

PL VLB & B 26: Session: 1: COACH evaluation sheet for TEAM: ZCK

Coachinfo: Warming up from: 08:20 untill 09:25. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Van Den Broeck Dennis

Coaches: Okens Jari

Coaches: Van Den Broeck Michaël HEADCOACH

Coaches: Bosmans Fleur

PB => Personal Best time

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

Event number: 1: 200M BUTTERFLY WOMEN 13+							Heat:1, starttime: 09:30	
Heat: 1/2 Lane : 4 Athlete: VAN HOOMISSEN CHELSEA							Q-time: 02:48:62	
PB (25m pool): 02:48.62 Bastogne 05/04/2026				PB (50m pool): 02:52.50SB: 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		00:36.28		01:20.40		02:07.29		02:48.62
	00:36.28		00:44.12		00:46.89		00:41.33	
								

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+							Heat:3, starttime: 09:41	
Heat: 3/12 Lane : 2 Athlete: LAUWENS FINN							Q-time: 01:11:01	
PB (25m pool): 01:11.01 Tervuren 30/05/2026				PB (50m pool): 01:09.95 SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:34.44		01:11.01				
	00:34.44		00:36.57					
								

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+							Heat:8, starttime: 09:49		
Heat: 8/12 Lane : 1 Athlete: VAN LOON BAS							Q-time: 00:58:19		
PB (25m pool): 00:58.19 Stedelijk Zwembad Geel 15/02/2026							PB (50m pool): 00:58.87 SB: no time		
	2 5 M		5 0 M		7 5 M		1 0 0 M		
PB			00:27.99				00:58.19		
	00:27.99				00:30.20				
									

Coach feedback:

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Event number: 3: 200M MEDLEY WOMEN 11+							Heat:4, starttime: 10:08	
Heat: 4/10 Lane : 3 Athlete: SEGHERS MILLA							Q-time: 02:55:00	
PB (25m pool): 02:55.00 Kapelle-op-den-Bos 19/04/2026				PB (50m pool): 02:56.75 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		00:37.84		no time		no time		02:55.00
	00:37.84							
								

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:6, starttime: 10:15	
Heat: 6/10 Lane : 3 Athlete: NUYTKENS MARIE							Q-time: 02:45:05	
PB (25m pool): 02:45.05 Dilbeek 10/05/2026				PB (50m pool): 02:49.84 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		00:33.72		no time		no time		02:45.05
	00:33.72							
								

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:7, starttime: 10:18	
Heat: 7/10 Lane : 2 Athlete: JACOBS LAURIEN							Q-time: 02:42:66	
PB (25m pool): 02:42.66 Gent 23/02/2025				PB (50m pool): 02:52.50 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		00:34.91		01:17.95		02:03.95		02:42.66
	00:34.91		00:43.04		00:46.00		00:38.71	
								

Coach feedback:

Event number: 4: 100M BREASTSTROKE MEN 13+							Heat:2, starttime: 10:33	
Heat: 2/5 Lane : 6 Athlete: VAN DEN BRANDE LUCAS							Q-time: 01:17:06	
PB (25m pool): 01:17.06 Bastogne 05/04/2026				PB (50m pool): 01:19.79 SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:35.61		01:17.06				
	00:35.61		00:41.45					
								

Coach feedback:

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Event number: 4: 100M BREASTSTROKE MEN 13+					Heat:4, starttime: 10:37
Heat: 4/5 Lane : 2 Athlete: BAKX WARRE					Q-time: 01:11:07
PB (25m pool): 01:11.07 Bastogne 05/04/2026					PB (50m pool): 01:14.78 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.27		01:11.07	
	00:32.27		00:38.80		
					

Coach feedback:

Event number: 5: 200M BACKSTROKE WOMEN 13+							Heat:2, starttime: 11:09	
Heat: 2/5 Lane : 5 Athlete: VERSPECHT KAAT							Q-time: 02:43:06	
PB (25m pool): 02:43.06 Ternat 14/12/2025				PB (50m pool): 02:47.26 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		00:37.81		01:18.70		no time		02:43.06
	00:37.81		00:40.89					
								

Coach feedback:

Event number: 5: 200M BACKSTROKE WOMEN 13+							Heat:5, starttime: 11:19	
Heat: 5/5 Lane : 2 Athlete: GEENS AMÉLIE							Q-time: 02:27:01	
PB (25m pool): 02:26.55 Leuven 15/10/2023				PB (50m pool): 02:30.58 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		02:26.55
	no time							
								

Coach feedback:

Event number: 5: 200M BACKSTROKE WOMEN 13+							Heat:5, starttime: 11:19	
Heat: 5/5 Lane : 4 Athlete: DALEMANS LYN							Q-time: 02:22:07	
PB (25m pool): 02:22.07 Leuven 12/10/2025				PB (50m pool): 02:25.96 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		00:34.62		01:11.05		01:47.26		02:22.07
	00:34.62		00:36.43		00:36.21		00:34.81	
								

Coach feedback:

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Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:4, starttime: 12:07
Heat: 4/11 Lane : 8 Athlete: SEGHERS MILLA			Q-time: 00:36:06
PB (25m pool): 00:36.06 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 00:36.45 SB: 00:36.13 Zwembad De Wauwer 13/09/2026			
	2 5 M	5 0 M	
PB		00:36.06	
		00:36.06	
			

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:5, starttime: 12:08
Heat: 5/11 Lane : 3 Athlete: VAN HOOMISSEN CHELSEA			Q-time: 00:33:81
PB (25m pool): 00:33.81 Bastogne 05/04/2026 PB (50m pool): 00:34.60 SB: 00:34.59 Zwembad De Wauwer 13/09/2026			
	2 5 M	5 0 M	
PB		00:33.81	
		00:33.81	
			

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:6, starttime: 12:09
Heat: 6/11 Lane : 3 Athlete: NUYTKENS MARIE			Q-time: 00:33:22
PB (25m pool): 00:33.22 Tervuren 30/05/2026 PB (50m pool): 00:33.93 SB: 00:33.81 Zwembad De Wauwer 13/09/2026			
	2 5 M	5 0 M	
PB		00:33.22	
		00:33.22	
			

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:9, starttime: 12:13
Heat: 9/11 Lane : 5 Athlete: GEENS AMÉLIE			Q-time: 00:31:23
PB (25m pool): 00:31.23 Tervuren 30/05/2026 PB (50m pool): 00:31.72 SB: no time			
	2 5 M	5 0 M	
PB		00:31.23	
		00:31.23	
			

Coach feedback:

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Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:9, starttime: 12:13
Heat: 9/11 Lane : 8 Athlete: VAN DEN EEDE OLIVIA			Q-time: 00:31:72
PB (25m pool): 00:31.72 Kapelle-op-den-Bos 19/04/2026			PB (50m pool): 00:32.56 SB: 00:32.03 Zwembad De Wauwer 13/09/2026
	2 5 M	5 0 M	
PB		00:31.72	
		00:31.72	
			

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:11, starttime: 12:15
Heat: 11/11 Lane : 6 Athlete: DALEMANS LYN			Q-time: 00:28:90
PB (25m pool): 00:28.98 Leuven 12/10/2025			PB (50m pool): 00:28.90 SB: 00:29.65 Zwembad De Wauwer 13/09/2026
	2 5 M	5 0 M	
PB		00:28.98	
		00:28.98	
			

Coach feedback: