

Recordwedstrijd KAZS: Session: 1: COACH evaluation sheet for TEAM: ZCT

Coachinfo: Warming up from: 16:00 until 16:55. Teamleadmeeting @ 16:15 The listed starttimes are indicative!

Coaches: Akkers Mieke HEADCOACH

Coaches: Van Vlasselaer Eva

Coaches: Callebaut Joris

PB => Personal Best time

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

Event number: 2: 400M FREESTYLE MEN 11+							Heat:3, starttime: 17:20	
Heat: 3/3 Lane : 7 Athlete: VAN DER BORGH T FLORIS							Q-time: 04:20:83	
PB (25m pool): 04:20.83 Aarschot 28/07/2025				PB (50m pool): 04:29.65SB: 04:26.26 Leuven 12/10/2025				
	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		01:03.16		no time		02:09.66
	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		04:20.83
								

Coach feedback:

Event number: 3: 400M MEDLEY WOMEN 11+							Heat:1, starttime: 17:25	
Heat: 1/1 Lane : 4 Athlete: BOHMER JANNE							Q-time: 05:25:58	
PB (25m pool): 05:25.58 LEUVEN 23/11/2025				PB (50m pool): 05:33.37SB: 05:25.58 LEUVEN 23/11/2025				
	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		00:36.20		01:18.94		02:02.45		02:43.56
	00:36.20		00:42.74		00:43.51		00:41.11	
								
	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		03:29.02		04:15.54		04:51.95		05:25.58
	00:45.46		00:46.52		00:36.41		00:33.63	
								

Coach feedback:

Recordwedstrijd KAZS: Session: 1: COACH evaluation sheet for TEAM: ZCT

Event number: 5: 50M BUTTERFLY WOMEN 11+					Heat:3, starttime: 17:30				
Heat: 3/3 Lane : 4 Athlete: VERELST LAURA					Q-time: 00:30:75				
PB (25m pool): 00:30.75 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 00:31.50 SB: 00:30.75 Stedelijk Zwembad Geel 15/02/2026									
	2 5 M		5 0 M						
PB			00:30.75						
			00:30.75						
									

Coach feedback:

Event number: 6: 50M BUTTERFLY MEN 11+						Heat:3, starttime: 17:35	
Heat: 3/3 Lane : 5 Athlete: PELGRIMS LOWIE						Q-time: 00:27:77	
PB (25m pool): 00:27.77 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 00:27.88SB: 00:27.77 Stedelijk Zwembad Geel 15/02/2026							
	2 5 M	5 0 M					
PB		00:27.77					
	00:27.77						
							

Coach feedback:

Event number: 7: 100M FREESTYLE WOMEN 11+					Heat:2, starttime: 17:40
Heat: 2/3 Lane : 7 Athlete: DECALUWé HELENA				Q-time: 01:04:73	
PB (25m pool): 01:04.73 LEUVEN 23/11/2025					PB (50m pool): 01:06.62 SB: 01:04.73 LEUVEN 23/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.71		01:04.73	
	00:30.71		00:34.02		
					

Coach feedback:

Event number: 7: 100M FREESTYLE WOMEN 11+					Heat:3, starttime: 17:40
Heat: 3/3 Lane : 7 Athlete: VELDHUIS VICTORIA				Q-time: 01:01:77	
PB (25m pool): 01:01.77 Stedelijk Zwembad Geel 16/02/2025 PB (50m pool): 01:03.91 SB: 01:01.82 Stedelijk Zwembad Geel 15/02/2026					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.25		01:01.77	
	00:30.25		00:31.52		
					

Coach feedback:

Recordwedstrijd KAZS: Session: 1: COACH evaluation sheet for TEAM: ZCT

Event number: 8: 100M FREESTYLE MEN 11+					Heat:3, starttime: 17:45
Heat: 3/4 Lane : 6 Athlete: DECALUWé GEORGES					Q-time: 00:56:39
PB (25m pool): 00:56.39 LEUVEN 23/11/2025					PB (50m pool): 00:57.77 SB: 00:56.39 LEUVEN 23/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:27.08		00:56.39	
	00:27.08		00:29.31		
					

Coach feedback:

Event number: 8: 100M FREESTYLE MEN 11+					Heat:4, starttime: 17:45
Heat: 4/4 Lane : 2 Athlete: GEENS DRé					Q-time: 00:54:83
PB (25m pool): 00:54.83 Stedelijk Zwembad Geel 15/02/2026					PB (50m pool): 00:55.27 SB: 00:54.83 Stedelijk Zwembad Geel 15/02/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:26.22		00:54.83	
	00:26.22		00:28.61		
					

Coach feedback:

Event number: 8: 100M FREESTYLE MEN 11+					Heat:4, starttime: 17:45
Heat: 4/4 Lane : 7 Athlete: VAN GRUNDERBEECK BAS					Q-time: 00:55:72
PB (25m pool): 00:55.72 LEUVEN 21/12/2025					PB (50m pool): 00:57.10 SB: 00:55.72 LEUVEN 21/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:27.01		00:55.72	
	00:27.01		00:28.71		
					

Coach feedback:

Event number: 9: 200M BREASTSTROKE WOMEN 11+							Heat:1, starttime: 17:50
Heat: 1/1 Lane : 4 Athlete: UYTTERHOEVEN FLO							Q-time: 02:47:81
PB (25m pool): 02:47.81 Aarschot 28/07/2025							PB (50m pool): 02:48.66 SB: 02:48.10 Heist-op-den-Berg 10/01/2026
	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		00:38.08		01:21.83		no time	02:47.81
	00:38.08		00:43.75				
							

Coach feedback:

Recordwedstrijd KAZS: Session: 1: COACH evaluation sheet for TEAM: ZCT

Event number: 12: 50M BACKSTROKE MEN 11+							Heat:1, starttime: 18:00		
Heat: 1/1 Lane : 5 Athlete: DECALUWé GEORGES							Q-time: 00:29:33		
PB (25m pool): 00:29.33 Liedekerke 11/11/2025							PB (50m pool): 00:30.14SB: 00:29.33 Liedekerke 11/11/2025		
	2 5 M		5 0 M						
PB			00:29.33						
			00:29.33						
									

Coach feedback:

Event number: 13: 100M MEDLEY WOMEN 11+				Heat:3, starttime: 18:05			
Heat: 3/3 Lane : 5 Athlete: CAES OONE				Q-time: 01:06:13			
PB (25m pool): 01:06.13 Stedelijk Zwembad Geel 15/02/2026				PB (50m pool): no time SB: 01:06.13 Stedelijk Zwembad Geel 15/02/2026			
	2 5 M	5 0 M	7 5 M	1 0 0 M			
PB		00:31.04		01:06.13			
	00:31.04		00:35.09				
							

Coach feedback:

Event number: 15: 200M BUTTERFLY WOMEN 11+							Heat:1, starttime: 18:10	
Heat: 1/1 Lane : 4 Athlete: THIJS MAAIKE							Q-time: 02:50:17	
PB (25m pool): 02:50.17 LEUVEN 21/12/2025				PB (50m pool): 02:41.60SB: 02:50.17 LEUVEN 21/12/2025				
	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		00:38.55		01:21.98		02:06.72		02:50.17
	00:38.55		00:43.43		00:44.74		00:43.45	
								

Coach feedback:

Event number: 17: 100M BREASTSTROKE WOMEN 11+				Heat:2, starttime: 18:45			
Heat: 2/2 Lane : 3 Athlete: DECALUWé HELENA				Q-time: 01:19:53			
PB (25m pool): 01:19.53 Heist-op-den-Berg 10/01/2026				PB (50m pool): 01:24.43 SB: 01:19.53 Heist-op-den-Berg 10/01/2026			
	2 5 M	5 0 M	7 5 M	1 0 0 M			
PB		00:37.21		01:19.53			
	00:37.21		00:42.32				
							

Coach feedback:

Recordwedstrijd KAZS: Session: 1: COACH evaluation sheet for TEAM: ZCT

Event number: 17: 100M BREASTSTROKE WOMEN 11+					Heat:2, starttime: 18:45
Heat: 2/2 Lane : 4 Athlete: VERELST LAURA					Q-time: 01:15:60
PB (25m pool): 01:15.60 Heist-op-den-Berg 10/01/2026			PB (50m pool): 01:17.43 SB: 01:15.60 Heist-op-den-Berg 10/01/2026		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.41		01:15.60	
	00:35.41		00:40.19		
					

Coach feedback:

Event number: 17: 100M BREASTSTROKE WOMEN 11+					Heat:2, starttime: 18:45
Heat: 2/2 Lane : 5 Athlete: UYTTERHOEVEN FLO					Q-time: 01:17:31
PB (25m pool): 01:17.31 Heist-op-den-Berg 10/01/2026			PB (50m pool): 01:19.50 SB: 01:17.31 Heist-op-den-Berg 10/01/2026		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.81		01:17.31	
	00:35.81		00:41.50		
					

Coach feedback:

Event number: 18: 100M BREASTSTROKE MEN 11+					Heat:1, starttime: 18:45
Heat: 1/1 Lane : 3 Athlete: GEENS DRé					Q-time: 01:10:04
PB (25m pool): 01:10.04 Herentals 09/05/2026			PB (50m pool): 01:12.81 SB: 01:10.04 Herentals 09/05/2026		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.88		01:10.04	
	00:32.88		00:37.16		
					

Coach feedback:

Event number: 20: 50M FREESTYLE MEN 11+					Heat:4, starttime: 18:55
Heat: 4/4 Lane : 2 Athlete: VAN GRUNDERBEECK BAS					Q-time: 00:25:16
PB (25m pool): 00:25.16 LEUVEN 23/11/2025			PB (50m pool): 00:26.10 SB: 00:25.16 LEUVEN 23/11/2025		
	2 5 M	5 0 M			
PB		00:25.16			
	00:25.16				
					

Coach feedback:

Recordwedstrijd KAZS: Session: 1: COACH evaluation sheet for TEAM: ZCT

Event number: 25: 100M BUTTERFLY WOMEN 11+					Heat:1, starttime: 19:10
Heat: 1/1 Lane : 4 Athlete: THIJS MAAIKE					Q-time: 01:07:74
PB (25m pool): 01:07.74 Herentals 09/05/2026					PB (50m pool): 01:08.49 SB: 01:07.74 Herentals 09/05/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.94		01:07.74	
	00:30.94		00:36.80		
					

Coach feedback:

Event number: 26: 100M BUTTERFLY MEN 11+					Heat:1, starttime: 19:10
Heat: 1/2 Lane : 4 Athlete: VAN GRUNDERBEECK BAS					Q-time: 01:05:19
PB (25m pool): 01:05.19 Leuven 12/10/2025					PB (50m pool): 01:05.51 SB: 01:05.19 Leuven 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.53		01:05.19	
	00:30.53		00:34.66		
					

Coach feedback:

Event number: 26: 100M BUTTERFLY MEN 11+					Heat:2, starttime: 19:15
Heat: 2/2 Lane : 3 Athlete: PELGRIMS LOWIE					Q-time: 01:01:76
PB (25m pool): 01:01.76 LEUVEN 23/11/2025					PB (50m pool): 01:02.98 SB: 01:01.76 LEUVEN 23/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:28.82		01:01.76	
	00:28.82		00:32.94		
					

Coach feedback:

Event number: 27: 200M FREESTYLE WOMEN 11+							Heat:2, starttime: 19:20	
Heat: 2/2 Lane : 4 Athlete: VELDHUIS VICTORIA							Q-time: 02:14:78	
PB (25m pool): 02:14.48 Leuven 20/10/2024				PB (50m pool): 02:19.25SB: 02:19.17 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		00:31.84		01:05.68		01:40.36		02:14.48
	00:31.84		00:33.84		00:34.68		00:34.12	
								

Coach feedback:

Recordwedstrijd KAZS: Session: 1: COACH evaluation sheet for TEAM: ZCT

Event number: 27: 200M FREESTYLE WOMEN 11+							Heat:2, starttime: 19:20	
Heat: 2/2 Lane : 5 Athlete: BOHMER JANNE							Q-time: 02:16:14	
PB (25m pool): 02:16.14 Leuven 12/10/2025				PB (50m pool): 02:17.45 SB: 02:16.14 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		00:32.14		01:07.07		01:42.04		02:16.14
	00:32.14		00:34.93		00:34.97		00:34.10	
								

Coach feedback:

Event number: 28: 200M FREESTYLE MEN 11+							Heat:1, starttime: 19:25	
Heat: 1/2 Lane : 4 Athlete: VAN DER BORGHT FLORIS							Q-time: 02:04:14	
PB (25m pool): 02:04.14 LEUVEN 23/11/2025				PB (50m pool): 02:08.65SB: 02:04.14 LEUVEN 23/11/2025				
	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		00:28.86		01:00.19		01:32.21		02:04.14
	00:28.86		00:31.33		00:32.02		00:31.93	
								

Coach feedback:

Event number: 28: 200M FREESTYLE MEN 11+							Heat:2, starttime: 19:25	
Heat: 2/2 Lane : 6 Athlete: GEENS DRé							Q-time: 02:03:16	
PB (25m pool): 02:03.16 Leuven 12/10/2025				PB (50m pool): 02:07.80SB: 02:03.16 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		00:28.15		00:59.22		01:31.51		02:03.16
	00:28.15		00:31.07		00:32.29		00:31.65	
								

Coach feedback:

Event number: 30: 100M BACKSTROKE MEN 11+					Heat:1, starttime: 19:35
Heat: 1/1 Lane : 5 Athlete: DECALUWé GEORGES				Q-time: 01:02:54	
PB (25m pool): 01:02.54 LEUVEN 23/11/2025			PB (50m pool): 01:05.77 SB: 01:02.54 LEUVEN 23/11/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.19		01:02.54	
	00:30.19		00:32.35		
					

Coach feedback:

Recordwedstrijd KAZS: Session: 1: COACH evaluation sheet for TEAM: ZCT

Event number: 31: 200M MEDLEY WOMEN 11+							Heat:1, starttime: 19:35	
Heat: 1/2 Lane : 4 Athlete: DECALUWé HELENA							Q-time: 02:36:91	
PB (25m pool): 02:36.91 Sinbad 22/07/2025				PB (50m pool): 02:41.95SB: 02:37.41 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		00:33.56		no time		no time		02:36.91
	00:33.56							
								

Coach feedback:

Event number: 31: 200M MEDLEY WOMEN 11+							Heat:1, starttime: 19:35	
Heat: 1/2 Lane : 5 Athlete: UYTTERHOEVEN FLO							Q-time: 02:38:54	
PB (25m pool): 02:38.54 Sinbad 16/03/2025				PB (50m pool): 02:42.07SB: 02:39.09 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		00:36.07		no time		no time		02:38.54
	00:36.07							
								

Coach feedback:

Event number: 31: 200M MEDLEY WOMEN 11+							Heat:2, starttime: 19:40	
Heat: 2/2 Lane : 2 Athlete: VERELST LAURA							Q-time: 02:32:53	
PB (25m pool): 02:32.53 Leuven 12/10/2025				PB (50m pool): 02:32.61SB: 02:32.53 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		00:33.56		01:12.76		01:56.74		02:32.53
	00:33.56		00:39.20		00:43.98		00:35.79	
								

Coach feedback:

Event number: 31: 200M MEDLEY WOMEN 11+							Heat:2, starttime: 19:40	
Heat: 2/2 Lane : 3 Athlete: CAES OONE							Q-time: 02:27:85	
PB (25m pool): 02:27.85 LEUVEN 21/12/2025				PB (50m pool): 02:37.85SB: 02:27.85 LEUVEN 21/12/2025				
	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		00:32.03		01:10.00		01:52.59		02:27.85
	00:32.03		00:37.97		00:42.59		00:35.26	
								

Coach feedback:

Recordwedstrijd KAZS: Session: 1: COACH evaluation sheet for TEAM: ZCT

Event number: 35: 4x100M FREESTYLE WOMEN 11+							Heat:2, starttime: 20:00	
Heat: 2/2 Lane : 3 Athlete: TEAM ZCT 1							Q-time: 04:04:00	
PB (25m pool):			PB (50m pool):			SB:		
	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								
								
	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								
								

Coach feedback:

Event number: 36: 4x100M FREESTYLE MEN 11+							Heat:2, starttime: 20:10	
Heat: 2/2 Lane : 6 Athlete: TEAM ZCT 1							Q-time: 03:42:00	
PB (25m pool):			PB (50m pool):			SB:		
	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								
								
	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								
								

Coach feedback: