

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

Coachinfo: Warming up from: 13:20 untill 14:25. 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: 10: 100M FREESTYLE WOMEN 11+					Heat:9, starttime: 14:47
Heat: 9/12 Lane : 7 Athlete: BOXHO VALENTINE					Q-time: 01:04:46
PB (25m pool): 01:04.46 LEUVEN 21/12/2025 PB (50m pool): 01:05.70 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.98		01:04.46	
		00:30.98		00:33.48	
					

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:10, starttime: 14:49
Heat: 10/12 Lane : 5 Athlete: DE CORTE ALIX					Q-time: 01:02:22
PB (25m pool): 01:02.22 Sportoase De Watermolen 21/07/2026 PB (50m pool): 01:04.50 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:29.33		01:02.22	
		00:29.33		00:32.89	
					

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:10, starttime: 14:49
Heat: 10/12 Lane : 7 Athlete: BOXHO ALICE					Q-time: 01:03:20
PB (25m pool): 01:03.20 Heist-op-den-Berg 10/01/2026 PB (50m pool): 01:04.44 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.38		01:03.20	
		00:30.38		00:32.82	
					

Coach feedback:

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Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:12, starttime: 14:52
Heat: 12/12 Lane : 5 Athlete: GAYTANT STERRE					Q-time: 00:57:46
PB (25m pool): 00:57.46 Aarschot 27/07/2026					PB (50m pool): 00:58.33 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:28.11		00:57.46	
	00:28.11		00:29.35		
					

Coach feedback:

Event number: 13: 200M BACKSTROKE MEN 13+							Heat:1, starttime: 16:02	
Heat: 1/3 Lane : 6 Athlete: OSSé MICHAEL							Q-time: 02:39:12	
PB (25m pool): 02:39.12 Liedekerke 01/05/2026							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		00:36.20		01:16.76		no time		02:39.12
	00:36.20		00:40.56					
								

Coach feedback:

Event number: 14: 400M FREESTYLE WOMEN 13+							Heat:4, starttime: 16:28	
Heat: 4/4 Lane : 8 Athlete: GAYTANT STERRE							Q-time: 04:48:00	
PB (25m pool): 04:48.00 Heist-op-den-Berg 10/01/2026							PB (50m pool): 04:53.72 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		01:09.03		no time		02:22.53
	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		04:48.00
								

Coach feedback:

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Event number: 15: 50M BUTTERFLY MEN 11+			Heat:4, starttime: 16:37
Heat: 4/10 Lane : 4 Athlete: OSSé MICHAEL			Q-time: 00:30:67
PB (25m pool): 00:30.67 Tervuren 30/05/2026			PB (50m pool): 00:31.92 SB: no time
	2 5 M	5 0 M	
PB		00:30.67	
		00:30.67	
			

Coach feedback:

Event number: 15: 50M BUTTERFLY MEN 11+			Heat:6, starttime: 16:40
Heat: 6/10 Lane : 2 Athlete: HEBBELINCK RUBEN			Q-time: 00:29:29
PB (25m pool): 00:29.29 Sportoase De Watermolen 21/07/2026			PB (50m pool): 00:30.69 SB: no time
	2 5 M	5 0 M	
PB		00:29.29	
		00:29.29	
			

Coach feedback:

Event number: 15: 50M BUTTERFLY MEN 11+			Heat:9, starttime: 16:43
Heat: 9/10 Lane : 4 Athlete: EUGENE FELIX			Q-time: 00:26:86
PB (25m pool): 00:26.86 Aarschot 27/07/2026			PB (50m pool): 00:27.69 SB: no time
	2 5 M	5 0 M	
PB		00:26.86	
		00:26.86	
			

Coach feedback:

Event number: 16: 50M BACKSTROKE WOMEN 13+			Heat:5, starttime: 16:50
Heat: 5/7 Lane : 4 Athlete: DE CORTE ALIX			Q-time: 00:33:50
PB (25m pool): 00:33.50 Stedelijk Zwembad Geel 16/02/2025			PB (50m pool): 00:35.35 SB: no time
	2 5 M	5 0 M	
PB		00:33.50	
		00:33.50	
			

Coach feedback:

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Event number: 16: 50M BACKSTROKE WOMEN 13+										Heat:5, starttime: 16:50	
Heat: 5/7 Lane : 8 Athlete: BOXHO ALICE										Q-time: 00:33:98	
PB (25m pool): 00:34.38 Leuven 12/10/2025										PB (50m pool): 00:33.98SB: no time	
	2 5 M		5 0 M								
PB			00:34.38								
			00:34.38								
											

Coach feedback:

Event number: 16: 50M BACKSTROKE WOMEN 13+										Heat:6, starttime: 16:51	
Heat: 6/7 Lane : 4 Athlete: BOXHO VALENTINE										Q-time: 00:32:25	
PB (25m pool): 00:32.25 Sportoase De Watermolen 21/07/2026 PB (50m pool): 00:32.96SB: no time											
PB	2 5 M		5 0 M								
			00:32.25								
			00:32.25								
											

Coach feedback:

Event number: 17: 4x50M FREESTYLE MEN 11+						Heat:2, starttime: 17:21		
Heat: 2/3 Lane : 6 Athlete: TEAM ZORO						Q-time: 01:50:37		
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 : 2 Athlete: TEAM ZORO						Q-time: 01:54:04		
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: