB (25m pool): 01:10.24 Vilvoorde 18/05/2025					PB (50m pool): 01:10.49SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.64		01:10.24	
	00:32.64		00:37.60		
					

Coach feedback: