

PK KB LIM 26: Session: 4: COACH evaluation sheet for TEAM: GZVN

Coachinfo: Warming up from: 13:00 untill 13:55. Teamleadmeeting @ The listed starttimes are indicative!

PB => Personal Best time

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

Event number: 28: 100M MEDLEY WOMEN 11+

Heat:3, starttime: 14:04

Heat: 3/9 Lane : 2 Athlete: VANHAEN ALESSIA

Q-time: 01:31:79

PB (25m pool): 01:31.79 Bilzen 25/01/2026

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

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:31.79	
	no time				
					

Coach feedback:

Event number: 28: 100M MEDLEY WOMEN 11+

Heat:4, starttime: 14:07

Heat: 4/9 Lane : 3 Athlete: GABRIëLS AMELIA

Q-time: 01:25:48

PB (25m pool): 01:25.48 Lommel 02/03/2025

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

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.73		01:25.48	
	00:40.73			00:44.75	
					

Coach feedback:

Event number: 28: 100M MEDLEY WOMEN 11+

Heat:5, starttime: 14:08

Heat: 5/9 Lane : 4 Athlete: VANHEES HANNAH

Q-time: 01:19:76

PB (25m pool): 01:19.76 Aarschot 26/04/2026

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

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.19		01:19.76	
	00:37.19			00:42.57	
					

Coach feedback:

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Event number: 28: 100M MEDLEY WOMEN 11+					Heat:6, starttime: 14:10
Heat: 6/9 Lane : 4 Athlete: HABRAKEN AMBER					Q-time: 01:17:32
PB (25m pool): 01:17.32 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		00:36.18		01:17.32	
	00:36.18		00:41.14		
					

Coach feedback:

Event number: 28: 100M MEDLEY WOMEN 11+					Heat:6, starttime: 14:10
Heat: 6/9 Lane : 5 Athlete: MÜLLER RENA					Q-time: 01:17:38
PB (25m pool): 01:17.38 Aarschot 04/05/2025 PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:17.38	
	no time				
					

Coach feedback:

Event number: 28: 100M MEDLEY WOMEN 11+					Heat:7, starttime: 14:12
Heat: 7/9 Lane : 4 Athlete: JANSSEN LAUREN					Q-time: 01:14:68
PB (25m pool): 01:14.68 Maastricht 30/12/2025 PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.33		01:14.68	
	00:35.33		00:39.35		
					

Coach feedback:

Event number: 28: 100M MEDLEY WOMEN 11+					Heat:7, starttime: 14:12
Heat: 7/9 Lane : 6 Athlete: CUYPERS LINNE					Q-time: 01:15:68
PB (25m pool): 01:15.68 Maastricht 30/12/2025 PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.24		01:15.68	
	00:35.24		00:40.44		
					

Coach feedback:

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Event number: 28: 100M MEDLEY WOMEN 11+					Heat:8, starttime: 14:14
Heat: 8/9 Lane : 5 Athlete: LUTS EMILIA					Q-time: 01:11:90
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: 29: 200M FREESTYLE MEN 13+							Heat:1, starttime: 14:18	
Heat: 1/5 Lane : 4 Athlete: THOELEN SIMON							Q-time: 02:31:56	
PB (25m pool): 02:31.56 Oberhausen 03/05/2026				PB (50m pool): 02:34.53 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		00:34.58		01:13.73		01:54.04		02:31.56
	00:34.58		00:39.15		00:40.31		00:37.52	
								

Coach feedback:

Event number: 29: 200M FREESTYLE MEN 13+							Heat:2, starttime: 14:21	
Heat: 2/5 Lane : 1 Athlete: CUYPERS MAXIME							Q-time: 02:26:81	
PB (25m pool): 02:26.81 Aarschot 26/04/2026							PB (50m pool): 02:30.65 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		00:33.87		01:11.58		01:50.14		02:26.81
	00:33.87		00:37.71		00:38.56		00:36.67	
								

Coach feedback:

Event number: 29: 200M FREESTYLE MEN 13+							Heat:2, starttime: 14:21	
Heat: 2/5 Lane : 3 Athlete: TORDEUR ILIAS							Q-time: 02:19:85	
PB (25m pool): 02:19.85 Aarschot 26/04/2026							PB (50m pool): 02:17.50 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		00:31.97		01:06.70		01:43.25		02:19.85
	00:31.97		00:34.73		00:36.55		00:36.60	
								

Coach feedback:

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Event number: 29: 200M FREESTYLE MEN 13+							Heat:3, starttime: 14:24	
Heat: 3/5 Lane : 4 Athlete: MIJSLINSKI JAYDEN							Q-time: 02:09:24	
PB (25m pool): 02:09.24 Aarschot 26/04/2026				PB (50m pool): 02:16.34 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		00:30.30		01:03.08		01:37.00		02:09.24
	00:30.30		00:32.78		00:33.92		00:32.24	
								

Coach feedback:

Event number: 29: 200M FREESTYLE MEN 13+							Heat:3, starttime: 14:24	
Heat: 3/5 Lane : 8 Athlete: TORDEUR KILIAN							Q-time: 02:15:52	
PB (25m pool): 02:15.52 Aarschot 26/04/2026				PB (50m pool): 02:15.11 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		00:30.99		01:05.36		01:40.81		02:15.52
	00:30.99		00:34.37		00:35.45		00:34.71	
								

Coach feedback:

Event number: 30: 100M BUTTERFLY WOMEN 13+					Heat:1, starttime: 14:33
Heat: 1/3 Lane : 2 Athlete: DREESSEN LYANA				Q-time: 01:26:95	
PB (25m pool): 01:26.95 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 01:30.71 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.72		01:26.95	
	00:39.72		00:47.23		
					

Coach feedback:

Event number: 30: 100M BUTTERFLY WOMEN 13+					Heat:1, starttime: 14:33
Heat: 1/3 Lane : 5 Athlete: GABRIëLS AMELIA				Q-time: 01:21:48	
PB (25m pool): 01:21.48 Beringen 08/02/2026			PB (50m pool): 01:21.15 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.35		01:21.48	
	00:37.35		00:44.13		
					

Coach feedback:

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Event number: 30: 100M BUTTERFLY WOMEN 13+					Heat:3, starttime: 14:37
Heat: 3/3 Lane : 2 Athlete: TORDEUR LUCIE					Q-time: 01:09:75
PB (25m pool): 01:09.75 Maastricht 30/12/2025					PB (50m pool): 01:10.43 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.89		01:09.75	
	00:31.89		00:37.86		
					

Coach feedback:

Event number: 30: 100M BUTTERFLY WOMEN 13+					Heat:3, starttime: 14:37
Heat: 3/3 Lane : 3 Athlete: ZANGARI AURORA					Q-time: 01:08:04
PB (25m pool): 01:08.04 Maastricht 30/12/2025					PB (50m pool): 01:09.81 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.66		01:08.04	
	00:31.66		00:36.38		
					

Coach feedback:

Event number: 31: 100M BREASTSTROKE MEN 11-12					Heat:1, starttime: 14:39
Heat: 1/3 Lane : 2 Athlete: MWIRI SAM					Q-time: 02:03:35
PB (25m pool): no time					PB (50m pool): 01:50.04 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: 31: 100M BREASTSTROKE MEN 11-12					Heat:1, starttime: 14:39
Heat: 1/3 Lane : 4 Athlete: VANDEBROUCK ARNO					Q-time: 01:51:99
PB (25m pool): no time					PB (50m pool): 01:51.99 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:

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Event number: 31: 100M BREASTSTROKE MEN 11-12					Heat:1, starttime: 14:39
Heat: 1/3 Lane : 5 Athlete: NYS ROBBE					Q-time: 01:59:14
PB (25m pool): 01:59.14 Arendonk 30/11/2025					PB (50m pool): 02:01.94 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:56.34		01:59.14	
	00:56.34		01:02.80		
					

Coach feedback:

Event number: 31: 100M BREASTSTROKE MEN 11-12					Heat:2, starttime: 14:42
Heat: 2/3 Lane : 2 Athlete: CHRISTIAENS GIEL					Q-time: 01:42:91
PB (25m pool): 01:42.91 Aarschot 26/04/2026					PB (50m pool): 01:43.01 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:48.32		01:42.91	
	00:48.32		00:54.59		
					

Coach feedback:

Event number: 31: 100M BREASTSTROKE MEN 11-12					Heat:2, starttime: 14:42
Heat: 2/3 Lane : 7 Athlete: POORTERS ARNE					Q-time: 01:45:68
PB (25m pool): 01:45.68 Temse 17/11/2025					PB (50m pool): 01:42.13 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:50.59		01:45.68	
	00:50.59		00:55.09		
					

Coach feedback:

Event number: 31: 100M BREASTSTROKE MEN 11-12					Heat:3, starttime: 14:44
Heat: 3/3 Lane : 1 Athlete: KÄHLER MATHIAS					Q-time: 01:35:41
PB (25m pool): 01:35.41 Bree 31/05/2026					PB (50m pool): 01:38.60 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:44.87		01:35.41	
	00:44.87		00:50.54		
					

Coach feedback:

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Event number: 31: 100M BREASTSTROKE MEN 11-12					Heat:3, starttime: 14:44
Heat: 3/3 Lane : 8 Athlete: VANRUSSELT RAFAËL					Q-time: 01:36:29
PB (25m pool): 01:36.29 Bree 31/05/2026					PB (50m pool): 01:39.82 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:44.91		01:36.29	
	00:44.91		00:51.38		
					

Coach feedback:

Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:3, starttime: 14:52
Heat: 3/9 Lane : 1 Athlete: VANHAEN ALESSIA					Q-time: 01:29:41
PB (25m pool): 01:29.41 Bree 21/12/2025					PB (50m pool): 01:28.68 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:42.48		01:29.41	
	00:42.48		00:46.93		
					

Coach feedback:

Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:4, starttime: 14:54
Heat: 4/9 Lane : 3 Athlete: BERGHMANS LAUREN					Q-time: 01:24:37
PB (25m pool): 01:24.37 Lommel 22/02/2026					PB (50m pool): 01:27.07 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.84		01:24.37	
	00:40.84		00:43.53		
					

Coach feedback:

Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:4, starttime: 14:54
Heat: 4/9 Lane : 4 Athlete: BERGHS JINSE					Q-time: 01:23:35
PB (25m pool): 01:23.35 Bree 31/05/2026					PB (50m pool): 01:25.61 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:41.10		01:23.35	
	00:41.10		00:42.25		
					

Coach feedback:

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Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:6, starttime: 14:59
Heat: 6/9 Lane : 7 Athlete: HABRAKEN AMBER					Q-time: 01:19:78
PB (25m pool): 01:19.78 Pelt 05/10/2025					PB (50m pool): 01:23.74 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.50		01:19.78	
	00:38.50		00:41.28		
					

Coach feedback:

Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:7, starttime: 15:02
Heat: 7/9 Lane : 7 Athlete: JANSSEN LAUREN					Q-time: 01:17:29
PB (25m pool): 01:17.29 Maastricht 30/12/2025					PB (50m pool): 01:20.34 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.47		01:17.29	
	00:37.47		00:39.82		
					

Coach feedback:

Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:7, starttime: 15:02
Heat: 7/9 Lane : 8 Athlete: VANHEES HANNAH					Q-time: 01:17:89
PB (25m pool): 01:17.89 Oberhausen 03/05/2026					PB (50m pool): 01:19.95 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.46		01:17.89	
	00:37.46		00:40.43		
					

Coach feedback:

Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:8, starttime: 15:04
Heat: 8/9 Lane : 8 Athlete: CUYPERS LINNE					Q-time: 01:15:79
PB (25m pool): 01:15.79 Pelt 05/10/2025					PB (50m pool): 01:19.68 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.30		01:15.79	
	00:36.30		00:39.49		
					

Coach feedback:

PK KB LIM 26: Session: 4: COACH evaluation sheet for TEAM: GZVN

Event number: 33: 200M BREASTSTROKE MEN 13+							Heat:1, starttime: 15:23	
Heat: 1/2 Lane : 6 Athlete: THOELEN SIMON							Q-time: 03:04:49	
PB (25m pool): 03:04.49 Aarschot 26/04/2026				PB (50m pool): 03:03.47 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		00:40.77		01:27.87		02:16.74		03:04.49
	00:40.77		00:47.10		00:48.87		00:47.75	
								

Coach feedback:

Event number: 34: 400M MEDLEY WOMEN 13+							Heat:1, starttime: 15:31	
Heat: 1/1 Lane : 6 Athlete: BROUX ELISE							Q-time: 05:18:66	
PB (25m pool): 05:18.66 Aarschot 26/04/2026				PB (50m pool): 05:16.22SB: 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		00:33.04		01:10.97		01:52.28		02:33.02
	00:33.04		00:37.93		00:41.31		00:40.74	
								
	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		03:19.12		04:06.04		04:43.25		05:18.66
	00:46.10		00:46.92		00:37.21		00:35.41	
								

Coach feedback:

Event number: 35: 50M FREESTYLE MEN 13+										Heat:2, starttime: 15:39	
Heat: 2/6 Lane : 2 Athlete: CUYPERS MAXIME										Q-time: 00:31:15	
PB (25m pool): 00:31.15 Oberhausen 03/05/2026										PB (50m pool): 00:32.42 SB: no time	
	2 5 M		5 0 M								
PB			00:31.15								
			00:31.15								
											

Coach feedback:

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Event number: 35: 50M FREESTYLE MEN 13+			Heat:2, starttime: 15:39
Heat: 2/6 Lane : 3 Athlete: TORDEUR ILIAS			Q-time: 00:29:83
PB (25m pool): 00:29.83 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 00:28.89 SB: no time			
	2 5 M	5 0 M	
PB		00:29.83	
		00:29.83	
			

Coach feedback:

Event number: 35: 50M FREESTYLE MEN 13+			Heat:3, starttime: 15:40
Heat: 3/6 Lane : 8 Athlete: TORDEUR KILIAN			Q-time: 00:29:31
PB (25m pool): 00:29.31 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 00:29.26 SB: no time			
	2 5 M	5 0 M	
PB		00:29.31	
		00:29.31	
			

Coach feedback:

Event number: 35: 50M FREESTYLE MEN 13+			Heat:5, starttime: 15:42
Heat: 5/6 Lane : 7 Athlete: MIJSLINSKI JAYDEN			Q-time: 00:27:06
PB (25m pool): 00:27.06 Bree 31/05/2026 PB (50m pool): 00:27.46 SB: no time			
	2 5 M	5 0 M	
PB		00:27.06	
		00:27.06	
			

Coach feedback:

Event number: 36: 50M BREASTSTROKE WOMEN 13+			Heat:2, starttime: 15:46
Heat: 2/6 Lane : 1 Athlete: BERGHS JINSE			Q-time: 00:47:24
PB (25m pool): 00:47.24 Maastricht 30/12/2025 PB (50m pool): 00:49.10 SB: no time			
	2 5 M	5 0 M	
PB		00:47.24	
		00:47.24	
			

Coach feedback:

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Event number: 36: 50M BREASTSTROKE WOMEN 13+			Heat:2, starttime: 15:46
Heat: 2/6 Lane : 3 Athlete: GABRIëLS AMELIA			Q-time: 00:44:93
PB (25m pool): 00:44.93 Bree 16/02/2025			PB (50m pool): 00:44.41 SB: no time
	2 5 M	5 0 M	
PB		00:44.93	
		00:44.93	
			

Coach feedback:

Event number: 36: 50M BREASTSTROKE WOMEN 13+			Heat:2, starttime: 15:46
Heat: 2/6 Lane : 7 Athlete: VANIERSCHOT KATO			Q-time: 00:46:61
PB (25m pool): 00:46.61 Lommel 22/02/2026			PB (50m pool): no time SB: no time
	2 5 M	5 0 M	
PB		00:46.61	
		00:46.61	
			

Coach feedback:

Event number: 36: 50M BREASTSTROKE WOMEN 13+			Heat:3, starttime: 15:47
Heat: 3/6 Lane : 5 Athlete: HABRAKEN AMBER			Q-time: 00:40:53
PB (25m pool): 00:40.53 Maastricht 30/12/2025			PB (50m pool): 00:41.81 SB: no time
	2 5 M	5 0 M	
PB		00:40.53	
		00:40.53	
			

Coach feedback:

Event number: 36: 50M BREASTSTROKE WOMEN 13+			Heat:4, starttime: 15:48
Heat: 4/6 Lane : 2 Athlete: CUYPERS LINNE			Q-time: 00:39:35
PB (25m pool): 00:39.35 Maastricht 30/12/2025			PB (50m pool): 00:40.64 SB: no time
	2 5 M	5 0 M	
PB		00:39.35	
		00:39.35	
			

Coach feedback:

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Event number: 36: 50M BREASTSTROKE WOMEN 13+			Heat:4, starttime: 15:48
Heat: 4/6 Lane : 4 Athlete: MÜLLER RENA			Q-time: 00:38:73
PB (25m pool): 00:37.95 Maastricht 30/12/2024			PB (50m pool): 00:37.64 SB: no time
	2 5 M	5 0 M	
PB		00:37.95	
		00:37.95	
			

Coach feedback:

Event number: 36: 50M BREASTSTROKE WOMEN 13+			Heat:4, starttime: 15:48
Heat: 4/6 Lane : 6 Athlete: DREESSEN LYANA			Q-time: 00:39:29
PB (25m pool): 00:39.29 Stedelijk Zwembad Geel 15/02/2026			PB (50m pool): 00:41.23 SB: no time
	2 5 M	5 0 M	
PB		00:39.29	
		00:39.29	
			

Coach feedback:

Event number: 36: 50M BREASTSTROKE WOMEN 13+			Heat:5, starttime: 15:49
Heat: 5/6 Lane : 6 Athlete: LUTS EMILIA			Q-time: 00:37:93
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: 36: 50M BREASTSTROKE WOMEN 13+			Heat:6, starttime: 15:51
Heat: 6/6 Lane : 2 Athlete: ZANGARI AURORA			Q-time: 00:36:64
PB (25m pool): 00:36.30 Maastricht 30/12/2024			PB (50m pool): 00:39.02 SB: no time
	2 5 M	5 0 M	
PB		00:36.30	
		00:36.30	
			

Coach feedback: