

ZIK Limieten: Session: 1: COACH evaluation sheet for TEAM: ZVL

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

Coaches: Vanuytven Diane

Coaches: De Belder Nathalie HEADCOACH

Coaches: Jacob Sven

PB => Personal Best time

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

Event number: 2: 200M MEDLEY MIXED 10-9							Heat:1, starttime: 14:11	
Heat: 1/2 Lane : 2 Athlete: DE PUYDT ARTHUR							Q-time: 03:24:45	
PB (25m pool): Nijlen 19/11/2023			PB (50m pool):		SB:			
	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		01:12.35				
	no time							

Coach feedback:

Event number: 2: 200M MEDLEY MIXED 10-9							Heat:2, starttime: 14:15	
Heat: 2/2 Lane : 2 Athlete: VAN BREEDAM LENA							Q-time: 03:10:59	
PB (25m pool): Temse 17/11/2025			PB (50m pool):		SB: Temse 17/11/2025			
	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		00:35.32		01:13.29				
	00:35.32		00:37.97					

Coach feedback:

Event number: 5: 400M FREESTYLE WOMEN 11+							Heat:2, starttime: 14:37	
Heat: 2/2 Lane : 1 Athlete: GERAEDTS MARIA							Q-time: 05:40:24	
PB (25m pool): no time Arendonk 02/06/2024				PB (50m pool): 05:13.96SB: 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:

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Event number: 6: 100M FREESTYLE MEN 11+					Heat:1, starttime: 14:44
Heat: 1/2 Lane : 2 Athlete: VERCAMMEN DAAN					Q-time: 01:04:63
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: 6: 100M FREESTYLE MEN 11+					Heat:1, starttime: 14:44
Heat: 1/2 Lane : 3 Athlete: VERSTRAETE PEPIJN					Q-time: 01:10:50
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: 7: 100M FREESTYLE WOMEN 11+					Heat:1, starttime: 14:47
Heat: 1/2 Lane : 1 Athlete: HERREMANS ELIEN					Q-time: 99:99:99
PB (25m pool): 01:40.53 Nijlen 16/11/2025 PB (50m pool): no time SB: 01:40.53 Nijlen 16/11/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:40.53	
	no time				
	

Coach feedback:

Event number: 7: 100M FREESTYLE WOMEN 11+					Heat:1, starttime: 14:47
Heat: 1/2 Lane : 4 Athlete: BOURGUIGNON NENA					Q-time: 99:99:99
PB (25m pool): 01:43.02 Nijlen 16/11/2025 PB (50m pool): no time SB: 01:43.02 Nijlen 16/11/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:43.02	
	no time				
	

Coach feedback:

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Event number: 7: 100M FREESTYLE WOMEN 11+					Heat:2, starttime: 14:49
Heat: 2/2 Lane : 3 Athlete: HUBERLAND LORE					Q-time: 01:04:20
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: 8: 100M BACKSTROKE MEN 11+					Heat:1, starttime: 14:51
Heat: 1/1 Lane : 2 Athlete: JANSSENS TIJS					Q-time: 01:08:12
PB (25m pool): 01:47.10 Nijlen 16/11/2025 PB (50m pool): 01:48.18 SB: 01:47.10 Nijlen 16/11/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:53.20		01:47.10	
	00:53.20 00:53.90				
	

Coach feedback:

Event number: 8: 100M BACKSTROKE MEN 11+					Heat:1, starttime: 14:51
Heat: 1/1 Lane : 3 Athlete: DRISSI EL MESKINI TAMIZ					Q-time: 01:14:19
PB (25m pool): 01:58.05 Groenenhoek Berchem 17/11/2024 PB (50m pool): 02:00.19 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:54.90		01:58.05	
	00:54.90 01:03.15				
	

Coach feedback:

Event number: 8: 100M BACKSTROKE MEN 11+					Heat:1, starttime: 14:51
Heat: 1/1 Lane : 4 Athlete: VERMEIREN STAN					Q-time: 01:33:94
PB (25m pool): 01:43.27 Arendonk 30/11/2025 PB (50m pool): no time SB: 01:43.27 Arendonk 30/11/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:47.99		01:43.27	
	00:47.99 00:55.28				
	

Coach feedback:

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Event number: 9: 100M BACKSTROKE WOMEN 11+					Heat:1, starttime: 14:54
Heat: 1/2 Lane : 1 Athlete: SARMI SOFIA					Q-time: 01:27:50
PB (25m pool): 01:44.08 Herentals 18/05/2024 PB (50m pool): 01:45.49 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:44.08	
	no time				
	

Coach feedback:

Event number: 10: 100M BUTTERFLY MEN 11+					Heat:1, starttime: 14:58
Heat: 1/2 Lane : 1 Athlete: VAN DER HOEVEN LUCA					Q-time: 99:99:99
PB (25m pool): 01:30.98 Groenenhoek Berchem 01/10/2023 PB (50m pool): 01:22.67 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:30.98	
	no time				
	

Coach feedback:

Event number: 10: 100M BUTTERFLY MEN 11+					Heat:1, starttime: 14:58
Heat: 1/2 Lane : 3 Athlete: GILLIS BAS					Q-time: 99:99:99
PB (25m pool): 01:22.02 Sint-Amandsberg 19/10/2025 PB (50m pool): 01:26.72 SB: 01:22.02 Sint-Amandsberg 19/10/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.65		01:22.02	
	00:39.65		00:42.37		
	

Coach feedback:

Event number: 11: 100M BUTTERFLY WOMEN 11+					Heat:2, starttime: 15:05
Heat: 2/2 Lane : 4 Athlete: DALEMANS NEL					Q-time: 01:28:25
PB (25m pool): 01:37.20 Nijlen 16/11/2025 PB (50m pool): 01:41.74 SB: 01:37.20 Nijlen 16/11/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:47.03		01:37.20	
	00:47.03		00:50.17		
	

Coach feedback:

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Event number: 13: 100M BREASTSTROKE WOMEN 11+					Heat:1, starttime: 15:12
Heat: 1/1 Lane : 1 Athlete: JORIS LINDE					Q-time: 01:42:85
PB (25m pool): 01:20.45 Sint-Amandsberg 19/10/2025 PB (50m pool): 01:22.56 SB: 01:20.45 Sint-Amandsberg 19/10/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.67		01:20.45	
	00:38.67		00:41.78		
	

Coach feedback:

Event number: 14: 100M MEDLEY MEN 11+					Heat:1, starttime: 15:14
Heat: 1/2 Lane : 1 Athlete: MARIN ALEXANDRU					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: 15: 100M MEDLEY WOMEN 11+					Heat:1, starttime: 15:18
Heat: 1/1 Lane : 2 Athlete: HUBERLAND LORE					Q-time: 01:15:33
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: 16: 100M BACKSTROKE MIXED 10-9					Heat:4, starttime: 15:28
Heat: 4/4 Lane : 3 Athlete: VAN BREEDAM LENA					Q-time: 01:28:75
PB (25m pool): 01:05.85 Antwerpen 12/10/2025 PB (50m pool): 01:09.99 SB: 01:05.85 Antwerpen 12/10/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.87		01:05.85	
	00:30.87		00:34.98		
	

Coach feedback:

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Event number: 16: 100M BACKSTROKE MIXED 10-9					Heat:4, starttime: 15:28
Heat: 4/4 Lane : 4 Athlete: DE PUYDT ARTHUR					Q-time: 01:34:30
PB (25m pool): no time Kalmthout 25/02/2024					PB (50m pool): 01:10.76 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: 17: 200M FREESTYLE MEN 11+							Heat:1, starttime: 15:46	
Heat: 1/2 Lane : 2 Athlete: VERCAMMEN DAAN							Q-time: 02:27:17	
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: 17: 200M FREESTYLE MEN 11+							Heat:1, starttime: 15:46	
Heat: 1/2 Lane : 4 Athlete: VAN DER HOEVEN LUCA							Q-time: 99:99:99	
PB (25m pool): no time Mol 15/10/2023				PB (50m pool): 02:02.15 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: 17: 200M FREESTYLE MEN 11+							Heat:2, starttime: 15:49	
Heat: 2/2 Lane : 1 Athlete: JANSSENS TIJS							Q-time: 02:06:73	
PB (25m pool): 02:06.93 Antwerpen 12/10/2025				PB (50m pool): 02:11.24SB: 02:06.93 Antwerpen 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		00:28.25		01:00.20		01:33.27		02:06.93
	00:28.25		00:31.95		00:33.07		00:33.66	

Coach feedback:

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Event number: 18: 200M FREESTYLE WOMEN 11+							Heat:1, starttime: 15:53	
Heat: 1/3 Lane : 2 Athlete: SARMI SOFIA							Q-time: 02:40:01	
PB (25m pool): 02:27.56 Mol 20/10/2024				PB (50m pool): 02:26.86SB: 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		00:34.65		01:11.87		01:49.53		02:27.56
	00:34.65		00:37.22		00:37.66		00:38.03	

Coach feedback:

Event number: 18: 200M FREESTYLE WOMEN 11+							Heat:2, starttime: 15:56	
Heat: 2/3 Lane : 1 Athlete: GERAEDTS MARIA							Q-time: 02:38:46	
PB (25m pool): 03:33.75 Kalmthout 30/04/2023				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		03:33.75
	no time							

Coach feedback:

Event number: 19: 200M BACKSTROKE MEN 11+							Heat:2, starttime: 16:07	
Heat: 2/2 Lane : 3 Athlete: VERMEIREN STAN							Q-time: 03:19:59	
PB (25m pool):			PB (50m pool):		SB:			
	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							

Coach feedback:

Event number: 19: 200M BACKSTROKE MEN 11+							Heat:2, starttime: 16:07	
Heat: 2/2 Lane : 4 Athlete: DRISSI EL MESKINI TAMIZ							Q-time: 99:99:99	
PB (25m pool): TEMSE 23/11/2025			PB (50m pool):		SB: TEMSE 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		00:34.41		01:09.82				
	00:34.41		00:35.41					

Coach feedback:

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Event number: 21: 200M BREASTSTROKE MEN 11+							Heat:1, starttime: 16:24	
Heat: 1/2 Lane : 3 Athlete: MARIN ALEXANDRU							Q-time: 99:99:99	
PB (25m pool): Sinbad 22/07/2025			PB (50m pool):			SB: Nijlen 16/11/2025		
	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		00:33.59		01:08.76				
	00:33.59		00:35.17					

Coach feedback:

Event number: 22: 200M BREASTSTROKE WOMEN 11+							Heat:1, starttime: 16:33	
Heat: 1/1 Lane : 3 Athlete: DALEMANS NEL							Q-time: 03:08:85	
PB (25m pool):			PB (50m pool):			SB:		
	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							

Coach feedback:

Event number: 23: 200M MEDLEY MEN 11+							Heat:1, starttime: 16:37	
Heat: 1/2 Lane : 1 Athlete: GILLIS BAS							Q-time: 99:99:99	
PB (25m pool): TEMSE 23/11/2025			PB (50m pool):			SB: TEMSE 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		00:48.32		01:40.08				
	00:48.32		00:51.76					

Coach feedback:

Event number: 23: 200M MEDLEY MEN 11+							Heat:2, starttime: 16:40	
Heat: 2/2 Lane : 4 Athlete: VERSTRAETE PEPIJN							Q-time: 02:58:75	
PB (25m pool):			PB (50m pool):			SB:		
	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							

Coach feedback:

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Event number: 24: 200M MEDLEY WOMEN 11+							Heat:1, starttime: 16:44	
Heat: 1/2 Lane : 2 Athlete: HERREMANS ELIEN							Q-time: 99:99:99	
PB (25m pool): Turnhout 03/03/2024			PB (50m pool):		SB:			
	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		01:29.97				
	no time							

Coach feedback:

Event number: 24: 200M MEDLEY WOMEN 11+							Heat:1, starttime: 16:44	
Heat: 1/2 Lane : 3 Athlete: BOURGUIGNON NENA							Q-time: 99:99:99	
PB (25m pool): Nijlen 16/11/2025			PB (50m pool):		SB: Nijlen 16/11/2025			
	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		00:35.20		01:14.63				
	00:35.20		00:39.43					

Coach feedback:

Event number: 24: 200M MEDLEY WOMEN 11+							Heat:1, starttime: 16:44	
Heat: 1/2 Lane : 4 Athlete: JORIS LINDE							Q-time: 99:99:99	
PB (25m pool): Stedelijk Zwembad Geel 16/02/2025			PB (50m pool):		SB:			
	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		00:30.23		01:03.27				
	00:30.23		00:33.04					

Coach feedback:

Event number: 25: 400M MEDLEY MEN 11+							Heat:2, starttime: 16:57	
Heat: 2/2 Lane : 2 Athlete: JACOB QINGKUN							Q-time: 99:99:99	
PB (25m pool): Stedelijk Zwembad Geel 16/02/2025			PB (50m pool):		SB: Antwerpen 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		01:02.52		02:07.61				
	01:02.52		01:05.09					

	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								

Coach feedback: