

STW meeting 26: Session: 1: COACH evaluation sheet for TEAM: ZIOS

Coachinfo: Warming up from: 12:55 untill 13:55. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Segers Ellen HEADCOACH

Coaches: Kieckens Ymke

Coaches: Muylaert Nele

Coaches: Houteveld Kylian

PB => Personal Best time

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

Event number: 1: 100M FREESTYLE MIXED 10-10

Heat:1, starttime: 14:00

Heat: 1/1 Lane : 4 Athlete: LUBOWICKI ADA					Q-time: 01:25:33
PB (25m pool): 01:25.33 Liedekerke 11/11/2025					PB (50m pool): no time SB: 01:25.33 Liedekerke 11/11/2025
25 M	50 M	75 M	100 M		
PB	00:41.34		01:25.33		
	00:41.34		00:43.99		
.....		

Coach feedback:

Event number: 2: 400M FREESTYLE WOMEN 11-14

Heat:1, starttime: 14:03

Heat: 1/5 Lane : 2 Athlete: DE BRUYN JADE					Q-time: 99:99:99		
PB (25m pool): no time					PB (50m pool): no time SB: no time		
25 M	50 M	75 M	100 M	125 M	150 M	175 M	200 M
PB	no time		no time		no time		no time
	no time						
.....
225 M	250 M	275 M	300	325	350	375	400 M
PB	no time		no time		no time		no time
.....

Coach feedback:

Event number: 2: 400M FREESTYLE WOMEN 11-14

Heat:2, starttime: 14:11

Heat: 2/5 Lane : 2 Athlete: ANCOLET LAURE					Q-time: 07:27:72		
PB (25m pool): 07:27.72 Sint-Pieters-Leeuw 05/10/2025					PB (50m pool): no time SB: 07:27.72 Sint-Pieters-Leeuw 05/10/2025		
25 M	50 M	75 M	100 M	125 M	150 M	175 M	200 M
PB	00:47.70		01:44.27		no time		02:39.52
	00:47.70		00:56.57				
.....
225 M	250 M	275 M	300	325	350	375	400 M
PB	no time		05:37.49		no time		07:27.72
.....

Coach feedback:

E-jury: 2026-01-05 time: 07:30:57pm Page: 1 / 16

STW meeting 26: Session: 1: COACH evaluation sheet for TEAM: ZIOS

Event number: 2: 400M FREESTYLE WOMEN 11-14

Heat:3, starttime: 14:19

Heat: 3/5 Lane : 7 Athlete: VAN DER POORTEN ELIEN

Q-time: 06:31:46

PB (25m pool): 06:31.46 Sint-Pieters-Leeuw 05/10/2025

PB (50m pool): no time SB: 06:31.46 Sint-Pieters-Leeuw 05/10/2025

	25 M	50 M	75 M	100 M	125 M	150 M	175 M	200 M
PB		00:43.88		01:31.96		no time		03:12.80
		00:43.88		00:48.08				
PB	225 M	250 M	275 M	300	325	350	375	400 M
		no time		04:53.56		no time		06:31.46

Coach feedback:

Event number: 2: 400M FREESTYLE WOMEN 11-14

Heat:4, starttime: 14:26

Heat: 4/5 Lane : 8 Athlete: VAN DER VEKEN LARA

Q-time: 06:06:65

PB (25m pool): 06:06.65 Hannuit 29/11/2025

PB (50m pool): no time SB: 06:06.65 Hannuit 29/11/2025

	25 M	50 M	75 M	100 M	125 M	150 M	175 M	200 M
PB		no time		01:25.47		no time		02:58.94
		no time						
PB	225 M	250 M	275 M	300	325	350	375	400 M
		no time		no time		no time		06:06.65

Coach feedback:

Event number: 3: 400M FREESTYLE MEN 11-14

Heat:1, starttime: 14:40

Heat: 1/4 Lane : 3 Athlete: BLOMMAERTS MATHIS

Q-time: 99:99:99

PB (25m pool): no time

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

	25 M	50 M	75 M	100 M	125 M	150 M	175 M	200 M
PB		no time		no time		no time		no time
		no time						
PB	225 M	250 M	275 M	300	325	350	375	400 M
		no time		no time		no time		no time

Coach feedback:

STW meeting 26: Session: 1: COACH evaluation sheet for TEAM: ZIOS

Event number: 3: 400M FREESTYLE MEN 11-14

Heat:2, starttime: 14:47

Heat: 2/4 Lane : 6 Athlete: VAN HOUCKE XANDER

Q-time: 06:48:24

PB (25m pool): 06:48.24 Ternat 30/03/2025

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

	25 M	50 M	75 M	100 M	125 M	150 M	175 M	200 M
PB		no time		01:36.49		no time		03:23.12
		no time						
PB	225 M	250 M	275 M	300	325	350	375	400 M
		no time		no time		no time		06:48.24

Coach feedback:

Event number: 3: 400M FREESTYLE MEN 11-14

Heat:2, starttime: 14:47

Heat: 2/4 Lane : 7 Athlete: VERMEIR CAENE

Q-time: 07:08:00

PB (25m pool): 07:08.00 Sint-Pieters-Leeuw 05/10/2025

PB (50m pool): no time SB: 07:08.00 Sint-Pieters-Leeuw 05/10/2025

	25 M	50 M	75 M	100 M	125 M	150 M	175 M	200 M
PB		00:44.09		01:37.75		no time		03:29.44
		00:44.09		00:53.66				
PB	225 M	250 M	275 M	300	325	350	375	400 M
		no time		05:18.27		no time		07:08.00

Coach feedback:

Event number: 3: 400M FREESTYLE MEN 11-14

Heat:2, starttime: 14:47

Heat: 2/4 Lane : 8 Athlete: BOMBAERT LOUIS

Q-time: 99:99:99

PB (25m pool): 06:49.23 Liedekerke 01/05/2024

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

	25 M	50 M	75 M	100 M	125 M	150 M	175 M	200 M
PB		no time		no time		no time		no time
		no time						
PB	225 M	250 M	275 M	300	325	350	375	400 M
		no time		no time		no time		06:49.23

Coach feedback:

STW meeting 26: Session: 1: COACH evaluation sheet for TEAM: ZIOS

Event number: 3: 400M FREESTYLE MEN 11-14

Heat:3, starttime: 14:55

Heat: 3/4 Lane : 8 Athlete: LUBOWICKI OLIVIER

Q-time: 06:11:02

PB (25m pool): 06:11.02 Wildersportcomplex 16/03/2025

PB (50m pool): no time 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		no time		01:25.92		no time		03:03.04
		no time						
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
		no time		no time		no time		06:11.02

Coach feedback:

Event number: 5: 100M BREASTSTROKE WOMEN 11+

Heat:4, starttime: 15:19

Heat: 4/9 Lane : 5 Athlete: MUYLAERT YINSE

Q-time: 01:39:38

PB (25m pool): 01:39.38 Liedekerke 11/11/2025

PB (50m pool): 01:45.72 SB: 01:39.38 Liedekerke 11/11/2025

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:48.11		01:39.38	
		00:48.11		00:51.27	

Coach feedback:

Event number: 5: 100M BREASTSTROKE WOMEN 11+

Heat:5, starttime: 15:21

Heat: 5/9 Lane : 5 Athlete: MATTHIJS XANTHE

Q-time: 01:35:86

PB (25m pool): 01:32.16 Liedekerke 01/05/2024

PB (50m pool): 01:41.69 SB: no time

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:32.16	
		no time			

Coach feedback:

STW meeting 26: Session: 1: COACH evaluation sheet for TEAM: ZIOS

Event number: 5: 100M BREASTSTROKE WOMEN 11+

Heat:5, starttime: 15:21

Heat: 5/9 Lane : 8 Athlete: MUYLAERT YAELLE

Q-time: 01:38:55

PB (25m pool): 01:38.55 Zaventem 15/07/2025

PB (50m pool): 01:41.00 SB: 01:41.26 Sint-Pieters-Leeuw 05/10/2025

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:45.65		01:38.55	
		00:45.65		00:52.90	
	

Coach feedback:

Event number: 5: 100M BREASTSTROKE WOMEN 11+

Heat:6, starttime: 15:23

Heat: 6/9 Lane : 1 Athlete: HEREMANS DITTE

Q-time: 01:34:54

PB (25m pool): 01:34.54 Ternat 30/03/2025

PB (50m pool): 01:36.96 SB: 01:35.65 Liedekerke 11/11/2025

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:44.06		01:34.54	
		00:44.06		00:50.48	
	

Coach feedback:

Event number: 5: 100M BREASTSTROKE WOMEN 11+

Heat:6, starttime: 15:23

Heat: 6/9 Lane : 7 Athlete: BOMBAERT MILLA

Q-time: 01:34:19

PB (25m pool): 01:32.07 Liedekerke 03/11/2024

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

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:42.75		01:32.07	
		00:42.75		00:49.32	
	

Coach feedback:

Event number: 5: 100M BREASTSTROKE WOMEN 11+

Heat:6, starttime: 15:23

Heat: 6/9 Lane : 8 Athlete: DE BISSCHOP LISSE

Q-time: 01:34:86

PB (25m pool): 01:32.82 Liedekerke 01/05/2022

PB (50m pool): 01:38.22 SB: no time

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:32.82	
		no time			
	

Coach feedback:

STW meeting 26: Session: 1: COACH evaluation sheet for TEAM: ZIOS

Event number: 5: 100M BREASTSTROKE WOMEN 11+

Heat:7, starttime: 15:25

Heat: 7/9 Lane : 2 Athlete: DEROOST BEAU

Q-time: 01:29:78

PB (25m pool): 01:29.78 Sint-Pieters-Leeuw 05/10/2025

PB (50m pool): 01:33.56 SB: 01:29.78 Sint-Pieters-Leeuw 05/10/2025

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:42.68		01:29.78	
	00:42.68			00:47.10	
	

Coach feedback:

Event number: 5: 100M BREASTSTROKE WOMEN 11+

Heat:9, starttime: 15:29

Heat: 9/9 Lane : 8 Athlete: LANDRIEU NORA

Q-time: 01:24:28

PB (25m pool): 01:24.28 Ternat 30/03/2025

PB (50m pool): 01:28.20 SB: no time

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.68		01:24.28	
	00:39.68			00:44.60	
	

Coach feedback:

Event number: 6: 100M BREASTSTROKE MEN 11+

Heat:2, starttime: 15:34

Heat: 2/7 Lane : 8 Athlete: ANCOLET MATS

Q-time: 01:45:78

PB (25m pool): 01:45.78 Ternat 30/03/2025

PB (50m pool): 01:42.99 SB: no time

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:49.63		01:45.78	
	00:49.63			00:56.15	
	

Coach feedback:

Event number: 6: 100M BREASTSTROKE MEN 11+

Heat:3, starttime: 15:36

Heat: 3/7 Lane : 2 Athlete: VOLCKAERT THOMAS

Q-time: 01:34:75

PB (25m pool): 01:34.75 Sinbad 12/01/2025

PB (50m pool): 01:41.21 SB: no time

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:44.40		01:34.75	
	00:44.40			00:50.35	
	

Coach feedback:

STW meeting 26: Session: 1: COACH evaluation sheet for TEAM: ZIOS

Event number: 6: 100M BREASTSTROKE MEN 11+

Heat:4, starttime: 15:39

Heat: 4/7 Lane : 1 Athlete: VAN HOUCKE QUINTEN

Q-time: 01:28:87

PB (25m pool): 01:28.87 Ternat 30/03/2025

PB (50m pool): 01:32.88 SB: no time

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:41.06		01:28.87	
		00:41.06		00:47.81	
	

Coach feedback:

Event number: 6: 100M BREASTSTROKE MEN 11+

Heat:5, starttime: 15:41

Heat: 5/7 Lane : 1 Athlete: TURF SANDER

Q-time: 01:24:10

PB (25m pool): 01:24.10 Ternat 30/03/2025

PB (50m pool): 01:28.70 SB: no time

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.11		01:24.10	
		00:40.11		00:43.99	
	

Coach feedback:

Event number: 6: 100M BREASTSTROKE MEN 11+

Heat:7, starttime: 15:44

Heat: 7/7 Lane : 1 Athlete: PERSOONS EMIEL

Q-time: 01:13:99

PB (25m pool): 01:13.99 LEUVEN 23/11/2025

PB (50m pool): 01:17.81 SB: 01:13.99 LEUVEN 23/11/2025

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.53		01:13.99	
		00:34.53		00:39.46	
	

Coach feedback:

Event number: 6: 100M BREASTSTROKE MEN 11+

Heat:7, starttime: 15:44

Heat: 7/7 Lane : 5 Athlete: DE PEYPER NOAH

Q-time: 01:09:34

PB (25m pool): 01:09.34 Sinbad 12/01/2025

PB (50m pool): 01:11.99 SB: 01:11.48 Leuven 12/10/2025

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.25		01:09.34	
		00:33.25		00:36.09	
	

Coach feedback:

STW meeting 26: Session: 1: COACH evaluation sheet for TEAM: ZIOS

Event number: 6: 100M BREASTSTROKE MEN 11+

Heat:7, starttime: 15:44

Heat: 7/7 Lane : 6 Athlete: DE PEYPER MATS

Q-time: 01:12:25

PB (25m pool): 01:12.25 Temse 17/11/2025

PB (50m pool): 01:15.68 SB: 01:12.25 Temse 17/11/2025

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.32		01:12.25	
		00:33.32		00:38.93	
	

Coach feedback:

Event number: 7: 100M BACKSTROKE MIXED 10-10

Heat:1, starttime: 15:47

Heat: 1/1 Lane : 5 Athlete: LUBOWICKI ADA

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: 8: 100M BACKSTROKE WOMEN 11+

Heat:1, starttime: 16:04

Heat: 1/8 Lane : 2 Athlete: FAHY JULIE

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: 8: 100M BACKSTROKE WOMEN 11+

Heat:2, starttime: 16:07

Heat: 2/8 Lane : 1 Athlete: DE BRUYN JADE

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:

STW meeting 26: Session: 1: COACH evaluation sheet for TEAM: ZIOS

Event number: 8: 100M BACKSTROKE WOMEN 11+

Heat:2, starttime: 16:07

Heat: 2/8 Lane : 3 Athlete: ANCOLET LAURE

Q-time: 01:51:02

PB (25m pool): 01:51.02 Sint-Pieters-Leeuw 05/10/2025

PB (50m pool): no time SB: 01:51.02 Sint-Pieters-Leeuw 05/10/2025

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:54.18		01:51.02	
		00:54.18		00:56.84	
	

Coach feedback:

Event number: 8: 100M BACKSTROKE WOMEN 11+

Heat:3, starttime: 16:10

Heat: 3/8 Lane : 7 Athlete: MUYLAERT YINSE

Q-time: 01:42:28

PB (25m pool): 01:42.28 Vilvoorde 18/05/2025

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

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:51.08		01:42.28	
		00:51.08		00:51.20	
	

Coach feedback:

Event number: 8: 100M BACKSTROKE WOMEN 11+

Heat:3, starttime: 16:10

Heat: 3/8 Lane : 8 Athlete: FAHY EMMA

Q-time: 01:43:71

PB (25m pool): 01:43.71 Ternat 14/12/2025

PB (50m pool): no time SB: 01:43.71 Ternat 14/12/2025

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:51.09		01:43.71	
		00:51.09		00:52.62	
	

Coach feedback:

Event number: 8: 100M BACKSTROKE WOMEN 11+

Heat:8, starttime: 16:23

Heat: 8/8 Lane : 4 Athlete: DE BACKER BIRGIT

Q-time: 01:09:03

PB (25m pool): 01:09.03 Leuven 12/10/2025

PB (50m pool): 01:13.23 SB: 01:09.03 Leuven 12/10/2025

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.33		01:09.03	
		00:33.33		00:35.70	
	

Coach feedback:

STW meeting 26: Session: 1: COACH evaluation sheet for TEAM: ZIOS

Event number: 9: 100M BACKSTROKE MEN 11+

Heat:2, starttime: 16:28

Heat: 2/5 Lane : 7 Athlete: VERMEIR CAENE

Q-time: 01:34:98

PB (25m pool): 01:34.98 Liedekerke 11/11/2025

PB (50m pool): no time SB: 01:34.98 Liedekerke 11/11/2025

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:44.40		01:34.98	
		00:44.40		00:50.58	
	

Coach feedback:

Event number: 9: 100M BACKSTROKE MEN 11+

Heat:3, starttime: 16:30

Heat: 3/5 Lane : 6 Athlete: ANCOLET MATS

Q-time: 01:24:89

PB (25m pool): 01:24.89 Sint-Pieters-Leeuw 05/10/2025

PB (50m pool): no time SB: 01:24.89 Sint-Pieters-Leeuw 05/10/2025

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:42.57		01:24.89	
		00:42.57		00:42.32	
	

Coach feedback:

Event number: 9: 100M BACKSTROKE MEN 11+

Heat:4, starttime: 16:33

Heat: 4/5 Lane : 3 Athlete: VAN HOUCKE QUINTEN

Q-time: 01:15:56

PB (25m pool): 01:15.56 Vilvoorde 18/05/2025

PB (50m pool): 01:16.82 SB: no time

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.53		01:15.56	
		00:36.53		00:39.03	
	

Coach feedback:

Event number: 9: 100M BACKSTROKE MEN 11+

Heat:5, starttime: 16:35

Heat: 5/5 Lane : 5 Athlete: VOLCKAERT MATTHIAS

Q-time: 01:02:30

PB (25m pool): 01:00.97 Gent 09/11/2025

PB (50m pool): 01:03.09 SB: 01:00.97 Gent 09/11/2025

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:29.54		01:00.97	
		00:29.54		00:31.43	
	

Coach feedback:

STW meeting 26: Session: 1: COACH evaluation sheet for TEAM: ZIOS

Event number: 10: 100M BUTTERFLY WOMEN 11+

Heat:3, starttime: 16:42

Heat: 3/4 Lane : 6 Athlete: BOMBAERT MILLA

Q-time: 01:24:89

PB (25m pool): 01:24.89 Liedekerke 11/11/2025

PB (50m pool): no time SB: 01:24.89 Liedekerke 11/11/2025

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.89		01:24.89	
		00:36.89		00:48.00	
	

Coach feedback:

Event number: 10: 100M BUTTERFLY WOMEN 11+

Heat:3, starttime: 16:42

Heat: 3/4 Lane : 7 Athlete: HEREMANS DITTE

Q-time: 01:26:03

PB (25m pool): 01:26.03 Zaventem 15/07/2025

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

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.90		01:26.03	
		00:39.90		00:46.13	
	

Coach feedback:

Event number: 10: 100M BUTTERFLY WOMEN 11+

Heat:4, starttime: 16:44

Heat: 4/4 Lane : 5 Athlete: LANDRIEU NORA

Q-time: 01:12:35

PB (25m pool): 01:12.35 Liedekerke 11/11/2025

PB (50m pool): 01:32.76 SB: 01:12.35 Liedekerke 11/11/2025

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.64		01:12.35	
		00:33.64		00:38.71	
	

Coach feedback:

Event number: 11: 100M BUTTERFLY MEN 11+

Heat:2, starttime: 16:49

Heat: 2/3 Lane : 1 Athlete: BOMBAERT LOUIS

Q-time: 01:21:13

PB (25m pool): 01:21.13 Liedekerke 11/11/2025

PB (50m pool): no time SB: 01:21.13 Liedekerke 11/11/2025

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.19		01:21.13	
		00:38.19		00:42.94	
	

Coach feedback:

STW meeting 26: Session: 1: COACH evaluation sheet for TEAM: ZIOS

Event number: 11: 100M BUTTERFLY MEN 11+

Heat:3, starttime: 16:51

Heat: 3/3 Lane : 1 Athlete: DE PEYPER MATS

Q-time: 01:11:28

PB (25m pool): 01:11.28 Temse 17/11/2025

PB (50m pool): no time SB: 01:11.28 Temse 17/11/2025

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.33		01:11.28	
		00:32.33		00:38.95	
	

Coach feedback:

Event number: 11: 100M BUTTERFLY MEN 11+

Heat:3, starttime: 16:51

Heat: 3/3 Lane : 4 Athlete: DE PEYPER NOAH

Q-time: 01:04:13

PB (25m pool): 01:04.13 Sinbad 12/01/2025

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

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:29.17		01:04.13	
		00:29.17		00:34.96	
	

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+

Heat:2, starttime: 16:55

Heat: 2/11 Lane : 4 Athlete: FAHY JULIE

Q-time: 01:32:59

PB (25m pool): 01:32.59 Liedekerke 11/11/2025

PB (50m pool): no time SB: 01:32.59 Liedekerke 11/11/2025

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:42.92		01:32.59	
		00:42.92		00:49.67	
	

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+

Heat:3, starttime: 16:57

Heat: 3/11 Lane : 5 Athlete: FAHY EMMA

Q-time: 01:28:50

PB (25m pool): 01:28.50 Liedekerke 11/11/2025

PB (50m pool): no time SB: 01:28.50 Liedekerke 11/11/2025

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:42.05		01:28.50	
		00:42.05		00:46.45	
	

Coach feedback:

STW meeting 26: Session: 1: COACH evaluation sheet for TEAM: ZIOS

Event number: 12: 100M FREESTYLE WOMEN 11+

Heat:3, starttime: 16:57

Heat: 3/11 Lane : 7 Athlete: VAN DER POORTEN ELIEN

Q-time: 01:30:34

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: 12: 100M FREESTYLE WOMEN 11+

Heat:4, starttime: 16:59

Heat: 4/11 Lane : 7 Athlete: VAN DER VEKEN LARA

Q-time: 01:23:31

PB (25m pool): 01:23.31 Dilbeek 28/09/2025

PB (50m pool): no time SB: 01:23.31 Dilbeek 28/09/2025

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.76		01:23.31	
		00:39.76		00:43.55	
	

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+

Heat:5, starttime: 17:01

Heat: 5/11 Lane : 2 Athlete: MUYLAERT YAELLE

Q-time: 01:17:14

PB (25m pool): 01:17.14 Zaventem 15/07/2025

PB (50m pool): 01:17.39 SB: 01:19.63 Sint-Pieters-Leeuw 05/10/2025

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.19		01:17.14	
		00:36.19		00:40.95	
	

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+

Heat:7, starttime: 17:05

Heat: 7/11 Lane : 6 Athlete: DE BISSCHOP LISSE

Q-time: 01:11:18

PB (25m pool): 01:11.18 Sinbad 12/01/2025

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

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.08		01:11.18	
		00:34.08		00:37.10	
	

Coach feedback:

STW meeting 26: Session: 1: COACH evaluation sheet for TEAM: ZIOS

Event number: 12: 100M FREESTYLE WOMEN 11+

Heat:8, starttime: 17:06

Heat: 8/11 Lane : 1 Athlete: MATTHIJS XANTHE

Q-time: 01:09:67

PB (25m pool): 01:09.25 LEUVEN 14/05/2023

PB (50m pool): 01:11.85 SB: no time

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:09.25	
		no time			
	

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+

Heat:8, starttime: 17:06

Heat: 8/11 Lane : 4 Athlete: DEROOST BEAU

Q-time: 01:08:74

PB (25m pool): 01:08.74 Sint-Pieters-Leeuw 05/10/2025

PB (50m pool): 01:10.17 SB: 01:08.74 Sint-Pieters-Leeuw 05/10/2025

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.72		01:08.74	
		00:32.72		00:36.02	
	

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+

Heat:11, starttime: 17:11

Heat: 11/11 Lane : 4 Athlete: DE BACKER BIRGIT

Q-time: 00:59:43

PB (25m pool): 00:59.43 Zaventem 15/07/2025

PB (50m pool): 01:00.41 SB: 01:00.03 Leuven 12/10/2025

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:28.82		00:59.43	
		00:28.82		00:30.61	
	

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 11+

Heat:1, starttime: 17:13

Heat: 1/10 Lane : 5 Athlete: VAN HOUCKE XANDER

Q-time: 01:36:49

PB (25m pool): 01:37.32 Liedekerke 01/05/2024

PB (50m pool): 01:30.96 SB: no time

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:37.32	
		no time			
	

Coach feedback:

STW meeting 26: Session: 1: COACH evaluation sheet for TEAM: ZIOS**Event number: 13: 100M FREESTYLE MEN 11+****Heat:2, starttime: 17:16****Heat: 2/10 Lane : 6 Athlete: BLOMMAERTS MATHIS****Q-time: 01:23:39**

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: 13: 100M FREESTYLE MEN 11+**Heat:5, starttime: 17:21****Heat: 5/10 Lane : 4 Athlete: LUBOWICKI OLIVIER****Q-time: 01:10:20**

PB (25m pool): 01:10.20 Sint-Pieters-Leeuw 05/10/2025

PB (50m pool): no time SB: 01:10.20 Sint-Pieters-Leeuw 05/10/2025

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.43		01:10.20	
	00:33.43		00:36.77		
	

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 11+**Heat:8, starttime: 17:26****Heat: 8/10 Lane : 2 Athlete: TURF SANDER****Q-time: 01:02:82**

PB (25m pool): 01:02.82 Zaventem 15/07/2025

PB (50m pool): 01:05.11 SB: 01:03.07 Liedekerke 11/11/2025

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:29.52		01:02.82	
	00:29.52		00:33.30		
	

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 11+**Heat:9, starttime: 17:28****Heat: 9/10 Lane : 5 Athlete: VOLCKAERT THOMAS****Q-time: 00:59:40**

PB (25m pool): 00:59.40 Leuven 12/10/2025

PB (50m pool): 01:00.37 SB: 00:59.40 Leuven 12/10/2025

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:28.37		00:59.40	
	00:28.37		00:31.03		
	

Coach feedback:

STW meeting 26: Session: 1: COACH evaluation sheet for TEAM: ZIOS

Event number: 13: 100M FREESTYLE MEN 11+

Heat:10, starttime: 17:29

Heat: 10/10 Lane : 3 Athlete: VOLCKAERT MATTHIAS

Q-time: 00:55:12

PB (25m pool): 00:55.12 Leuven 23/02/2025

PB (50m pool): 00:56.62 SB: 00:55.84 Liedekerke 11/11/2025

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:27.24		00:55.12	
		00:27.24		00:27.88	
	

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 11+

Heat:10, starttime: 17:29

Heat: 10/10 Lane : 7 Athlete: PERSOOONS EMIEL

Q-time: 00:57:68

PB (25m pool): 00:57.68 Liedekerke 11/11/2025

PB (50m pool): 01:07.41 SB: 00:57.68 Liedekerke 11/11/2025

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:27.96		00:57.68	
		00:27.96		00:29.72	
	

Coach feedback: