

PK KB LIM 26: Session: 1: COACH evaluation sheet for TEAM: GZVN

Coachinfo: Warming up from: 08:30 untill 09:25. Teamleadmeeting @ The listed starttimes are indicative!

PB => Personal Best time

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

Event number: 2: 100M FREESTYLE MEN 11+

Heat:1, starttime: 09:34

Heat: 1/9 Lane : 4 Athlete: VANDEBROUCK ARNO

Q-time: 01:34:22

PB (25m pool): 01:34.22 Arendonk 30/11/2025

PB (50m pool): 01:24.54 SB: no time

	25 M	50 M	75 M	100 M	
PB		00:43.18		01:34.22	
		00:43.18		00:51.04	
					

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+

Heat:2, starttime: 09:36

Heat: 2/9 Lane : 3 Athlete: POORTERS ARNE

Q-time: 01:21:03

PB (25m pool): 01:21.03 Temse 17/11/2025

PB (50m pool): 01:21.31 SB: no time

	25 M	50 M	75 M	100 M	
PB		00:39.50		01:21.03	
		00:39.50		00:41.53	
					

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+

Heat:2, starttime: 09:36

Heat: 2/9 Lane : 8 Athlete: NYS ROBBE

Q-time: 01:33:47

PB (25m pool): 01:33.47 Bree 21/12/2025

PB (50m pool): 01:27.76 SB: no time

	25 M	50 M	75 M	100 M	
PB		00:43.66		01:33.47	
		00:43.66		00:49.81	
					

Coach feedback:

PK KB LIM 26: Session: 1: COACH evaluation sheet for TEAM: GZVN

Event number: 2: 100M FREESTYLE MEN 11+					Heat:3, starttime: 09:38
Heat: 3/9 Lane : 3 Athlete: VANRUSSELT RAFAËL					Q-time: 01:13:39
PB (25m pool): 01:13.39 Oberhausen 03/05/2026 PB (50m pool): 01:15.41 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.85		01:13.39	
	00:34.85		00:38.54		
					

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+					Heat:3, starttime: 09:38
Heat: 3/9 Lane : 5 Athlete: ILGAZ EMRE					Q-time: 01:13:24
PB (25m pool): 01:13.24 Bree 31/05/2026 PB (50m pool): 01:13.16 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.53		01:13.24	
	00:35.53		00:37.71		
					

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+					Heat:3, starttime: 09:38
Heat: 3/9 Lane : 7 Athlete: KÄHLER MATHIAS					Q-time: 01:15:41
PB (25m pool): 01:15.41 Oberhausen 03/05/2026 PB (50m pool): 01:13.26 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:15.41	
	no time				
					

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+					Heat:4, starttime: 09:40
Heat: 4/9 Lane : 3 Athlete: CUYPERS MAXIME					Q-time: 01:09:36
PB (25m pool): 01:09.36 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 01:08.81 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.79		01:09.36	
	00:33.79		00:35.57		
					

Coach feedback:

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Event number: 2: 100M FREESTYLE MEN 11+					Heat:6, starttime: 09:43
Heat: 6/9 Lane : 2 Athlete: TORDEUR ILIAS					Q-time: 01:02:87
PB (25m pool): 01:02.87 Bree 31/05/2026					PB (50m pool): 01:02.99 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.02		01:02.87	
	00:30.02		00:32.85		
					

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+					Heat:6, starttime: 09:43
Heat: 6/9 Lane : 3 Athlete: TORDEUR KILIAN					Q-time: 01:02:65
PB (25m pool): 01:02.65 Temse 17/11/2025					PB (50m pool): 01:02.36 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.32		01:02.65	
	00:30.32		00:32.33		
					

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+					Heat:6, starttime: 09:43
Heat: 6/9 Lane : 4 Athlete: MIJSLINSKI JAYDEN					Q-time: 01:01:03
PB (25m pool): 01:01.03 Hasselt 12/10/2025					PB (50m pool): 00:58.50 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:29.19		01:01.03	
	00:29.19		00:31.84		
					

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:2, starttime: 09:54	
Heat: 2/11 Lane : 2 Athlete: VANHAEN ALESSIA							Q-time: 03:27:49	
PB (25m pool): 03:27.49 Lommel 22/02/2026				PB (50m pool): 03:20.04 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		00:46.17		no time		no time		03:27.49
	00:46.17							
								

Coach feedback:

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Event number: 3: 200M MEDLEY WOMEN 11+							Heat:3, starttime: 09:59	
Heat: 3/11 Lane : 2 Athlete: BERGHMANS LAUREN							Q-time: 03:12:49	
PB (25m pool): 03:12.49 Lommel 22/02/2026				PB (50m pool): 03:19.95 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		00:41.88		no time		no time		03:12.49
	00:41.88							
								

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:3, starttime: 09:59	
Heat: 3/11 Lane : 7 Athlete: RATSITKA IRINI							Q-time: 03:12:97	
PB (25m pool): 03:12.97 Zaventem 21/06/2025				PB (50m pool): 03:05.88 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		03:12.97
	no time							
								

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:5, starttime: 10:06	
Heat: 5/11 Lane : 4 Athlete: GABRIËLS AMELIA							Q-time: 02:58:31	
PB (25m pool): 02:58.31 Lommel 22/02/2026				PB (50m pool): 03:07.52 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		00:36.46		no time		no time		02:58.31
	00:36.46							
								

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:5, starttime: 10:06	
Heat: 5/11 Lane : 5 Athlete: DREESSEN LYANA							Q-time: 02:58:39	
PB (25m pool): 02:58.39 Viersen-Dülken 22/03/2026				PB (50m pool): 03:06.14 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		02:58.39
	no time							
								

Coach feedback:

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Event number: 3: 200M MEDLEY WOMEN 11+							Heat:5, starttime: 10:06	
Heat: 5/11 Lane : 6 Athlete: BERGHS JINSE							Q-time: 03:00:10	
PB (25m pool): 03:00.10 Oberhausen 03/05/2026				PB (50m pool): 03:09.34 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		00:40.13		01:25.31		02:20.74		03:00.10
	00:40.13		00:45.18		00:55.43		00:39.36	
								

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:6, starttime: 10:09	
Heat: 6/11 Lane : 7 Athlete: CUYPERS MANON							Q-time: 02:56:79	
PB (25m pool): 02:54.40 3500 Hasselt 24/11/2024				PB (50m pool): 02:59.41 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		00:37.82		01:22.43		02:12.90		02:54.40
	00:37.82		00:44.61		00:50.47		00:41.50	
								

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:7, starttime: 10:13	
Heat: 7/11 Lane : 3 Athlete: HABRAKEN AMBER							Q-time: 02:48:88	
PB (25m pool): 02:48.88 Pelt 05/10/2025				PB (50m pool): 02:53.95 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		00:36.60		no time		no time		02:48.88
	00:36.60							
								

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:8, starttime: 10:16	
Heat: 8/11 Lane : 2 Athlete: CUYPERS LINNE							Q-time: 02:45:95	
PB (25m pool): 02:43.55 3500 Hasselt 24/11/2024				PB (50m pool): 02:51.31 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		00:33.43		01:17.21		02:06.35		02:43.55
	00:33.43		00:43.78		00:49.14		00:37.20	
								

Coach feedback:

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Event number: 3: 200M MEDLEY WOMEN 11+							Heat:8, starttime: 10:16	
Heat: 8/11 Lane : 6 Athlete: MÜLLER RENA							Q-time: 02:45:72	
PB (25m pool): 02:45.72 Aarschot 04/05/2025				PB (50m pool): 02:45.88SB: 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		00:37.55		no time		no time		02:45.72
	00:37.55							
								

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:8, starttime: 10:16	
Heat: 8/11 Lane : 8 Athlete: VANHEES HANNAH							Q-time: 02:47:40	
PB (25m pool): 02:47.40 Oberhausen 03/05/2026				PB (50m pool): 02:49.21 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		00:37.24		01:20.11		02:10.35		02:47.40
	00:37.24		00:42.87		00:50.24		00:37.05	
								

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:11, starttime: 10:26	
Heat: 11/11 Lane : 1 Athlete: ZANGARI AURORA							Q-time: 02:33:35	
PB (25m pool): 02:33.35 Hasselt 12/10/2025				PB (50m pool): 02:35.10SB: 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		00:31.98		01:11.70		01:57.53		02:33.35
	00:31.98		00:39.72		00:45.83		00:35.82	
								

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:11, starttime: 10:26	
Heat: 11/11 Lane : 6 Athlete: BROUX ELISE							Q-time: 02:27:01	
PB (25m pool): 02:27.01 Pelt 05/10/2025				PB (50m pool): 02:30.41 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		00:32.09		no time		no time		02:27.01
	00:32.09							
								

Coach feedback:

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Event number: 4: 100M BREASTSTROKE MEN 13+					Heat:1, starttime: 10:30
Heat: 1/4 Lane : 3 Athlete: ILGAZ EMRE					Q-time: 01:53:03
PB (25m pool): 01:53.03 Hasselt 04/05/2025					PB (50m pool): 01:49.54 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:51.53		01:53.03	
	00:51.53		01:01.50		
					

Coach feedback:

Event number: 4: 100M BREASTSTROKE MEN 13+					Heat:2, starttime: 10:32
Heat: 2/4 Lane : 3 Athlete: THOELLEN SIMON					Q-time: 01:26:06
PB (25m pool): 01:26.06 Bree 31/05/2026					PB (50m pool): 01:24.32 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:41.31		01:26.06	
	00:41.31		00:44.75		
					

Coach feedback:

Event number: 4: 100M BREASTSTROKE MEN 13+					Heat:3, starttime: 10:34
Heat: 3/4 Lane : 1 Athlete: MIJSLINSKI JAYDEN					Q-time: 01:19:42
PB (25m pool): 01:19.42 Temse 17/11/2025					PB (50m pool): 01:19.99 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.36		01:19.42	
	00:37.36		00:42.06		
					

Coach feedback:

Event number: 5: 200M BACKSTROKE WOMEN 13+							Heat:2, starttime: 10:57	
Heat: 2/3 Lane : 2 Athlete: JANSSEN LAUREN							Q-time: 02:49:56	
PB (25m pool): 02:49.56 Aarschot 26/04/2026				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		00:40.50		01:24.20		no time		02:49.56
	00:40.50		00:43.70					
								

Coach feedback:

PK KB LIM 26: Session: 1: COACH evaluation sheet for TEAM: GZVN

Event number: 6: 400M FREESTYLE MEN 13+							Heat:2, starttime: 11:11	
Heat: 2/3 Lane : 1 Athlete: TORDEUR ILIAS							Q-time: 04:58:50	
PB (25m pool): 04:58.50 Hasselt 12/10/2025				PB (50m pool): 05:04.21 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		00:33.07		01:09.94		01:47.70		02:25.74
	00:33.07		00:36.87		00:37.76		00:38.04	
								
	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		03:04.29		03:42.93		04:21.30		04:58.50
	00:38.55		00:38.64		00:38.37		00:37.20	
								

Coach feedback:

Event number: 6: 400M FREESTYLE MEN 13+							Heat:2, starttime: 11:11	
Heat: 2/3 Lane : 6 Athlete: TORDEUR KILIAN							Q-time: 04:45:52	
PB (25m pool): 04:45.52 Aarschot 26/04/2026				PB (50m pool): 04:48.71 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		00:32.59		01:08.72		01:45.04		02:21.90
	00:32.59		00:36.13		00:36.32		00:36.86	
								
	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		02:58.75		03:35.14		04:11.47		04:45.52
	00:36.85		00:36.39		00:36.33		00:34.05	
								

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+							Heat:3, starttime: 11:25	
Heat: 3/11 Lane : 2 Athlete: BERGHS JINSE							Q-time: 00:40:91	
PB (25m pool): 00:44.50 De Sprink 02/06/2024							PB (50m pool): 00:40.91 SB: no time	
	2 5 M		5 0 M					
PB			00:44.50					
			00:44.50					
								

Coach feedback:

PK KB LIM 26: Session: 1: COACH evaluation sheet for TEAM: GZVN

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:4, starttime: 11:26
Heat: 4/11 Lane : 2 Athlete: BERGHMANS LAUREN			Q-time: 00:39:29
PB (25m pool): 00:39.29 Bree 31/05/2026			PB (50m pool): 00:38.41 SB: no time
	2 5 M	5 0 M	
PB		00:39.29	
		00:39.29	
			

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:4, starttime: 11:26
Heat: 4/11 Lane : 5 Athlete: RATSITKA IRINI			Q-time: 00:38:78
PB (25m pool): 00:38.78 Stedelijk Zwembad Geel 15/02/2026			PB (50m pool): 00:39.37 SB: no time
	2 5 M	5 0 M	
PB		00:38.78	
		00:38.78	
			

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:4, starttime: 11:26
Heat: 4/11 Lane : 7 Athlete: VANHAEN ALESSIA			Q-time: 00:39:44
PB (25m pool): 00:39.44 Aarschot 26/04/2026			PB (50m pool): 00:40.49 SB: no time
	2 5 M	5 0 M	
PB		00:39.44	
		00:39.44	
			

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:5, starttime: 11:28
Heat: 5/11 Lane : 6 Athlete: VANHEES HANNAH			Q-time: 00:38:28
PB (25m pool): 00:38.28 Bree 01/06/2025			PB (50m pool): 00:36.52 SB: no time
	2 5 M	5 0 M	
PB		00:38.28	
		00:38.28	
			

Coach feedback:

PK KB LIM 26: Session: 1: COACH evaluation sheet for TEAM: GZVN

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:5, starttime: 11:28
Heat: 5/11 Lane : 7 Athlete: DREESSEN LYANA			Q-time: 00:38:37
PB (25m pool): 00:38.37 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 00:40.64 SB: no time			
	2 5 M	5 0 M	
PB		00:38.37	
		00:38.37	
			

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:6, starttime: 11:29
Heat: 6/11 Lane : 3 Athlete: MÜLLER RENA			Q-time: 00:36:52
PB (25m pool): 00:36.52 Aarschot 04/05/2025 PB (50m pool): 00:36.28 SB: no time			
	2 5 M	5 0 M	
PB		00:36.52	
		00:36.52	
			

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:6, starttime: 11:29
Heat: 6/11 Lane : 4 Athlete: CUYPERS MANON			Q-time: 00:35:74
PB (25m pool): 00:35.74 Bilzen 12/01/2025 PB (50m pool): 00:36.98 SB: no time			
	2 5 M	5 0 M	
PB		00:35.74	
		00:35.74	
			

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:7, starttime: 11:30
Heat: 7/11 Lane : 8 Athlete: GABRIËLS AMELIA			Q-time: 00:35:55
PB (25m pool): 00:35.55 Maastricht 30/12/2025 PB (50m pool): 00:34.83 SB: no time			
	2 5 M	5 0 M	
PB		00:35.55	
		00:35.55	
			

Coach feedback:

PK KB LIM 26: Session: 1: COACH evaluation sheet for TEAM: GZVN

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:9, starttime: 11:32
Heat: 9/11 Lane : 2 Athlete: HABRAKEN AMBER			Q-time: 00:32:48
PB (25m pool): 00:32.48 Maastricht 30/12/2025			PB (50m pool): 00:32.64 SB: no time
	2 5 M	5 0 M	
PB		00:32.48	
		00:32.48	
			

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:9, starttime: 11:32
Heat: 9/11 Lane : 3 Athlete: CUYPERS LINNE			Q-time: 00:32:28
PB (25m pool): 00:31.80 Maastricht 30/12/2024			PB (50m pool): 00:32.42 SB: no time
	2 5 M	5 0 M	
PB		00:31.80	
		00:31.80	
			

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:9, starttime: 11:32
Heat: 9/11 Lane : 5 Athlete: LUTS EMILIA			Q-time: 00:32:21
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: 7: 50M BUTTERFLY WOMEN 11+			Heat:11, starttime: 11:34
Heat: 11/11 Lane : 8 Athlete: ZANGARI AURORA			Q-time: 00:31:15
PB (25m pool): 00:31.12 Maastricht 30/12/2024			PB (50m pool): 00:31.43 SB: no time
	2 5 M	5 0 M	
PB		00:31.12	
		00:31.12	
			

Coach feedback:

PK KB LIM 26: Session: 1: COACH evaluation sheet for TEAM: GZVN

Event number: 8: 50M BACKSTROKE MEN 13+			Heat:1, starttime: 11:36
Heat: 1/4 Lane : 1 Athlete: THOELLEN SIMON			Q-time: 00:40:44
PB (25m pool): 00:40.44 Maastricht 30/12/2025			PB (50m pool): 00:37.79 SB: no time
	2 5 M	5 0 M	
PB		00:40.44	
		00:40.44	
			

Coach feedback:

Event number: 8: 50M BACKSTROKE MEN 13+			Heat:1, starttime: 11:36
Heat: 1/4 Lane : 2 Athlete: CUYPERS MAXIME			Q-time: 00:39:63
PB (25m pool): 00:39.63 Stedelijk Zwembad Geel 15/02/2026			PB (50m pool): 00:41.14 SB: no time
	2 5 M	5 0 M	
PB		00:39.63	
		00:39.63	
			

Coach feedback: