

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

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

Coaches: Van Calster Tom

Coaches: Eugène Astrid

Coaches: Van Eylen Thomas HEADCOACH

PB => Personal Best time

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

Event number: 2: 100M FREESTYLE MEN 11+					Heat:8, starttime: 09:49
Heat: 8/12 Lane : 3 Athlete: HEBBELINCK RUBEN					Q-time: 00:57:73
PB (25m pool): 00:57.73 Zwembad De Motte 14/07/2026 PB (50m pool): 00:57.96 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:27.30		00:57.73	
	00:27.30		00:30.43		
					

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+					Heat:10, starttime: 09:52
Heat: 10/12 Lane : 3 Athlete: EUGENE FELIX					Q-time: 00:55:79
PB (25m pool): 00:55.79 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 00:58.01 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:27.03		00:55.79	
	00:27.03		00:28.76		
					

Coach feedback:

Event number: 5: 200M BACKSTROKE WOMEN 13+							Heat:3, starttime: 11:12	
Heat: 3/5 Lane : 5 Athlete: BOXHO ALICE							Q-time: 02:36:00	
PB (25m pool): 02:36.00 Zaventem 15/07/2025							PB (50m pool): 02:45.68SB: 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		00:36.13		01:15.96		no time		02:36.00
	00:36.13		00:39.83					
								

Coach feedback:

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Event number: 5: 200M BACKSTROKE WOMEN 13+							Heat:3, starttime: 11:12	
Heat: 3/5 Lane : 6 Athlete: GAYTANT STERRE							Q-time: 02:37:50	
PB (25m pool): 02:37.50 Sint-Niklaas 28/12/2025				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		00:35.77		01:16.00		no time		02:37.50
	00:35.77		00:40.23					
								

Coach feedback:

Event number: 5: 200M BACKSTROKE WOMEN 13+							Heat:4, starttime: 11:15	
Heat: 4/5 Lane : 8 Athlete: BOXHO VALENTINE							Q-time: 02:35:32	
PB (25m pool): 02:35.32 Zaventem 15/07/2025				PB (50m pool): 02:36.86SB: 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		00:36.48		01:15.99		no time		02:35.32
	00:36.48		00:39.51					
								

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+										Heat:10, starttime: 12:14	
Heat: 10/11 Lane : 7 Athlete: DE CORTE ALIX										Q-time: 00:30:80	
PB (25m pool): 00:30.80 Sportoase De Watermolen 21/07/2026 PB (50m pool): 00:31.06SB: no time											
PB	2 5 M		5 0 M								
			00:30.80								
			00:30.80								
											

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+										Heat:11, starttime: 12:15	
Heat: 11/11 Lane : 4 Athlete: GAYTANT STERRE									Q-time: 00:28:59		
PB (25m pool): 00:28.59 Gent 09/11/2025					PB (50m pool): 00:29.09SB: no time						
PB	2 5 M		5 0 M								
			00:28.59								
			00:28.59								
											

Coach feedback: