

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

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

Coaches: Loeman Efiennia

Coaches: Van Impe Inge

Coaches: Callebaut Joris

Coaches: Moons Lincy

Coaches: Verbinnen Nadine

Coaches: Coremans Vicky

Coaches: Wauters Tine

Coaches: Salaets Pieter

Coaches: Jacobs Karen

Coaches: Janssen Koen

Coaches: Schepens Koen HEADCOACH

PB => Personal Best time

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

Event number: 1: 200M BUTTERFLY WOMEN 13+							Heat:2, starttime: 09:34	
Heat: 2/2 Lane : 6 Athlete: THIJS MAAIKE							Q-time: 02:33:91	
PB (25m pool): 02:33.91 Aarschot 27/07/2026				PB (50m pool): 02:41.60SB: 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		00:34.25		01:12.57		no time		02:33.91
	00:34.25		00:38.32					
								

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+					Heat:2, starttime: 09:39
Heat: 2/12 Lane : 6 Athlete: TORDOIR MILAS				Q-time: 01:15:93	
PB (25m pool): 01:15.93 Aarschot 26/04/2026			PB (50m pool): 01:19.24SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.55		01:15.93	
	00:36.55		00:39.38		
					

Coach feedback:

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Event number: 2: 100M FREESTYLE MEN 11+					Heat:3, starttime: 09:41
Heat: 3/12 Lane : 1 Athlete: SOENS JACK					Q-time: 01:11:52
PB (25m pool): 01:11.52 Heist-op-den-Berg 10/01/2026 PB (50m pool): 01:10.43 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.48		01:11.52	
	00:34.48		00:37.04		
					

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+					Heat:8, starttime: 09:49
Heat: 8/12 Lane : 2 Athlete: VAN DER BORGHT FLORIS					Q-time: 00:58:03
PB (25m pool): 00:58.03 LEUVEN 23/11/2025 PB (50m pool): 00:59.36 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:28.03		00:58.03	
	00:28.03		00:30.00		
					

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+					Heat:11, starttime: 09:54
Heat: 11/12 Lane : 6 Athlete: GEENS DRé					Q-time: 00:54:17
PB (25m pool): 00:54.17 Aarschot 27/07/2026 PB (50m pool): 00:55.27 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:25.57		00:54.17	
	00:25.57		00:28.60		
					

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+					Heat:11, starttime: 09:54
Heat: 11/12 Lane : 8 Athlete: DECALUWé GEORGES					Q-time: 00:55:34
PB (25m pool): 00:55.34 Aarschot 27/07/2026 PB (50m pool): 00:56.31 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:26.41		00:55.34	
	00:26.41		00:28.93		
					

Coach feedback:

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Event number: 3: 200M MEDLEY WOMEN 11+							Heat:2, starttime: 10:01	
Heat: 2/10 Lane : 2 Athlete: SALAETS TESS							Q-time: 03:04:89	
PB (25m pool): 03:04.89 Aarschot 26/04/2026				PB (50m pool): 03:03.86SB: 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		00:39.41		01:27.50		02:22.39		03:04.89
	00:39.41		00:48.09		00:54.89		00:42.50	
								

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:4, starttime: 10:08	
Heat: 4/10 Lane : 8 Athlete: BELIAEV EMILY							Q-time: 02:57:35	
PB (25m pool): 02:57.35 Sportoase De Watermolen 21/07/2026 PB (50m pool): 02:57.77 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		00:40.06		01:26.68		02:18.26		02:57.35
	00:40.06		00:46.62		00:51.58		00:39.09	
								

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:5, starttime: 10:11	
Heat: 5/10 Lane : 4 Athlete: DECALUWé ELOUISE							Q-time: 02:47:45	
PB (25m pool): 02:47.45 Sportoase De Watermolen 21/07/2026 PB (50m pool): 02:51.62SB: 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		00:36.76		01:18.75		02:09.94		02:47.45
	00:36.76		00:41.99		00:51.19		00:37.51	
								

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:5, starttime: 10:11	
Heat: 5/10 Lane : 5 Athlete: BOND MAYA							Q-time: 02:47:69	
PB (25m pool): 02:47.69 Sportoase De Watermolen 21/07/2026 PB (50m pool): 02:51.66 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		00:37.20		01:20.52		02:11.24		02:47.69
	00:37.20		00:43.32		00:50.72		00:36.45	
								

Coach feedback:

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Event number: 3: 200M MEDLEY WOMEN 11+							Heat:6, starttime: 10:15	
Heat: 6/10 Lane : 7 Athlete: VERVLOET LIN							Q-time: 02:46:15	
PB (25m pool): 02:46.15 Sportoase De Watermolen 21/07/2026 PB (50m pool): 02:55.52SB: 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		00:37.52		01:18.43		02:09.37		02:46.15
	00:37.52		00:40.91		00:50.94		00:36.78	
								

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:7, starttime: 10:18	
Heat: 7/10 Lane : 6 Athlete: JANSSEN LUCY							Q-time: 02:42:42	
PB (25m pool): 02:42.42 Parklaan 58, Turnhout 29/03/2026 PB (50m pool): 02:49.14 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		00:34.46		no time		no time		02:42.42
	00:34.46							
								

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:8, starttime: 10:22	
Heat: 8/10 Lane : 3 Athlete: UYTTERHOEVEN FIEBE							Q-time: 02:37:66	
PB (25m pool): 02:37.66 Aarschot 26/04/2026								

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:9, starttime: 10:25	
Heat: 9/10 Lane : 1 Athlete: DECALUWé HELENA							Q-time: 02:36:02	
PB (25m pool): 02:36.02 Aarschot 27/07/2026							PB (50m pool): 02:41.95 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		00:34.10		no time		no time		02:36.02
	00:34.10							
								

Coach feedback:

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Event number: 3: 200M MEDLEY WOMEN 11+							Heat:9, starttime: 10:25	
Heat: 9/10 Lane : 2 Athlete: BOHMER JANNE							Q-time: 02:35:63	
PB (25m pool): 02:35.63 Leuven 12/10/2025				PB (50m pool): 02:35.55SB: 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		00:34.63		01:13.97		02:00.80		02:35.63
	00:34.63		00:39.34		00:46.83		00:34.83	
								

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:9, starttime: 10:25	
Heat: 9/10 Lane : 8 Athlete: UYTTERHOEVEN FLO							Q-time: 02:36:20	
PB (25m pool): 02:36.20 Aarschot 27/07/2026				PB (50m pool): 02:42.07 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		00:35.07		no time		no time		02:36.20
	00:35.07							
								

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:10, starttime: 10:28	
Heat: 10/10 Lane : 7 Athlete: VERELST LAURA							Q-time: 02:29:81	
PB (25m pool): 02:29.81 Aarschot 27/07/2026				PB (50m pool): 02:32.61 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		00:33.49		no time		no time		02:29.81
	00:33.49							
								

Coach feedback:

Event number: 4: 100M BREASTSTROKE MEN 13+					Heat:4, starttime: 10:37
Heat: 4/5 Lane : 3 Athlete: GEENS DRé				Q-time: 01:10:04	
PB (25m pool): 01:10.04 Herentals 09/05/2026			PB (50m pool): 01:12.81 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.88		01:10.04	
	00:32.88		00:37.16		
					

Coach feedback:

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Event number: 5: 200M BACKSTROKE WOMEN 13+							Heat:2, starttime: 11:09	
Heat: 2/5 Lane : 2 Athlete: PISCAER STANSE							Q-time: 02:44:83	
PB (25m pool): 02:44.83 Aarschot 04/05/2025				PB (50m pool): 02:43.44 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		00:38.37		01:20.15		no time		02:44.83
	00:38.37		00:41.78					
								

Coach feedback:

Event number: 5: 200M BACKSTROKE WOMEN 13+							Heat:2, starttime: 11:09	
Heat: 2/5 Lane : 3 Athlete: VERVLOET LIN							Q-time: 02:43:61	
PB (25m pool): 02:43.61 LEUVEN 21/12/2025				PB (50m pool): 02:43.64 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		00:39.59		01:22.33		02:04.39		02:43.61
	00:39.59		00:42.74		00:42.06		00:39.22	
								

Coach feedback:

Event number: 5: 200M BACKSTROKE WOMEN 13+							Heat:3, starttime: 11:12	
Heat: 3/5 Lane : 2 Athlete: JANSSEN LUCY							Q-time: 02:39:79	
PB (25m pool): 02:39.79 Sportoase De Watermolen 21/07/2026 PB (50m pool): 02:41.57 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		00:37.16		01:17.19		01:59.07		02:39.79
	00:37.16		00:40.03		00:41.88		00:40.72	
								

Coach feedback:

Event number: 5: 200M BACKSTROKE WOMEN 13+							Heat:4, starttime: 11:15	
Heat: 4/5 Lane : 3 Athlete: BOHMER JANNE							Q-time: 02:30:70	
PB (25m pool): 02:30.70 Heist-op-den-Berg 10/01/2026				PB (50m pool): 02:34.89 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		00:35.88		01:14.14		no time		02:30.70
	00:35.88		00:38.26					
								

Coach feedback:

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Event number: 6: 400M FREESTYLE MEN 13+							Heat:1, starttime: 11:22	
Heat: 1/4 Lane : 3 Athlete: SCHEPENS TOOR							Q-time: 04:56:51	
PB (25m pool): 04:56.51 Aarschot 26/04/2026				PB (50m pool): 05:50.42SB: 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		00:33.24		01:10.21		01:47.81		02:25.64
	00:33.24		00:36.97		00:37.60		00:37.83	
								
	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		03:03.51		03:41.99		04:20.48		04:56.51
	00:37.87		00:38.48		00:38.49		00:36.03	
								

Coach feedback:

Event number: 6: 400M FREESTYLE MEN 13+							Heat:1, starttime: 11:22	
Heat: 1/4 Lane : 4 Athlete: ROCKELÉ LOWIE							Q-time: 04:54:86	
PB (25m pool): 04:54.86 Aarschot 26/04/2026				PB (50m pool): 05:37.22SB: 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		00:32.36		01:09.46		01:47.36		02:25.35
	00:32.36		00:37.10		00:37.90		00:37.99	
								
	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		03:02.88		03:41.15		04:19.94		04:54.86
	00:37.53		00:38.27		00:38.79		00:34.92	
								

Coach feedback:

Event number: 6: 400M FREESTYLE MEN 13+							Heat:1, starttime: 11:22	
Heat: 1/4 Lane : 5 Athlete: MERTENS LANDER							Q-time: 04:56:31	
PB (25m pool): 04:56.31 Aarschot 26/04/2026				PB (50m pool): 05:59.85SB: 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		00:33.55		01:10.42		01:48.01		02:26.16
	00:33.55		00:36.87		00:37.59		00:38.15	
								
	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		03:03.73		03:41.89		04:19.78		04:56.31
	00:37.57		00:38.16		00:37.89		00:36.53	
								

Coach feedback:

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Event number: 6: 400M FREESTYLE MEN 13+							Heat:3, starttime: 11:33	
Heat: 3/4 Lane : 6 Athlete: DECALUWé GEORGES							Q-time: 04:34:62	
PB (25m pool): 04:30.79 Aarschot 29/07/2024				PB (50m pool): 04:34.62 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		04:30.79
								

Coach feedback:

Event number: 6: 400M FREESTYLE MEN 13+							Heat:4, starttime: 11:38	
Heat: 4/4 Lane : 2 Athlete: VAN DER BORGHT FLORIS							Q-time: 04:20:83	
PB (25m pool): 04:20.83 Aarschot 28/07/2025				PB (50m pool): 04:29.65 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		01:03.16		no time		02:09.66
	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		04:20.83
								

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+							Heat:3, starttime: 12:06	
Heat: 3/11 Lane : 1 Athlete: BELIAEV EMILY							Q-time: 00:37:97	
PB (25m pool): 00:37.97 Herentals 09/05/2026				PB (50m pool): 00:39.82 SB: no time				
	2 5 M		5 0 M					
PB			00:37.97					
			00:37.97					
								

Coach feedback:

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Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:3, starttime: 12:06
Heat: 3/11 Lane : 2 Athlete: BOND MAYA			Q-time: 00:37:01
PB (25m pool): 00:37.01 Herentals 09/05/2026			PB (50m pool): 00:38.88 SB: no time
	2 5 M	5 0 M	
PB		00:37.01	
		00:37.01	
			

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:3, starttime: 12:06
Heat: 3/11 Lane : 5 Athlete: SALAETS TESS			Q-time: 00:36:20
PB (25m pool): 00:36.20 Herentals 09/05/2026			PB (50m pool): 00:36.29 SB: no time
	2 5 M	5 0 M	
PB		00:36.20	
		00:36.20	
			

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:8, starttime: 12:12
Heat: 8/11 Lane : 4 Athlete: DECALUWé HELENA			Q-time: 00:31:79
PB (25m pool): 00:31.79 Herentals 09/05/2026			PB (50m pool): 00:32.84 SB: no time
	2 5 M	5 0 M	
PB		00:31.79	
		00:31.79	
			

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:10, starttime: 12:14
Heat: 10/11 Lane : 2 Athlete: THIJS MAAIKE			Q-time: 00:30:73
PB (25m pool): 00:30.73 Stedelijk Zwembad Geel 15/02/2026			PB (50m pool): 00:30.36 SB: no time
	2 5 M	5 0 M	
PB		00:30.73	
		00:30.73	
			

Coach feedback:

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

Event number: 8: 50M BACKSTROKE MEN 13+			Heat:2, starttime: 12:17
Heat: 2/4 Lane : 5 Athlete: MERTENS LANDER			Q-time: 00:32:33
PB (25m pool): 00:32.71 Herentals 09/05/2026			PB (50m pool): 00:33.93 SB: no time
	2 5 M	5 0 M	
PB		00:32.71	
		00:32.71	
			

Coach feedback:

Event number: 8: 50M BACKSTROKE MEN 13+			Heat:3, starttime: 12:18
Heat: 3/4 Lane : 4 Athlete: DECALUWé GEORGES			Q-time: 00:29:26
PB (25m pool): 00:29.26 Aarschot 27/07/2026			PB (50m pool): 00:29.80 SB: no time
	2 5 M	5 0 M	
PB		00:29.26	
		00:29.26	
			

Coach feedback: