

SCZ Recordpoging: Session: 1: COACH Evaluation sheet for TEAM: ALZV

Coachinfo: Warming up from: 17:00 untill . Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Pinte Kevin HEADCOACH

PB => Personal Best time

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

Event number: 1: 400M FREESTYLE MEN 11+							Heat:2, starttime: 18:07	
Heat: 2/4 Lane : 4 Athlete: VAN DEN BERGHE VINCE							Q-time: 05:28:81	
PB (25m pool): 05:28.81 LEUVEN 21/12/2025				PB (50m pool): no time SB: 05:28.81 LEUVEN 21/12/2025				
	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		00:36.42		01:16.88		01:59.73		02:42.08
	00:36.42		00:40.46		00:42.85		00:42.35	
								
	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		03:24.47		04:06.09		04:47.73		05:28.81
	00:42.39		00:41.62		00:41.64		00:41.08	
								

Coach feedback:

Event number: 2: 400M FREESTYLE WOMEN 11+							Heat:2, starttime: 18:31	
Heat: 2/2 Lane : 5 Athlete: NECULAE MARIA IULIA							Q-time: 05:35:98	
PB (25m pool): 05:35.98 Tremelo 24/05/2026				PB (50m pool): 06:03.56 SB: 05:35.98 Tremelo 24/05/2026				
	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		01:18.94		no time		02:42.76
	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		05:35.98
								

Coach feedback:

Event number: 5: 100M BUTTERFLY MEN 11+							Heat:2, starttime: 19:00	
Heat: 2/5 Lane : 2 Athlete: WAGEMANS DAAN							Q-time: 01:23:23	
PB (25m pool): 01:23.23 LEUVEN 22/02/2026				PB (50m pool): 01:23.87 SB: 01:23.23 LEUVEN 22/02/2026				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:37.79		01:23.23				
	00:37.79		00:45.44					
								

Coach feedback:

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Event number: 5: 100M BUTTERFLY MEN 11+					Heat:5, starttime: 19:06
Heat: 5/5 Lane : 2 Athlete: DE MAESSCHALCK YARNE					Q-time: 01:01:48
PB (25m pool): 01:01.48 Leuven 12/10/2025					PB (50m pool): 01:02.59 SB: 01:01.48 Leuven 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:28.01		01:01.48	
	00:28.01		00:33.47		
					

Coach feedback:

Event number: 6: 100M BUTTERFLY WOMEN 11+					Heat:2, starttime: 19:10
Heat: 2/3 Lane : 2 Athlete: PINTE ELLA					Q-time: 01:27:57
PB (25m pool): 01:27.57 Ternat 29/03/2026					PB (50m pool): 01:27.09 SB: 01:27.57 Ternat 29/03/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.54		01:27.57	
	00:40.54		00:47.03		
					

Coach feedback:

Event number: 6: 100M BUTTERFLY WOMEN 11+					Heat:3, starttime: 19:12
Heat: 3/3 Lane : 2 Athlete: VAN ROY YANA					Q-time: 01:12:07
PB (25m pool): 01:12.07 Zaventem 15/07/2025					PB (50m pool): 01:12.82 SB: 01:12.75 LEUVEN 23/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.28		01:12.07	
	00:33.28		00:38.79		
					

Coach feedback:

Event number: 6: 100M BUTTERFLY WOMEN 11+					Heat:3, starttime: 19:12
Heat: 3/3 Lane : 3 Athlete: VAN ROY ONAH					Q-time: 01:09:90
PB (25m pool): 01:09.90 Ternat 29/03/2026					PB (50m pool): 01:12.31 SB: 01:09.90 Ternat 29/03/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.87		01:09.90	
	00:32.87		00:37.03		
					

Coach feedback:

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Event number: 7: 100M BREASTSTROKE MEN 11+					Heat:3, starttime: 19:19
Heat: 3/5 Lane : 4 Athlete: HERMAN WOUT					Q-time: 01:28:06
PB (25m pool): 01:28.06 Zaventem 08/02/2026			PB (50m pool): 01:31.72 SB: 01:28.06 Zaventem 08/02/2026		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:41.81		01:28.06	
	00:41.81		00:46.25		
					

Coach feedback:

Event number: 7: 100M BREASTSTROKE MEN 11+					Heat:5, starttime: 19:23
Heat: 5/5 Lane : 3 Athlete: CORNELISSEN LARS					Q-time: 01:08:54
PB (25m pool): 01:08.54 Gent 09/11/2025			PB (50m pool): 01:11.75 SB: 01:08.54 Gent 09/11/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.12		01:08.54	
	00:32.12		00:36.42		
					

Coach feedback:

Event number: 11: 200M MEDLEY MEN 11+							Heat:2, starttime: 20:14	
Heat: 2/3 Lane : 1 Athlete: HERMAN WOUT							Q-time: 03:02:05	
PB (25m pool): 03:02.05 LEUVEN 21/12/2025				PB (50m pool): 03:03.11SB: 03:02.05 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		00:41.24		01:26.62		02:18.76		03:02.05
	00:41.24		00:45.38		00:52.14		00:43.29	
								

Coach feedback:

Event number: 12: 200M MEDLEY WOMEN 11+							Heat:1, starttime: 20:21	
Heat: 1/2 Lane : 2 Athlete: PINTE ELLA							Q-time: 03:14:30	
PB (25m pool): 03:14.30 Zaventem 08/02/2026				PB (50m pool): 03:39.24SB: 03:14.30 Zaventem 08/02/2026				
	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		00:41.62		no time		no time		03:14.30
	00:41.62							
								

Coach feedback:

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Event number: 13: 100M BACKSTROKE MEN 11+					Heat:2, starttime: 20:31
Heat: 2/2 Lane : 2 Athlete: HERMANS VIKTOR					Q-time: 01:13:57
PB (25m pool): 01:13.57 Ternat 29/03/2026					PB (50m pool): 01:14.63 SB: 01:13.57 Ternat 29/03/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.15		01:13.57	
	00:36.15		00:37.42		
					

Coach feedback:

Event number: 15: 100M FREESTYLE MEN 11+					Heat:4, starttime: 20:44
Heat: 4/8 Lane : 3 Athlete: WAGEMANS DAAN					Q-time: 01:05:47
PB (25m pool): 01:05.47 LEUVEN 22/02/2026					PB (50m pool): 01:06.83 SB: 01:05.47 LEUVEN 22/02/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.19		01:05.47	
	00:31.19		00:34.28		
					

Coach feedback:

Event number: 15: 100M FREESTYLE MEN 11+					Heat:4, starttime: 20:44
Heat: 4/8 Lane : 5 Athlete: HERMANS VIKTOR					Q-time: 01:06:56
PB (25m pool): 01:06.56 Zaventem 08/02/2026					PB (50m pool): 01:04.69 SB: 01:06.56 Zaventem 08/02/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.35		01:06.56	
	00:32.35		00:34.21		
					

Coach feedback:

Event number: 15: 100M FREESTYLE MEN 11+					Heat:7, starttime: 20:49
Heat: 7/8 Lane : 1 Athlete: CORNELISSEN LARS					Q-time: 00:58:42
PB (25m pool): 00:58.37 Sint-Amandsberg 22/10/2023					PB (50m pool): 00:59.79 SB: 00:58.42 LEUVEN 21/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		00:58.37	
	no time				
					

Coach feedback:

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Event number: 16: 100M FREESTYLE WOMEN 11+				Heat:4, starttime: 20:58	
Heat: 4/6 Lane : 5 Athlete: NECULAE MARIA IULIA				Q-time: 01:09:15	
PB (25m pool): 01:09.15 LEUVEN 22/02/2026				PB (50m pool): 01:11.73 SB: 01:09.15 LEUVEN 22/02/2026	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.97		01:09.15	
	00:32.97		00:36.18		
					

Coach feedback:

Event number: 16: 100M FREESTYLE WOMEN 11+				Heat:5, starttime: 21:00	
Heat: 5/6 Lane : 2 Athlete: VAN ROY ONAH				Q-time: 01:05:66	
PB (25m pool): 01:05.66 LEUVEN 22/02/2026				PB (50m pool): 01:08.29 SB: 01:05.66 LEUVEN 22/02/2026	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.16		01:05.66	
	00:31.16		00:34.50		
					

Coach feedback:

Event number: 16: 100M FREESTYLE WOMEN 11+				Heat:5, starttime: 21:00	
Heat: 5/6 Lane : 3 Athlete: VAN ROY YANA				Q-time: 01:04:87	
PB (25m pool): 01:04.79 Sinbad 23/07/2024				PB (50m pool): 01:06.59 SB: 01:06.09 LEUVEN 21/12/2025	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:04.79	
	no time				
					

Coach feedback:

Event number: 17: 100M MEDLEY MEN 11+				Heat:2, starttime: 21:05	
Heat: 2/3 Lane : 1 Athlete: VAN DEN BERGHE VINCE				Q-time: 01:27:39	
PB (25m pool): 01:27.39 Kapelle-op-den-Bos 21/04/2025				PB (50m pool): no time SB: no time	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:27.39	
	no time				
					

Coach feedback:

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Event number: 17: 100M MEDLEY MEN 11+					Heat:3, starttime: 21:07	
Heat: 3/3 Lane : 4 Athlete: DE MAESSCHALCK YARNE					Q-time: 01:02:86	
PB (25m pool): 01:02.86 Sinbad 22/07/2025					PB (50m pool): no time SB: 01:03.40 Gent 09/11/2025	
	2 5 M	5 0 M	7 5 M	1 0 0 M		
PB		no time		01:02.86		
	no time					
						

Coach feedback: