

PL VLB & B 26: Session: 3: COACH evaluation sheet for TEAM: ZCK

Coachinfo: Warming up from: 08:20 untill 09:25. 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: 19: 100M MEDLEY MEN 11+					Heat:2, starttime: 09:32
Heat: 2/8 Lane : 2 Athlete: LAUWENS FINN					Q-time: 01:25:04
PB (25m pool): 01:25.04 Zwembad De Motte 14/07/2026 PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:25.04	
	no time				
					

Coach feedback:

Event number: 19: 100M MEDLEY MEN 11+					Heat:4, starttime: 09:36
Heat: 4/8 Lane : 2 Athlete: DE ROOS KASPER					Q-time: 01:17:44
PB (25m pool): 01:17.44 Zwembad De Motte 14/07/2026 PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:17.44	
	no time				
					

Coach feedback:

Event number: 19: 100M MEDLEY MEN 11+					Heat:6, starttime: 09:40
Heat: 6/8 Lane : 5 Athlete: VAN LOON BAS					Q-time: 01:07:14
PB (25m pool): 01:07.14 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.64		01:07.14	
	00:31.64 00:35.50				
					

Coach feedback:

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Event number: 19: 100M MEDLEY MEN 11+					Heat:8, starttime: 09:43
Heat: 8/8 Lane : 6 Athlete: VAN HUMBEECK SEAN					Q-time: 01:01:20
PB (25m pool): 01:01.20 Kapelle-op-den-Bos 19/04/2026 PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:01.20	
	no time				
					

Coach feedback:

Event number: 20: 200M FREESTYLE WOMEN 13+							Heat:2, starttime: 09:48	
Heat: 2/6 Lane : 5 Athlete: NUYTKENS MARIE							Q-time: 02:24:91	
PB (25m pool): 02:24.91 Dilbeek 10/05/2026							PB (50m pool): 02:29.03 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		00:33.07		01:10.03		no time		02:24.91
	00:33.07		00:36.96					
								

Coach feedback:

Event number: 20: 200M FREESTYLE WOMEN 13+							Heat:2, starttime: 09:48	
Heat: 2/6 Lane : 7 Athlete: VAN HOOMISSEN CHELSEA							Q-time: 02:26:78	
PB (25m pool): 02:26.78 Meise 21/06/2026							PB (50m pool): 02:29.66 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		00:37.47		01:10.96		no time		02:26.78
	00:37.47		00:33.49					
								

Coach feedback:

Event number: 20: 200M FREESTYLE WOMEN 13+							Heat:5, starttime: 09:57	
Heat: 5/6 Lane : 5 Athlete: GEENS AMÉLIE							Q-time: 02:13:92	
PB (25m pool): 02:13.92 Zaventem 15/07/2025							PB (50m pool): 02:16.66 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		00:30.57		01:03.91		no time		02:13.92
	00:30.57		00:33.34					
								

Coach feedback:

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Event number: 20: 200M FREESTYLE WOMEN 13+							Heat:6, starttime: 10:00	
Heat: 6/6 Lane : 3 Athlete: DALEMANS LYN							Q-time: 02:08:10	
PB (25m pool): 02:08.10 TEMSE 23/11/2025				PB (50m pool): 02:12.15SB: 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		00:29.88		01:02.95		01:36.30		02:08.10
	00:29.88		00:33.07		00:33.35		00:31.80	
								

Coach feedback:

Event number: 21: 100M BUTTERFLY MEN 13+					Heat:3, starttime: 10:06
Heat: 3/4 Lane : 7 Athlete: BAKX WARRE				Q-time: 01:02:92	
PB (25m pool): 01:02.92 Bastogne 05/04/2026			PB (50m pool): 01:05.57 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:28.45		01:02.92	
	00:28.45		00:34.47		
					

Coach feedback:

Event number: 22: 100M BREASTSTROKE WOMEN 11-12					Heat:3, starttime: 10:14
Heat: 3/4 Lane : 4 Athlete: SEGHERS MILLA				Q-time: 01:34:87	
PB (25m pool): 01:35.30 Sportoase De Watermolen 21/07/2026 PB (50m pool): 01:34.87 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:45.48		01:35.30	
	00:45.48		00:49.82		
					

Coach feedback:

Event number: 23: 100M BACKSTROKE MEN 11+					Heat:2, starttime: 10:46
Heat: 2/8 Lane : 4 Athlete: LAUWENS FINN				Q-time: 01:24:49	
PB (25m pool): 01:24.49 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 01:24.58SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:41.30		01:24.49	
	00:41.30		00:43.19		
					

Coach feedback:

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Event number: 23: 100M BACKSTROKE MEN 11+					Heat:4, starttime: 10:50
Heat: 4/8 Lane : 8 Athlete: DE ROOS KASPER					Q-time: 01:18:77
PB (25m pool): 01:18.94 Bastogne 05/04/2026					PB (50m pool): 01:18.77 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.26		01:18.94	
	00:38.26		00:40.68		
					

Coach feedback:

Event number: 24: 200M BREASTSTROKE WOMEN 13+							Heat:2, starttime: 11:02	
Heat: 2/4 Lane : 2 Athlete: DE SITTER KIRA							Q-time: 03:01:95	
PB (25m pool): 03:01.95 Tervuren 30/05/2026				PB (50m pool): 03:12.20SB: 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		00:40.98		01:27.74		02:15.79		03:01.95
	00:40.98		00:46.76		00:48.05		00:46.16	
								

Coach feedback:

Event number: 24: 200M BREASTSTROKE WOMEN 13+							Heat:3, starttime: 11:06	
Heat: 3/4 Lane : 7 Athlete: JACOBS LAURIEN							Q-time: 02:56:29	
PB (25m pool): 02:53.82 Leuven 20/10/2024				PB (50m pool): 03:00.52SB: 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		00:39.74		01:24.21		02:09.84		02:53.82
	00:39.74		00:44.47		00:45.63		00:43.98	
								

Coach feedback:

Event number: 24: 200M BREASTSTROKE WOMEN 13+							Heat:4, starttime: 11:10	
Heat: 4/4 Lane : 6 Athlete: VAN DEN EEDE OLIVIA							Q-time: 02:46:25	
PB (25m pool): 02:46.25 Gent 23/02/2025				PB (50m pool): 02:51.49SB: 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		00:37.80		01:20.09		02:03.39		02:46.25
	00:37.80		00:42.29		00:43.30		00:42.86	
								

Coach feedback:

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Event number: 26: 50M FREESTYLE WOMEN 13+			Heat:3, starttime: 11:48
Heat: 3/9 Lane : 2 Athlete: VAN HOOMISSEN CHELSEA			Q-time: 00:30:80
PB (25m pool): 00:30.80 Kapelle-op-den-Bos 19/04/2026			PB (50m pool): 00:31.62 SB: 00:31.66 Zwembad De Wauwer 13/09/2026
	2 5 M	5 0 M	
PB		00:30.80	
		00:30.80	
			

Coach feedback:

Event number: 26: 50M FREESTYLE WOMEN 13+			Heat:4, starttime: 11:49
Heat: 4/9 Lane : 2 Athlete: NUYTKENS MARIE			Q-time: 00:30:31
PB (25m pool): 00:30.31 Kapelle-op-den-Bos 19/04/2026			PB (50m pool): 00:31.16 SB: 00:30.50 Zwembad De Wauwer 13/09/2026
	2 5 M	5 0 M	
PB		00:30.31	
		00:30.31	
			

Coach feedback:

Event number: 26: 50M FREESTYLE WOMEN 13+			Heat:7, starttime: 11:52
Heat: 7/9 Lane : 2 Athlete: VAN DEN EEDE OLIVIA			Q-time: 00:28:82
PB (25m pool): 00:28.82 Kapelle-op-den-Bos 19/04/2026			PB (50m pool): 00:29.70 SB: 00:29.59 Zwembad De Wauwer 13/09/2026
	2 5 M	5 0 M	
PB		00:28.82	
		00:28.82	
			

Coach feedback:

Event number: 26: 50M FREESTYLE WOMEN 13+			Heat:7, starttime: 11:52
Heat: 7/9 Lane : 7 Athlete: GEENS AMÉLIE			Q-time: 00:28:88
PB (25m pool): 00:28.87 Aarschot 29/07/2024			PB (50m pool): 00:29.56 SB: no time
	2 5 M	5 0 M	
PB		00:28.87	
		00:28.87	
			

Coach feedback:

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Event number: 26: 50M FREESTYLE WOMEN 13+			Heat:9, starttime: 11:54
Heat: 9/9 Lane : 2 Athlete: DALEMANS LYN			Q-time: 00:27:01
PB (25m pool): 00:26.76 Stedelijk Zwembad Geel 11/02/2024 PB (50m pool): 00:27.13 SB: 00:27.75 Zwembad De Wauwer 13/09/2026			
	2 5 M	5 0 M	
PB		00:26.76	
		00:26.76	
			

Coach feedback:

Event number: 27: 50M BREASTSTROKE MEN 13+			Heat:3, starttime: 11:58
Heat: 3/6 Lane : 1 Athlete: VAN LOON BAS			Q-time: 00:34:41
PB (25m pool): 00:34.89 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 00:34.41 SB: no time			
	2 5 M	5 0 M	
PB		00:34.89	
		00:34.89	
			

Coach feedback:

Event number: 27: 50M BREASTSTROKE MEN 13+			Heat:3, starttime: 11:58
Heat: 3/6 Lane : 6 Athlete: VAN DEN BRANDE LUCAS			Q-time: 00:34:28
PB (25m pool): 00:34.72 Leuven 12/10/2025 PB (50m pool): 00:34.28 SB: 00:35.73 Zwembad De Wauwer 13/09/2026			
	2 5 M	5 0 M	
PB		00:34.72	
		00:34.72	
			

Coach feedback:

Event number: 27: 50M BREASTSTROKE MEN 13+			Heat:5, starttime: 12:00
Heat: 5/6 Lane : 7 Athlete: BAKX WARRE			Q-time: 00:31:71
PB (25m pool): 00:31.71 Kapelle-op-den-Bos 19/04/2026 PB (50m pool): 00:32.52 SB: no time			
	2 5 M	5 0 M	
PB		00:31.71	
		00:31.71	
			

Coach feedback:

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Event number: 27: 50M BREASTSTROKE MEN 13+			Heat:6, starttime: 12:01
Heat: 6/6 Lane : 1 Athlete: VAN HUMBEECK SEAN			Q-time: 00:30:73
PB (25m pool): 00:30.73 Leuven 12/10/2025			PB (50m pool): 00:31.09 SB: no time
	2 5 M	5 0 M	
PB		00:30.73	
		00:30.73	
			

Coach feedback: