

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

Coachinfo: Warming up from: 08:20 untill 09:25. 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: 19: 100M MEDLEY MEN 11+					Heat:1, starttime: 09:30
Heat: 1/8 Lane : 3 Athlete: SOENS JACK					Q-time: 01:31:23
PB (25m pool): 01:31.23 Aarschot 04/05/2025					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:31.23	
	no time				
					

Coach feedback:

Event number: 19: 100M MEDLEY MEN 11+					Heat:4, starttime: 09:36
Heat: 4/8 Lane : 3 Athlete: SCHEPENS TOOR					Q-time: 01:16:61
PB (25m pool): 01:16.61 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		00:36.44		01:16.61	
	00:36.44		00:40.17		
					

Coach feedback:

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Event number: 19: 100M MEDLEY MEN 11+					Heat:5, starttime: 09:38
Heat: 5/8 Lane : 8 Athlete: MERTENS LANDER					Q-time: 01:12:53
PB (25m pool): 01:12.53 Aarschot 26/04/2026 PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.66		01:12.53	
	00:32.66		00:39.87		
					

Coach feedback:

Event number: 19: 100M MEDLEY MEN 11+					Heat:7, starttime: 09:42
Heat: 7/8 Lane : 2 Athlete: VAN GRUNDERBEECK BAS					Q-time: 01:04:77
PB (25m pool): 01:04.77 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		00:29.96		01:04.77	
	00:29.96		00:34.81		
					

Coach feedback:

Event number: 19: 100M MEDLEY MEN 11+					Heat:7, starttime: 09:42
Heat: 7/8 Lane : 6 Athlete: GEENS DRé					Q-time: 01:04:52
PB (25m pool): 01:04.52 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		00:29.77		01:04.52	
	00:29.77		00:34.75		
					

Coach feedback:

Event number: 20: 200M FREESTYLE WOMEN 13+							Heat:2, starttime: 09:48	
Heat: 2/6 Lane : 6 Athlete: JANSSEN LUCY							Q-time: 02:25:86	
PB (25m pool): 02:25.86 Aarschot 26/04/2026							PB (50m pool): 02:29.78 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		00:32.58		01:09.86		01:48.30		02:25.86
	00:32.58		00:37.28		00:38.44		00:37.56	
								

Coach feedback:

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Event number: 20: 200M FREESTYLE WOMEN 13+							Heat:2, starttime: 09:48	
Heat: 2/6 Lane : 8 Athlete: DECALUWé ELOUISE							Q-time: 02:28:08	
PB (25m pool): 02:28.08 Tremelo 24/05/2026				PB (50m pool): 02:38.23SB: 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		00:33.83		01:12.12		no time		02:28.08
	00:33.83		00:38.29					
								

Coach feedback:

Event number: 20: 200M FREESTYLE WOMEN 13+							Heat:3, starttime: 09:51	
Heat: 3/6 Lane : 1 Athlete: PISCAER STANSE							Q-time: 02:23:34	
PB (25m pool): 02:23.34 Sportoase De Watermolen 21/07/2026 PB (50m pool): 02:34.61 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		00:34.00		01:10.53		01:47.10		02:23.34
	00:34.00		00:36.53		00:36.57		00:36.24	
								

Coach feedback:

Event number: 20: 200M FREESTYLE WOMEN 13+							Heat:3, starttime: 09:51	
Heat: 3/6 Lane : 5 Athlete: UYTTERHOEVEN FIEBE							Q-time: 02:21:87	
PB (25m pool): 02:21.87 Parklaan 58, Turnhout 29/03/2026				PB (50m pool): 02:25.55 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		00:32.98		01:09.16		no time		02:21.87
	00:32.98		00:36.18					
								

Coach feedback:

Event number: 20: 200M FREESTYLE WOMEN 13+							Heat:4, starttime: 09:54	
Heat: 4/6 Lane : 1 Athlete: UYTTERHOEVEN FLO							Q-time: 02:20:11	
PB (25m pool): 02:20.11 LEUVEN 21/12/2025				PB (50m pool): 02:21.15 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		00:33.10		01:09.38		01:45.51		02:20.11
	00:33.10		00:36.28		00:36.13		00:34.60	
								

Coach feedback:

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Event number: 20: 200M FREESTYLE WOMEN 13+							Heat:4, starttime: 09:54	
Heat: 4/6 Lane : 6 Athlete: THIJS MAAIKE							Q-time: 02:19:28	
PB (25m pool): 02:19.28 Leuven 12/10/2025				PB (50m pool): 02:18.33SB: 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		00:32.61		01:07.76		01:44.11		02:19.28
	00:32.61		00:35.15		00:36.35		00:35.17	
								

Coach feedback:

Event number: 20: 200M FREESTYLE WOMEN 13+							Heat:5, starttime: 09:57	
Heat: 5/6 Lane : 3 Athlete: VELDHUIS VICTORIA							Q-time: 02:14:78	
PB (25m pool): 02:14.48 Leuven 20/10/2024				PB (50m pool): 02:19.25 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		00:31.84		01:05.68		01:40.36		02:14.48
	00:31.84		00:33.84		00:34.68		00:34.12	
								

Coach feedback:

Event number: 20: 200M FREESTYLE WOMEN 13+							Heat:5, starttime: 09:57	
Heat: 5/6 Lane : 4 Athlete: BOHMER JANNE							Q-time: 02:13:64	
PB (25m pool): 02:13.64 Aarschot 27/07/2026				PB (50m pool): 02:17.45 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		00:31.89		01:05.90		no time		02:13.64
	00:31.89		00:34.01					
								

Coach feedback:

Event number: 21: 100M BUTTERFLY MEN 13+							Heat:2, starttime: 10:05	
Heat: 2/4 Lane : 4 Athlete: VAN GRUNDERBEECK BAS							Q-time: 01:03:60	
PB (25m pool): 01:03.60 Aarschot 27/07/2026				PB (50m pool): 01:05.51 SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:29.96		01:03.60				
	00:29.96		00:33.64					
								

Coach feedback:

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Event number: 21: 100M BUTTERFLY MEN 13+					Heat:3, starttime: 10:06
Heat: 3/4 Lane : 2 Athlete: VAN DER BORGHT FLORIS					Q-time: 01:02:51
PB (25m pool): 01:02.51 LEUVEN 23/11/2025					PB (50m pool): 01:04.33 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:29.32		01:02.51	
	00:29.32		00:33.19		
					

Coach feedback:

Event number: 22: 100M BREASTSTROKE WOMEN 11-12					Heat:3, starttime: 10:14
Heat: 3/4 Lane : 8 Athlete: SALAETS TESS					Q-time: 01:36:67
PB (25m pool): 01:36.67 Tremelo 24/05/2026					PB (50m pool): 01:37.81 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:45.28		01:36.67	
	00:45.28		00:51.39		
					

Coach feedback:

Event number: 22: 100M BREASTSTROKE WOMEN 11-12					Heat:4, starttime: 10:16
Heat: 4/4 Lane : 1 Athlete: BOND MAYA					Q-time: 01:33:27
PB (25m pool): 01:33.27 Tremelo 24/05/2026					PB (50m pool): 01:33.95 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:43.81		01:33.27	
	00:43.81		00:49.46		
					

Coach feedback:

Event number: 22: 100M BREASTSTROKE WOMEN 11-12					Heat:4, starttime: 10:16
Heat: 4/4 Lane : 7 Athlete: BELIAEV EMILY					Q-time: 01:32:37
PB (25m pool): 01:32.37 Tremelo 24/05/2026					PB (50m pool): 01:31.87 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:45.05		01:32.37	
	00:45.05		00:47.32		
					

Coach feedback:

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Event number: 23: 100M BACKSTROKE MEN 11+					Heat:4, starttime: 10:50
Heat: 4/8 Lane : 2 Athlete: SOENS JACK					Q-time: 01:17:86
PB (25m pool): 01:17.86 Tremelo 24/05/2026					PB (50m pool): 01:17.90 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.97		01:17.86	
	00:38.97		00:38.89		
					

Coach feedback:

Event number: 23: 100M BACKSTROKE MEN 11+					Heat:6, starttime: 10:54
Heat: 6/8 Lane : 6 Athlete: MERTENS LANDER					Q-time: 01:08:38
PB (25m pool): 01:08.38 Sportoase De Watermolen 21/07/2026					PB (50m pool): 01:10.76 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.73		01:08.38	
	00:33.73		00:34.65		
					

Coach feedback:

Event number: 23: 100M BACKSTROKE MEN 11+					Heat:8, starttime: 10:57
Heat: 8/8 Lane : 3 Athlete: DECALUWé GEORGES					Q-time: 01:02:54
PB (25m pool): 01:02.54 LEUVEN 23/11/2025					PB (50m pool): 01:05.77 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.19		01:02.54	
	00:30.19		00:32.35		
					

Coach feedback:

Event number: 24: 200M BREASTSTROKE WOMEN 13+							Heat:1, starttime: 10:59	
Heat: 1/4 Lane : 3 Athlete: DECALUWé ELOUISE							Q-time: 03:12:44	
PB (25m pool): 03:12.44 Aarschot 26/04/2026			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		00:43.73		01:32.98		02:23.89		03:12.44
	00:43.73		00:49.25		00:50.91		00:48.55	
								

Coach feedback:

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Event number: 24: 200M BREASTSTROKE WOMEN 13+							Heat:3, starttime: 11:06	
Heat: 3/4 Lane : 6 Athlete: UYTTERHOEVEN FIEBE							Q-time: 02:53:58	
PB (25m pool): 02:53.58 Aarschot 26/04/2026				PB (50m pool): 03:00.03SB: 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		00:39.40		01:23.79		02:09.18		02:53.58
	00:39.40		00:44.39		00:45.39		00:44.40	
								

Coach feedback:

Event number: 24: 200M BREASTSTROKE WOMEN 13+							Heat:4, starttime: 11:10	
Heat: 4/4 Lane : 1 Athlete: VERELST LAURA							Q-time: 02:48:10	
PB (25m pool): 02:48.10 Leuven 12/10/2025				PB (50m pool): 02:49.63 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		00:39.36		01:22.70		02:05.30		02:48.10
	00:39.36		00:43.34		00:42.60		00:42.80	
								

Coach feedback:

Event number: 24: 200M BREASTSTROKE WOMEN 13+							Heat:4, starttime: 11:10	
Heat: 4/4 Lane : 7 Athlete: UYTTERHOEVEN FLO							Q-time: 02:46:81	
PB (25m pool): 02:46.81 Aarschot 27/07/2026				PB (50m pool): 02:48.66 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		00:37.33		01:20.58		no time		02:46.81
	00:37.33		00:43.25					
								

Coach feedback:

Event number: 25: 400M MEDLEY MEN 13+							Heat:2, starttime: 11:20	
Heat: 2/2 Lane : 2 Athlete: VAN DER BORGH T FLORIS							Q-time: 05:01:37	
PB (25m pool): 05:01.37 Leuven 12/10/2025				PB (50m pool): 05:13.69SB: 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		00:32.07		01:09.94		01:49.14		02:28.02
	00:32.07		00:37.87		00:39.20		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		03:11.57		03:55.65		04:28.94		05:01.37
	00:43.55		00:44.08		00:33.29		00:32.43	
								

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Event number: 26: 50M FREESTYLE WOMEN 13+			Heat:3, starttime: 11:48
Heat: 3/9 Lane : 3 Athlete: DECALUWé ELOUISE			Q-time: 00:30:75
PB (25m pool): 00:30.75 Herentals 09/05/2026			PB (50m pool): 00:31.50 SB: no time
	2 5 M	5 0 M	
PB		00:30.75	
		00:30.75	
			

Coach feedback:

Event number: 26: 50M FREESTYLE WOMEN 13+			Heat:3, starttime: 11:48
Heat: 3/9 Lane : 8 Athlete: PISCAER STANSE			Q-time: 00:31:48
PB (25m pool): 00:31.48 Stedelijk Zwembad Geel 15/02/2026			PB (50m pool): 00:32.53 SB: no time
	2 5 M	5 0 M	
PB		00:31.48	
		00:31.48	
			

Coach feedback:

Event number: 26: 50M FREESTYLE WOMEN 13+			Heat:5, starttime: 11:50
Heat: 5/9 Lane : 2 Athlete: BOHMER JANNE			Q-time: 00:29:76
PB (25m pool): 00:29.76 Stedelijk Zwembad Geel 15/02/2026			PB (50m pool): 00:30.34 SB: no time
	2 5 M	5 0 M	
PB		00:29.76	
		00:29.76	
			

Coach feedback:

Event number: 26: 50M FREESTYLE WOMEN 13+			Heat:5, starttime: 11:50
Heat: 5/9 Lane : 5 Athlete: DECALUWé HELENA			Q-time: 00:29:68
PB (25m pool): 00:29.68 Herentals 09/05/2026			PB (50m pool): 00:30.11 SB: no time
	2 5 M	5 0 M	
PB		00:29.68	
		00:29.68	
			

Coach feedback:

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Event number: 26: 50M FREESTYLE WOMEN 13+			Heat:5, starttime: 11:50
Heat: 5/9 Lane : 7 Athlete: JANSSEN LUCY			Q-time: 00:29:79
PB (25m pool): 00:29.79 Sportoase De Watermolen 21/07/2026 PB (50m pool): 00:30.48 SB: no time			
	2 5 M	5 0 M	
PB		00:29.79	
		00:29.79	
			

Coach feedback:

Event number: 26: 50M FREESTYLE WOMEN 13+			Heat:7, starttime: 11:52
Heat: 7/9 Lane : 5 Athlete: THIJS MAAIKE			Q-time: 00:28:55
PB (25m pool): 00:28.55 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 00:29.16 SB: no time			
	2 5 M	5 0 M	
PB		00:28.55	
		00:28.55	
			

Coach feedback:

Event number: 26: 50M FREESTYLE WOMEN 13+			Heat:7, starttime: 11:52
Heat: 7/9 Lane : 6 Athlete: VELDHUIS VICTORIA			Q-time: 00:28:70
PB (25m pool): 00:28.70 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 00:29.50 SB: no time			
	2 5 M	5 0 M	
PB		00:28.70	
		00:28.70	
			

Coach feedback:

Event number: 26: 50M FREESTYLE WOMEN 13+			Heat:8, starttime: 11:53
Heat: 8/9 Lane : 8 Athlete: VERELST LAURA			Q-time: 00:28:49
PB (25m pool): 00:28.49 Herentals 09/05/2026 PB (50m pool): 00:28.92 SB: no time			
	2 5 M	5 0 M	
PB		00:28.49	
		00:28.49	
			

Coach feedback:

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Event number: 27: 50M BREASTSTROKE MEN 13+			Heat:5, starttime: 12:00
Heat: 5/6 Lane : 8 Athlete: GEENS DRé			Q-time: 00:31:99
PB (25m pool): 00:31.99 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 00:32.60 SB: no time			
	2 5 M	5 0 M	
PB		00:31.99	
		00:31.99	
			

Coach feedback: