

PL VLB & B 26: Session: 2: COACH evaluation sheet for TEAM: ZCK

Coachinfo: Warming up from: 13:20 untill 14:25. 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: 10: 100M FREESTYLE WOMEN 11+					Heat:3, starttime: 14:37
Heat: 3/12 Lane : 6 Athlete: SEGHERS MILLA					Q-time: 01:11:69
PB (25m pool): 01:12.09 Tervuren 30/05/2026					PB (50m pool): 01:11.69 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.40		01:12.09	
	00:35.40		00:36.69		
					

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:4, starttime: 14:39
Heat: 4/12 Lane : 3 Athlete: VERSPECHT KAAAT					Q-time: 01:09:56
PB (25m pool): 01:09.56 Tervuren 30/05/2026					PB (50m pool): 01:10.73 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.42		01:09.56	
	00:33.42		00:36.14		
					

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:7, starttime: 14:44
Heat: 7/12 Lane : 5 Athlete: NUYTKENS MARIE					Q-time: 01:05:57
PB (25m pool): 01:05.57 Tervuren 30/05/2026					PB (50m pool): 01:06.23 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.02		01:05.57	
	00:32.02		00:33.55		
					

Coach feedback:

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Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:11, starttime: 14:51
Heat: 11/12 Lane : 3 Athlete: GEENS AMÉLIE					Q-time: 01:01:06
PB (25m pool): 01:01.06 Tervuren 30/05/2026					PB (50m pool): 01:03.34 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:29.18		01:01.06	
	00:29.18		00:31.88		
					

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:12, starttime: 14:52
Heat: 12/12 Lane : 3 Athlete: DALEMANS LYN					Q-time: 00:58:38
PB (25m pool): 00:58.38 Stedelijk Zwembad Geel 15/02/2026					PB (50m pool): 00:59.03 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:27.95		00:58.38	
	00:27.95		00:30.43		
					

Coach feedback:

Event number: 11: 200M MEDLEY MEN 11+					Heat:2, starttime: 14:58			
Heat: 2/9 Lane : 5 Athlete: LAUWENS FINN					Q-time: 03:00:09			
PB (25m pool): 03:00.09 Kapelle-op-den-Bos 19/04/2026					PB (50m pool): 03:05.06 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		00:41.10		no time		no time		03:00.09
	00:41.10							
								

Coach feedback:

Event number: 11: 200M MEDLEY MEN 11+					Heat:6, starttime: 15:12			
Heat: 6/9 Lane : 8 Athlete: VAN DEN BROECK TIEBE					Q-time: 02:34:32			
PB (25m pool): 02:34.32 Zwembad De Motte 14/07/2026					PB (50m pool): 02:47.35 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		00:33.25		no time		no time		02:34.32
	00:33.25							
								

Coach feedback:

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Event number: 11: 200M MEDLEY MEN 11+							Heat:9, starttime: 15:21	
Heat: 9/9 Lane : 4 Athlete: VAN HUMBEECK SEAN							Q-time: 02:09:30	
PB (25m pool): 02:09.30 Gent 09/11/2025				PB (50m pool): 02:14.72 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		00:28.25		01:02.73		01:39.06		02:09.30
	00:28.25		00:34.48		00:36.33		00:30.24	
								

Coach feedback:

Event number: 11: 200M MEDLEY MEN 11+							Heat:9, starttime: 15:21	
Heat: 9/9 Lane : 8 Athlete: BAKX WARRE							Q-time: 02:19:74	
PB (25m pool): 02:19.74 Kapelle-op-den-Bos 19/04/2026				PB (50m pool): 02:28.04SB: 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		00:28.86		no time		no time		02:19.74
	00:28.86							
								

Coach feedback:

Event number: 12: 100M BREASTSTROKE WOMEN 13+							Heat:2, starttime: 15:26	
Heat: 2/4 Lane : 4 Athlete: JACOBS LAURIEN						Q-time: 01:21:43		
PB (25m pool): 01:21.06 Sinbad 29/12/2024				PB (50m pool): 01:24.34SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:37.99		01:21.06				
	00:37.99		00:43.07					
								

Coach feedback:

Event number: 12: 100M BREASTSTROKE WOMEN 13+					Heat:2, starttime: 15:26
Heat: 2/4 Lane : 7 Athlete: DE SITTER KIRA				Q-time: 01:24:51	
PB (25m pool): 01:24.51 Sint-Niklaas 28/12/2025			PB (50m pool): 01:26.30SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.11		01:24.51	
	00:39.11		00:45.40		
					

Coach feedback:

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Event number: 12: 100M BREASTSTROKE WOMEN 13+					Heat:4, starttime: 15:30
Heat: 4/4 Lane : 7 Athlete: VAN DEN EEDE OLIVIA					Q-time: 01:16:60
PB (25m pool): 01:16.60 TEMSE 18/05/2025					PB (50m pool): 01:19.76 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.15		01:16.60	
	00:36.15		00:40.45		
					

Coach feedback:

Event number: 14: 400M FREESTYLE WOMEN 13+							Heat:2, starttime: 16:17	
Heat: 2/4 Lane : 8 Athlete: VAN HOOMISSEN CHELSEA							Q-time: 05:08:60	
PB (25m pool): 05:08.60 Ternat 29/03/2026			PB (50m pool): 06:20.78SB: 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		01:12.02		no time		02:31.42
	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		05:08.60
								

Coach feedback:

Event number: 15: 50M BUTTERFLY MEN 11+					Heat:5, starttime: 16:39
Heat: 5/10 Lane : 7 Athlete: VAN LOON BAS					Q-time: 00:30:33
PB (25m pool): 00:30.33 Kapelle-op-den-Bos 19/04/2026					PB (50m pool): 00:31.38 SB: no time
	2 5 M	5 0 M			
PB		00:30.33			
	00:30.33				
					

Coach feedback:

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Event number: 15: 50M BUTTERFLY MEN 11+			Heat:8, starttime: 16:42
Heat: 8/10 Lane : 5 Athlete: BAKX WARRE			Q-time: 00:27:80
PB (25m pool): 00:27.80 Kapelle-op-den-Bos 19/04/2026			PB (50m pool): 00:28.37 SB: no time
	2 5 M	5 0 M	
PB		00:27.80	
		00:27.80	
			

Coach feedback:

Event number: 15: 50M BUTTERFLY MEN 11+			Heat:9, starttime: 16:43
Heat: 9/10 Lane : 3 Athlete: VAN HUMBEECK SEAN			Q-time: 00:27:19
PB (25m pool): 00:27.19 Leuven 12/10/2025			PB (50m pool): 00:27.35 SB: no time
	2 5 M	5 0 M	
PB		00:27.19	
		00:27.19	
			

Coach feedback:

Event number: 16: 50M BACKSTROKE WOMEN 13+			Heat:3, starttime: 16:47
Heat: 3/7 Lane : 4 Athlete: VERSPECHT KAAT			Q-time: 00:34:99
PB (25m pool): 00:34.99 Stedelijk Zwembad Geel 15/02/2026			PB (50m pool): 00:36.22 SB: no time
	2 5 M	5 0 M	
PB		00:34.99	
		00:34.99	
			

Coach feedback:

Event number: 16: 50M BACKSTROKE WOMEN 13+			Heat:4, starttime: 16:49
Heat: 4/7 Lane : 1 Athlete: NUYTKENS MARIE			Q-time: 00:34:79
PB (25m pool): 00:34.79 Zwembad De Wauwer 13/09/2026			PB (50m pool): 00:36.29 SB: 00:34.79 Zwembad De Wauwer 13/09/2026
	2 5 M	5 0 M	
PB		00:34.79	
		00:34.79	
			

Coach feedback:

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Event number: 16: 50M BACKSTROKE WOMEN 13+				Heat:5, starttime: 16:50			
Heat: 5/7 Lane : 3 Athlete: VAN DEN EEDE OLIVIA				Q-time: 00:33:64			
PB (25m pool): 00:33.64 Gent 23/02/2025				PB (50m pool): 00:35.13 SB: 00:34.12 Zwembad De Wauwer 13/09/2026			
	2 5 M	5 0 M					
PB		00:33.64					
		00:33.64					
							

Coach feedback:

Event number: 16: 50M BACKSTROKE WOMEN 13+				Heat:7, starttime: 16:52			
Heat: 7/7 Lane : 3 Athlete: DALEMANS LYN				Q-time: 00:30:52			
PB (25m pool): 00:30.52 Stedelijk Zwembad Geel 15/02/2026				PB (50m pool): 00:31.26 SB: 00:31.48 Zwembad De Wauwer 13/09/2026			
	2 5 M	5 0 M					
PB		00:30.52					
		00:30.52					
							

Coach feedback:

Event number: 16: 50M BACKSTROKE WOMEN 13+				Heat:7, starttime: 16:52			
Heat: 7/7 Lane : 6 Athlete: GEENS AMÉLIE				Q-time: 00:31:49			
PB (25m pool): 00:31.49 Stedelijk Zwembad Geel 15/02/2026				PB (50m pool): 00:32.38 SB: no time			
	2 5 M	5 0 M					
PB		00:31.49					
		00:31.49					
							

Coach feedback:

Event number: 18: 4x50M FREESTYLE WOMEN 11+							Heat:3, starttime: 17:31	
Heat: 3/3 Lane : 8 Athlete: TEAM ZCK							Q-time: 01:55:51	
PB (25m pool):			PB (50m pool):		SB:			
	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								
								

Coach feedback: