

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

Coachinfo: Warming up from: 08:20 untill 09:25. 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: 20: 200M FREESTYLE WOMEN 13+							Heat:3, starttime: 09:51	
Heat: 3/6 Lane : 6 Athlete: DE CORTE ALIX							Q-time: 02:22:47	
PB (25m pool): 02:20.91 Sinbad 29/12/2024				PB (50m pool): 02:22.47 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		00:31.81		01:07.02		no time		02:20.91
	00:31.81		00:35.21					
								

Coach feedback:

Event number: 20: 200M FREESTYLE WOMEN 13+							Heat:4, starttime: 09:54	
Heat: 4/6 Lane : 8 Athlete: BOXHO ALICE							Q-time: 02:20:31	
PB (25m pool): 02:52.12 Zaventem 12/03/2023				PB (50m pool): 02:20.31 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		no time		no time		no time		02:52.12
	no time							
								

Coach feedback:

Event number: 20: 200M FREESTYLE WOMEN 13+							Heat:5, starttime: 09:57	
Heat: 5/6 Lane : 2 Athlete: BOXHO VALENTINE							Q-time: 02:16:82	
PB (25m pool): 02:16.82 Sportoase De Watermolen 21/07/2026 PB (50m pool): 02:23.49SB: 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		00:31.46		01:05.91		01:41.85		02:16.82
	00:31.46		00:34.45		00:35.94		00:34.97	
								

Coach feedback:

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Event number: 23: 100M BACKSTROKE MEN 11+					Heat:6, starttime: 10:54
Heat: 6/8 Lane : 4 Athlete: HEBBELINCK RUBEN					Q-time: 01:07:71
PB (25m pool): 01:07.71 Sportoase De Watermolen 21/07/2026 PB (50m pool): 01:09.82 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.92		01:07.71	
	00:32.92		00:34.79		
					

Coach feedback:

Event number: 24: 200M BREASTSTROKE WOMEN 13+							Heat:3, starttime: 11:06	
Heat: 3/4 Lane : 2 Athlete: GAYTANT STERRE							Q-time: 02:54:62	
PB (25m pool): 02:54.62 Sinbad 22/07/2025				PB (50m pool): 3:02.20 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		00:38.90		01:23.40		no time		02:54.62
	00:38.90		00:44.50					
								

Coach feedback:

Event number: 26: 50M FREESTYLE WOMEN 13+					Heat:5, starttime: 11:50
Heat: 5/9 Lane : 4 Athlete: BOXHO ALICE					Q-time: 00:29:54
PB (25m pool): 00:29.54 Sinbad 22/07/2025 PB (50m pool): 00:29.78 SB: no time					
	2 5 M	5 0 M			
PB		00:29.54			
	00:29.54				
					

Coach feedback:

Event number: 26: 50M FREESTYLE WOMEN 13+					Heat:6, starttime: 11:51
Heat: 6/9 Lane : 4 Athlete: DE CORTE ALIX					Q-time: 00:29:00
PB (25m pool): 00:29.00 Stedelijk Zwembad Geel 16/02/2025 PB (50m pool): 00:29.63 SB: no time					
	2 5 M	5 0 M			
PB		00:29.00			
	00:29.00				
					

Coach feedback:

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Event number: 26: 50M FREESTYLE WOMEN 13+			Heat:6, starttime: 11:51
Heat: 6/9 Lane : 6 Athlete: BOXHO VALENTINE			Q-time: 00:29:25
PB (25m pool): 00:29.25 Aarschot 27/07/2026			PB (50m pool): 00:29.68 SB: no time
	2 5 M	5 0 M	
PB		00:29.25	
		00:29.25	
			

Coach feedback:

Event number: 26: 50M FREESTYLE WOMEN 13+			Heat:9, starttime: 11:54
Heat: 9/9 Lane : 5 Athlete: GAYTANT STERRE			Q-time: 00:26:25
PB (25m pool): 00:26.25 Gent 09/11/2025			PB (50m pool): 00:27.11 SB: no time
	2 5 M	5 0 M	
PB		00:26.25	
		00:26.25	
			

Coach feedback: