

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

Coachinfo: Warming up from: 13:20 untill 14:25. 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: 10: 100M FREESTYLE WOMEN 11+					Heat:3, starttime: 14:37
Heat: 3/12 Lane : 4 Athlete: BOND MAYA					Q-time: 01:11:42
PB (25m pool): 01:11.42 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 01:08.85 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.18		01:11.42	
	00:34.18		00:37.24		
					

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:3, starttime: 14:37
Heat: 3/12 Lane : 7 Athlete: BELIAEV EMILY					Q-time: 01:13:33
PB (25m pool): 01:13.33 Heist-op-den-Berg 10/01/2026 PB (50m pool): 01:12.10 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.72		01:13.33	
	00:35.72		00:37.61		
					

Coach feedback:

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Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:3, starttime: 14:37
Heat: 3/12 Lane : 8 Athlete: SALAETS TESS					Q-time: 01:14:16
PB (25m pool): 01:14.16 Aarschot 26/04/2026					PB (50m pool): 01:15.70 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.84		01:14.16	
	00:35.84		00:38.32		
					

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:5, starttime: 14:41
Heat: 5/12 Lane : 5 Athlete: DECALUWé ELOUISE					Q-time: 01:07:70
PB (25m pool): 01:07.70 Heist-op-den-Berg 10/01/2026					PB (50m pool): 01:09.60 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.27		01:07.70	
	00:32.27		00:35.43		
					

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:6, starttime: 14:42
Heat: 6/12 Lane : 8 Athlete: PISCAER STANSE					Q-time: 01:07:09
PB (25m pool): 01:07.09 Herentals 09/05/2026					PB (50m pool): 01:10.60 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.41		01:07.09	
	00:32.41		00:34.68		
					

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:7, starttime: 14:44
Heat: 7/12 Lane : 6 Athlete: JANSSEN LUCY					Q-time: 01:05:66
PB (25m pool): 01:05.66 Herentals 09/05/2026					PB (50m pool): 01:06.60 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.38		01:05.66	
	00:32.38		00:33.28		
					

Coach feedback:

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Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:7, starttime: 14:44
Heat: 7/12 Lane : 7 Athlete: UYTTERHOEVEN FIEBE					Q-time: 01:05:66
PB (25m pool): 01:05.66 Aarschot 26/04/2026 PB (50m pool): 01:09.99 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.78		01:05.66	
	00:31.78		00:33.88		
					

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:8, starttime: 14:46
Heat: 8/12 Lane : 1 Athlete: UYTTERHOEVEN FLO					Q-time: 01:05:27
PB (25m pool): 01:05.27 Stedelijk Zwembad Geel 16/02/2025 PB (50m pool): 01:06.09 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.79		01:05.27	
	00:31.79		00:33.48		
					

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:9, starttime: 14:47
Heat: 9/12 Lane : 8 Athlete: DECALUWé HELENA					Q-time: 01:04:71
PB (25m pool): 01:04.71 Aarschot 27/07/2026 PB (50m pool): 01:06.62 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.58		01:04.71	
	00:30.58		00:34.13		
					

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:10, starttime: 14:49
Heat: 10/12 Lane : 2 Athlete: BOHMER JANNE					Q-time: 01:03:09
PB (25m pool): 01:03.09 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 01:04.03 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.51		01:03.09	
	00:30.51		00:32.58		
					

Coach feedback:

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Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:11, starttime: 14:51
Heat: 11/12 Lane : 1 Athlete: THIJS MAAIKE					Q-time: 01:01:69
PB (25m pool): 01:01.69 Herentals 09/05/2026					PB (50m pool): 01:02.83 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:29.89		01:01.69	
	00:29.89		00:31.80		
					

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:11, starttime: 14:51
Heat: 11/12 Lane : 2 Athlete: VELDHUIS VICTORIA					Q-time: 01:01:22
PB (25m pool): 01:01.22 Aarschot 27/07/2026					PB (50m pool): 01:03.91 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:29.39		01:01.22	
	00:29.39		00:31.83		
					

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:11, starttime: 14:51
Heat: 11/12 Lane : 7 Athlete: VERELST LAURA					Q-time: 01:01:36
PB (25m pool): 01:01.36 Heist-op-den-Berg 10/01/2026					PB (50m pool): 01:02.59 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:29.47		01:01.36	
	00:29.47		00:31.89		
					

Coach feedback:

Event number: 11: 200M MEDLEY MEN 11+							Heat:2, starttime: 14:58	
Heat: 2/9 Lane : 8 Athlete: TORDOIR MILAS							Q-time: 03:14:32	
PB (25m pool): 03:14.32 Tremelo 24/05/2026							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		00:42.32		no time		no time		03:14.32
	00:42.32							
								

Coach feedback:

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Event number: 11: 200M MEDLEY MEN 11+							Heat:3, starttime: 15:02	
Heat: 3/9 Lane : 4 Athlete: SOENS JACK							Q-time: 02:49:29	
PB (25m pool): 02:49.29 Sportoase De Watermolen 21/07/2026 PB (50m pool): 02:54.76SB: 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		00:39.89		01:20.96		02:12.30		02:49.29
	00:39.89		00:41.07		00:51.34		00:36.99	
								

Coach feedback:

Event number: 11: 200M MEDLEY MEN 11+							Heat:4, starttime: 15:05	
Heat: 4/9 Lane : 3 Athlete: SCHEPENS TOOR							Q-time: 02:40:30	
PB (25m pool): 02:40.30 Aarschot 26/04/2026							PB (50m pool): 02:56.79 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		00:34.88		01:15.64		02:03.57		02:40.30
	00:34.88		00:40.76		00:47.93		00:36.73	
								

Coach feedback:

Event number: 11: 200M MEDLEY MEN 11+							Heat:5, starttime: 15:09	
Heat: 5/9 Lane : 2 Athlete: MERTENS LANDER							Q-time: 02:36:59	
PB (25m pool): 02:36.59 Aarschot 26/04/2026								

Coach feedback:

Event number: 11: 200M MEDLEY MEN 11+							Heat:8, starttime: 15:18	
Heat: 8/9 Lane : 4 Athlete: VAN GRUNDERBEECK BAS							Q-time: 02:21:75	
PB (25m pool): 02:21.75 Leuven 12/10/2025							PB (50m pool): 02:25.47 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		00:30.25		01:06.48		01:49.56		02:21.75
	00:30.25		00:36.23		00:43.08		00:32.19	
								

Coach feedback:

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Event number: 11: 200M MEDLEY MEN 11+							Heat:8, starttime: 15:18	
Heat: 8/9 Lane : 5 Athlete: VAN DER BORGHT FLORIS							Q-time: 02:21:94	
PB (25m pool): 02:21.94 Sinbad 16/03/2025				PB (50m pool): 02:26.02SB: 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		00:30.37		no time		no time		02:21.94
	00:30.37							
								

Coach feedback:

Event number: 11: 200M MEDLEY MEN 11+							Heat:8, starttime: 15:18	
Heat: 8/9 Lane : 8 Athlete: GEENS DRé							Q-time: 02:23:06	
PB (25m pool): 02:23.06 Sinbad 16/03/2025				PB (50m pool): 02:26.37 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		00:32.32		no time		no time		02:23.06
	00:32.32							
								

Coach feedback:

Event number: 12: 100M BREASTSTROKE WOMEN 13+					Heat:1, starttime: 15:24
Heat: 1/4 Lane : 2 Athlete: DECALUWé ELOUISE				Q-time: 01:29:69	
PB (25m pool): 01:29.69 Aarschot 26/04/2026			PB (50m pool): 01:32.10 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.97		01:29.69	
	00:40.97		00:48.72		
					

Coach feedback:

Event number: 12: 100M BREASTSTROKE WOMEN 13+					Heat:3, starttime: 15:28
Heat: 3/4 Lane : 2 Athlete: DECALUWé HELENA				Q-time: 01:19:53	
PB (25m pool): 01:19.53 Heist-op-den-Berg 10/01/2026			PB (50m pool): 01:24.43 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.21		01:19.53	
	00:37.21		00:42.32		
					

Coach feedback:

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Event number: 12: 100M BREASTSTROKE WOMEN 13+					Heat:3, starttime: 15:28
Heat: 3/4 Lane : 3 Athlete: UYTTERHOEVEN FIEBE					Q-time: 01:18:73
PB (25m pool): 01:18.73 Aarschot 26/04/2026					PB (50m pool): 01:21.73 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.94		01:18.73	
	00:36.94		00:41.79		
					

Coach feedback:

Event number: 12: 100M BREASTSTROKE WOMEN 13+					Heat:3, starttime: 15:28
Heat: 3/4 Lane : 8 Athlete: VELDHUIS VICTORIA					Q-time: 01:21:04
PB (25m pool): 01:19.81 Stedelijk Zwembad Geel 11/02/2024					PB (50m pool): 01:22.26 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:19.81	
	no time				
					

Coach feedback:

Event number: 12: 100M BREASTSTROKE WOMEN 13+					Heat:4, starttime: 15:30
Heat: 4/4 Lane : 2 Athlete: VERELST LAURA					Q-time: 01:15:60
PB (25m pool): 01:15.60 Heist-op-den-Berg 10/01/2026					PB (50m pool): 01:17.43 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.41		01:15.60	
	00:35.41		00:40.19		
					

Coach feedback:

Event number: 12: 100M BREASTSTROKE WOMEN 13+					Heat:4, starttime: 15:30
Heat: 4/4 Lane : 8 Athlete: UYTTERHOEVEN FLO					Q-time: 01:17:31
PB (25m pool): 01:17.31 Heist-op-den-Berg 10/01/2026					PB (50m pool): 01:19.50 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.81		01:17.31	
	00:35.81		00:41.50		
					

Coach feedback:

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

Event number: 13: 200M BACKSTROKE MEN 13+							Heat:2, starttime: 16:05	
Heat: 2/3 Lane : 7 Athlete: MERTENS LANDER							Q-time: 02:27:39	
PB (25m pool): 02:27.39 Sportoase De Watermolen 21/07/2026 PB (50m pool): 02:35.66SB: 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		00:34.84		01:13.32		01:50.91		02:27.39
	00:34.84		00:38.48		00:37.59		00:36.48	
								

Coach feedback:

Event number: 13: 200M BACKSTROKE MEN 13+							Heat:3, starttime: 16:08	
Heat: 3/3 Lane : 1 Athlete: DECALUWé GEORGES							Q-time: 02:19:47	
PB (25m pool): 02:19.47 Aarschot 28/07/2025							PB (50m pool): 02:26.00 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		00:32.35		01:07.10		no time		02:19.47
	00:32.35		00:34.75					
								

Coach feedback:

Event number: 14: 400M FREESTYLE WOMEN 13+							Heat:1, starttime: 16:11	
Heat: 1/4 Lane : 5 Athlete: DECALUWé ELOUISE							Q-time: 05:10:18	
PB (25m pool): 05:10.18 Aarschot 26/04/2026							PB (50m pool): 05:24.27 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		00:36.35		01:15.80		01:55.35		02:34.23
	00:36.35		00:39.45		00:39.55		00:38.88	
								
	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		03:14.25		03:53.65		04:32.71		05:10.18
	00:40.02		00:39.40		00:39.06		00:37.47	
								

Coach feedback:

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Event number: 14: 400M FREESTYLE WOMEN 13+							Heat:2, starttime: 16:17	
Heat: 2/4 Lane : 4 Athlete: UYTTERHOEVEN FIEBE							Q-time: 04:58:15	
PB (25m pool): 04:58.15 Aarschot 26/04/2026				PB (50m pool): 05:44.66SB: 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		00:33.96		01:11.23		01:49.63		02:28.14
	00:33.96		00:37.27		00:38.40		00:38.51	
								
	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		03:05.96		03:44.61		04:22.15		04:58.15
	00:37.82		00:38.65		00:37.54		00:36.00	
								

Coach feedback:

Event number: 14: 400M FREESTYLE WOMEN 13+							Heat:2, starttime: 16:17	
Heat: 2/4 Lane : 7 Athlete: PISCAER STANSE							Q-time: 05:04:36	
PB (25m pool): 05:04.36 Aarschot 26/04/2026				PB (50m pool): 05:14.99SB: 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		00:34.47		01:11.89		01:50.18		02:28.91
	00:34.47		00:37.42		00:38.29		00:38.73	
								
	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		03:08.05		03:47.62		04:26.99		05:04.36
	00:39.14		00:39.57		00:39.37		00:37.37	
								

Coach feedback:

Event number: 14: 400M FREESTYLE WOMEN 13+							Heat:3, starttime: 16:23	
Heat: 3/4 Lane : 3 Athlete: UYTTERHOEVEN FLO							Q-time: 04:53:54	
PB (25m pool): 04:53.54 Leuven 12/10/2025				PB (50m pool): 04:55.18SB: 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		00:34.01		01:10.97		01:48.48		02:25.88
	00:34.01		00:36.96		00:37.51		00:37.40	
								
	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		03:03.24		03:40.39		04:17.40		04:53.54
	00:37.36		00:37.15		00:37.01		00:36.14	
								

Coach feedback:

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Event number: 14: 400M FREESTYLE WOMEN 13+							Heat:4, starttime: 16:28	
Heat: 4/4 Lane : 1 Athlete: VELDHUIS VICTORIA							Q-time: 04:45:63	
PB (25m pool): 04:40.00 Leuven 20/10/2024				PB (50m pool): 04:56.81 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		00:32.79		01:08.69		01:44.30		02:19.91
	00:32.79		00:35.90		00:35.61		00:35.61	
								
	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		02:56.00		03:31.69		04:06.76		04:40.00
	00:36.09		00:35.69		00:35.07		00:33.24	
								

Coach feedback:

Event number: 14: 400M FREESTYLE WOMEN 13+							Heat:4, starttime: 16:28	
Heat: 4/4 Lane : 7 Athlete: BOHMER JANNE							Q-time: 04:44:93	
PB (25m pool): 04:44.93 Heist-op-den-Berg 10/01/2026				PB (50m pool): 04:50.08SB: 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		01:08.10		no time		02:20.94
	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		04:44.93
	...	...	...	...	...	...	...	...

Coach feedback:

Event number: 15: 50M BUTTERFLY MEN 11+							Heat:1, starttime: 16:34		
Heat: 1/10 Lane : 3 Athlete: TORDOIR MILAS							Q-time: 00:41:85		
PB (25m pool): no time				PB (50m pool): 00:41.85				SB: no time	
	2 5 M		5 0 M						
PB			no time						
	no time								
									

Coach feedback:

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Event number: 15: 50M BUTTERFLY MEN 11+			Heat:2, starttime: 16:35
Heat: 2/10 Lane : 2 Athlete: SOENS JACK			Q-time: 00:37:35
PB (25m pool): 00:37.35 Tremelo 18/01/2026			PB (50m pool): 00:38.44 SB: no time
	2 5 M	5 0 M	
PB		00:37.35	
		00:37.35	
			

Coach feedback:

Event number: 15: 50M BUTTERFLY MEN 11+			Heat:6, starttime: 16:40
Heat: 6/10 Lane : 4 Athlete: VAN DER BORGHT FLORIS			Q-time: 00:28:98
PB (25m pool): 00:28.98 Stedelijk Zwembad Geel 15/02/2026			PB (50m pool): 00:29.47 SB: no time
	2 5 M	5 0 M	
PB		00:28.98	
		00:28.98	
			

Coach feedback:

Event number: 15: 50M BUTTERFLY MEN 11+			Heat:7, starttime: 16:41
Heat: 7/10 Lane : 1 Athlete: GEENS DRé			Q-time: 00:28:91
PB (25m pool): 00:28.91 Herentals 09/05/2026			PB (50m pool): no time SB: no time
	2 5 M	5 0 M	
PB		00:28.91	
		00:28.91	
			

Coach feedback:

Event number: 15: 50M BUTTERFLY MEN 11+			Heat:8, starttime: 16:42
Heat: 8/10 Lane : 4 Athlete: PELGRIMS LOWIE			Q-time: 00:27:77
PB (25m pool): 00:27.77 Stedelijk Zwembad Geel 15/02/2026			PB (50m pool): 00:27.88 SB: no time
	2 5 M	5 0 M	
PB		00:27.77	
		00:27.77	
			

Coach feedback:

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

Event number: 15: 50M BUTTERFLY MEN 11+			Heat:8, starttime: 16:42
Heat: 8/10 Lane : 6 Athlete: DECALUWé GEORGES			Q-time: 00:28:02
PB (25m pool): 00:28.02 Herentals 09/05/2026			PB (50m pool): 00:29.64 SB: no time
	2 5 M	5 0 M	
PB		00:28.02	
		00:28.02	
			

Coach feedback:

Event number: 15: 50M BUTTERFLY MEN 11+			Heat:9, starttime: 16:43
Heat: 9/10 Lane : 8 Athlete: VAN GRUNDERBEECK BAS			Q-time: 00:27:66
PB (25m pool): 00:27.66 Herentals 09/05/2026			PB (50m pool): 00:28.07 SB: no time
	2 5 M	5 0 M	
PB		00:27.66	
		00:27.66	
			

Coach feedback:

Event number: 16: 50M BACKSTROKE WOMEN 13+			Heat:3, starttime: 16:47
Heat: 3/7 Lane : 5 Athlete: PISCAER STANSE			Q-time: 00:35:09
PB (25m pool): 00:35.09 Sportoase De Watermolen 21/07/2026			PB (50m pool): 00:37.53 SB: no time
	2 5 M	5 0 M	
PB		00:35.09	
		00:35.09	
			

Coach feedback:

Event number: 16: 50M BACKSTROKE WOMEN 13+			Heat:4, starttime: 16:49
Heat: 4/7 Lane : 3 Athlete: JANSSEN LUCY			Q-time: 00:34:49
PB (25m pool): 00:34.49 Stedelijk Zwembad Geel 15/02/2026			PB (50m pool): 00:35.75 SB: no time
	2 5 M	5 0 M	
PB		00:34.49	
		00:34.49	
			

Coach feedback:

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

Event number: 16: 50M BACKSTROKE WOMEN 13+				Heat:4, starttime: 16:49
Heat: 4/7 Lane : 8 Athlete: VERVLOET LIN				Q-time: 00:34:86
PB (25m pool): 00:34.86 Sportoase De Watermolen 21/07/2026 PB (50m pool): 00:37.02 SB: no time				
	2 5 M	5 0 M		
PB		00:34.86		
	00:34.86			
				

Coach feedback:

Event number: 16: 50M BACKSTROKE WOMEN 13+				Heat:6, starttime: 16:51
Heat: 6/7 Lane : 5 Athlete: VERELST LAURA				Q-time: 00:32:34
PB (25m pool): 00:32.34 Liedekerke 11/11/2025 PB (50m pool): 00:33.23 SB: no time				
	2 5 M	5 0 M		
PB		00:32.34		
	00:32.34			
				

Coach feedback:

Event number: 17: 4x50M FREESTYLE MEN 11+							Heat:1, starttime: 17:18
Heat: 1/3 Lane : 4 Athlete: TEAM ZCT 2							Q-time: 02:00:00
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:

Event number: 17: 4x50M FREESTYLE MEN 11+							Heat:3, starttime: 17:23
Heat: 3/3 Lane : 2 Athlete: TEAM ZCT 1							Q-time: 01:43:50
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:

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

Event number: 18: 4x50M FREESTYLE WOMEN 11+							Heat:1, starttime: 17:26	
Heat: 1/3 Lane : 3 Athlete: TEAM ZCT 3							Q-time: 02:07:00	
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:

Event number: 18: 4x50M FREESTYLE WOMEN 11+							Heat:2, starttime: 17:28	
Heat: 2/3 Lane : 3 Athlete: TEAM ZCT 2							Q-time: 01:59:00	
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:

Event number: 18: 4x50M FREESTYLE WOMEN 11+							Heat:3, starttime: 17:31	
Heat: 3/3 Lane : 4 Athlete: TEAM ZCT 1							Q-time: 01:44:50	
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: