

PL VLB & B 26: Session: 4: COACH evaluation sheet for TEAM: ZCK

Coachinfo: Warming up from: 13:20 untill 14:25. 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: 28: 100M MEDLEY WOMEN 11+					Heat:4, starttime: 14:36
Heat: 4/10 Lane : 5 Athlete: SEGHERS MILLA					Q-time: 01:22:70
PB (25m pool): 01:22.70 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		00:39.14		01:22.70	
	00:39.14		00:43.56		
					

Coach feedback:

Event number: 28: 100M MEDLEY WOMEN 11+					Heat:6, starttime: 14:40
Heat: 6/10 Lane : 6 Athlete: DE SITTER KIRA					Q-time: 01:19:23
PB (25m pool): 01:19.23 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		01:19.23	
	no time				
					

Coach feedback:

Event number: 28: 100M MEDLEY WOMEN 11+					Heat:7, starttime: 14:42
Heat: 7/10 Lane : 2 Athlete: NUYTKENS MARIE					Q-time: 01:16:25
PB (25m pool): 01:16.25 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		01:16.25	
	no time				
					

Coach feedback:

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Event number: 28: 100M MEDLEY WOMEN 11+					Heat:9, starttime: 14:46
Heat: 9/10 Lane : 6 Athlete: GEENS AMÉLIE					Q-time: 01:10:86
PB (25m pool): 01:10.86 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		00:31.02		01:10.86	
	00:31.02		00:39.84		
					

Coach feedback:

Event number: 28: 100M MEDLEY WOMEN 11+					Heat:9, starttime: 14:46
Heat: 9/10 Lane : 7 Athlete: VAN DEN EEDE OLIVIA					Q-time: 01:11:11
PB (25m pool): 01:11.11 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		01:11.11	
	no time				
					

Coach feedback:

Event number: 28: 100M MEDLEY WOMEN 11+					Heat:10, starttime: 14:48
Heat: 10/10 Lane : 4 Athlete: DALEMANS LYN					Q-time: 01:05:92
PB (25m pool): 01:05.92 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		01:05.92	
	no time				
					

Coach feedback:

Event number: 29: 200M FREESTYLE MEN 13+							Heat:3, starttime: 14:55	
Heat: 3/7 Lane : 4 Athlete: VAN LOON BAS							Q-time: 02:08:85	
PB (25m pool): 02:08.85 TEMSE 23/11/2025							PB (50m pool): 02:16.07 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		00:29.29		01:01.86		01:35.38		02:08.85
	00:29.29		00:32.57		00:33.52		00:33.47	
								

Coach feedback:

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Event number: 29: 200M FREESTYLE MEN 13+							Heat:4, starttime: 14:58	
Heat: 4/7 Lane : 3 Athlete: BAKX WARRE							Q-time: 02:06:35	
PB (25m pool): 02:06.35 Leuven 12/10/2025				PB (50m pool): 02:14.04SB: 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		00:28.36		01:00.36		01:33.46		02:06.35
	00:28.36		00:32.00		00:33.10		00:32.89	
								

Coach feedback:

Event number: 29: 200M FREESTYLE MEN 13+							Heat:7, starttime: 15:06	
Heat: 7/7 Lane : 2 Athlete: VAN HUMBEECK SEAN							Q-time: 01:57:43	
PB (25m pool): 01:56.06 Gent(Sint-Amandsberg) 11/11/2024 PB (50m pool): 02:01.44 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		00:26.96		00:56.52		01:26.47		01:56.06
	00:26.96		00:29.56		00:29.95		00:29.59	
								

Coach feedback:

Event number: 30: 100M BUTTERFLY WOMEN 13+					Heat:2, starttime: 15:11
Heat: 2/3 Lane : 8 Athlete: VAN HOOMISSEN CHELSEA				Q-time: 01:14:90	
PB (25m pool): 01:14.90 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 01:15.99 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.39		01:14.90	
	00:34.39		00:40.51		
					

Coach feedback:

Event number: 31: 100M BREASTSTROKE MEN 11-12							Heat:3, starttime: 15:19	
Heat: 3/3 Lane : 3 Athlete: DE ROOS KASPER						Q-time: 01:24:29		
PB (25m pool): 01:27.39 Bastogne 05/04/2026				PB (50m pool): 01:24.29 SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:40.86		01:27.39				
	00:40.86		00:46.53					
								

Coach feedback:

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Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:3, starttime: 15:25
Heat: 3/10 Lane : 2 Athlete: SEGHERS MILLA					Q-time: 01:23:05
PB (25m pool): 01:23.05 Bastogne 05/04/2026					PB (50m pool): 01:23.56 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.97		01:23.05	
	00:40.97		00:42.08		
					

Coach feedback:

Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:6, starttime: 15:31
Heat: 6/10 Lane : 1 Athlete: NUYTKENS MARIE					Q-time: 01:16:41
PB (25m pool): 01:16.41 Meise 21/06/2026					PB (50m pool): 01:18.23 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.32		01:16.41	
	00:37.32		00:39.09		
					

Coach feedback:

Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:10, starttime: 15:38
Heat: 10/10 Lane : 2 Athlete: GEENS AMÉLIE					Q-time: 01:07:62
PB (25m pool): 01:07.62 Temse 21/12/2025					PB (50m pool): 01:09.39 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.69		01:07.62	
	00:32.69		00:34.93		
					

Coach feedback:

Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:10, starttime: 15:38
Heat: 10/10 Lane : 3 Athlete: DALEMANS LYN					Q-time: 01:05:62
PB (25m pool): 01:05.62 TEMSE 23/11/2025					PB (50m pool): 01:07.50 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.08		01:05.62	
	00:32.08		00:33.54		
					

Coach feedback:

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Event number: 33: 200M BREASTSTROKE MEN 13+							Heat:2, starttime: 15:44	
Heat: 2/3 Lane : 8 Athlete: VAN DEN BRANDE LUCAS							Q-time: 02:51:88	
PB (25m pool): 02:52.47 Bastogne 05/04/2026				PB (50m pool): 02:51.88SB: 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		00:37.20		01:22.51		02:08.82		02:52.47
	00:37.20		00:45.31		00:46.31		00:43.65	
								

Coach feedback:

Event number: 34: 400M MEDLEY WOMEN 13+							Heat:1, starttime: 15:51	
Heat: 1/2 Lane : 3 Athlete: VAN HOOMISSEN CHELSEA							Q-time: 05:53:98	
PB (25m pool): 05:53.98 Bastogne 05/04/2026				PB (50m pool): 05:59.30 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		00:35.50		01:16.96		02:01.95		02:46.38
	00:35.50		00:41.46		00:44.99		00:44.43	
								
	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		03:40.54		04:33.62		05:15.60		05:53.98
	00:54.16		00:53.08		00:41.98		00:38.38	
								

Coach feedback:

Event number: 35: 50M FREESTYLE MEN 13+							Heat:4, starttime: 16:37	
Heat: 4/9 Lane : 3 Athlete: VAN LOON BAS							Q-time: 00:26:97	
PB (25m pool): 00:26.97 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 00:27.43 SB: no time								
	2 5 M		5 0 M					
PB			00:26.97					
	00:26.97							
								

Coach feedback:

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Event number: 35: 50M FREESTYLE MEN 13+			Heat:7, starttime: 16:40
Heat: 7/9 Lane : 2 Athlete: BAKX WARRE			Q-time: 00:25:65
PB (25m pool): 00:25.65 Kapelle-op-den-Bos 19/04/2026			PB (50m pool): 00:26.77 SB: no time
	2 5 M	5 0 M	
PB		00:25.65	
		00:25.65	
			

Coach feedback:

Event number: 35: 50M FREESTYLE MEN 13+			Heat:7, starttime: 16:40
Heat: 7/9 Lane : 3 Athlete: VAN HUMBEECK SEAN			Q-time: 00:25:40
PB (25m pool): 00:24.94 Zwevegem 30/04/2023			PB (50m pool): 00:25.71 SB: no time
	2 5 M	5 0 M	
PB		00:24.94	
		00:24.94	
			

Coach feedback:

Event number: 36: 50M BREASTSTROKE WOMEN 13+			Heat:2, starttime: 16:44
Heat: 2/4 Lane : 4 Athlete: DE SITTER KIRA			Q-time: 00:37:04
PB (25m pool): 00:37.04 Dilbeek 10/05/2026			PB (50m pool): 00:38.72 SB: 00:38.31 Zwembad De Wauwer 13/09/2026
	2 5 M	5 0 M	
PB		00:37.04	
		00:37.04	
			

Coach feedback:

Event number: 36: 50M BREASTSTROKE WOMEN 13+			Heat:2, starttime: 16:44
Heat: 2/4 Lane : 5 Athlete: JACOBS LAURIEN			Q-time: 00:37:06
PB (25m pool): 00:37.06 Kapelle-op-den-Bos 19/04/2026			PB (50m pool): 00:38.53 SB: no time
	2 5 M	5 0 M	
PB		00:37.06	
		00:37.06	
			

Coach feedback:

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Event number: 36: 50M BREASTSTROKE WOMEN 13+						Heat:4, starttime: 16:47	
Heat: 4/4 Lane : 7 Athlete: VAN DEN EEDE OLIVIA						Q-time: 00:34:92	
PB (25m pool): 00:34.92 Kapelle-op-den-Bos 19/04/2026				PB (50m pool): 00:36.15 SB: 00:36.20 Zwembad De Wauwer 13/09/2026			
	2 5 M		5 0 M				
PB			00:34.92				
	00:34.92						
							

Coach feedback:

Event number: 38: 4x50M MEDLEY WOMEN 11+					Heat:3, starttime: 17:07			
Heat: 3/3 Lane : 5 Athlete: TEAM ZCK					Q-time: 02:05:94			
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: