

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: Houtevelt Kyllian

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		
	2 5 M	5 0 M	7 5 M	1 0 0 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					
	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:

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					
	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		00:47.70		01:44.27		no time		02:39.52
	00:47.70		00:56.57					

	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		05:37.49		no time		07:27.72

Coach feedback:

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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				
	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		00:43.88		01:31.96		no time		03:12.80
	00:43.88		00:48.08					

	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		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					
	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		01:25.47		no time		02:58.94
	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		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					
	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: 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				
	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		01:36.49		no time		03:23.12
	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		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				
	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		00:44.09		01:37.75		no time		03:29.44
	00:44.09		00:53.66					

	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		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				
	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		06:49.23

Coach feedback:

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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							

	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		06:11.02

Coach feedback:

Event number: 5: 100M BREASTSTROKE WOMEN 11+							Heat:4, starttime: 15:19	
Heat: 4/9 Lane : 5 Athlete: MUYLEAERT YINSE							Q-time: 01:39:38	
PB (25m pool): 01:39.38 Liedekerke 11/11/2025				PB (50m pool): 01:45.72SB: 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): 01:41.69SB: no time		
PB	2 5 M	5 0 M	7 5 M	1 0 0 M	
		no time		01:32.16	
	no time				
	

Coach feedback:

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Event number: 5: 100M BREASTSTROKE WOMEN 11+					Heat:5, starttime: 15:21
Heat: 5/9 Lane : 8 Athlete: MUYLEAERT YAELE					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:

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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:

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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:

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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:

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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: MUYLEAERT 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:

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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:

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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:

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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: MUYLEAERT YAELE				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: PERSOONS 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: