

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

Coachinfo: Warming up from: 13:20 untill 14:25. 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: 28: 100M MEDLEY WOMEN 11+					Heat:3, starttime: 14:34
Heat: 3/10 Lane : 4 Athlete: BOND MAYA					Q-time: 01:24:21
PB (25m pool): 01:24.21 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		00:39.40		01:24.21	
	00:39.40		00:44.81		
					

Coach feedback:

Event number: 28: 100M MEDLEY WOMEN 11+					Heat:3, starttime: 14:34
Heat: 3/10 Lane : 6 Athlete: SALAETS TESS					Q-time: 01:25:48
PB (25m pool): 01:25.48 Aarschot 29/03/2026 PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:25.48	
	no time				
					

Coach feedback:

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Event number: 28: 100M MEDLEY WOMEN 11+					Heat:5, starttime: 14:38
Heat: 5/10 Lane : 5 Athlete: JANSSEN LUCY					Q-time: 01:21:27
PB (25m pool): 01:21.27 Herentals 17/05/2025					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.27		01:21.27	
	00:37.27		00:44.00		
					

Coach feedback:

Event number: 28: 100M MEDLEY WOMEN 11+					Heat:5, starttime: 14:38
Heat: 5/10 Lane : 7 Athlete: BELIAEV EMILY					Q-time: 01:22:50
PB (25m pool): 01:22.50 Herentals 09/05/2026					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:22.50	
	no time				
					

Coach feedback:

Event number: 28: 100M MEDLEY WOMEN 11+					Heat:6, starttime: 14:40
Heat: 6/10 Lane : 8 Athlete: DECALUWé ELOUISE					Q-time: 01:20:29
PB (25m pool): 01:20.29 Herentals 17/05/2025					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.26		01:20.29	
	00:36.26		00:44.03		
					

Coach feedback:

Event number: 28: 100M MEDLEY WOMEN 11+					Heat:7, starttime: 14:42
Heat: 7/10 Lane : 5 Athlete: UYTTERHOEVEN FIEBE					Q-time: 01:15:05
PB (25m pool): 01:15.05 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		00:35.37		01:15.05	
	00:35.37		00:39.68		
					

Coach feedback:

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Event number: 28: 100M MEDLEY WOMEN 11+					Heat:8, starttime: 14:44
Heat: 8/10 Lane : 2 Athlete: BOHMER JANNE					Q-time: 01:12:77
PB (25m pool): 01:12.77 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		00:33.41		01:12.77	
	00:33.41		00:39.36		
					

Coach feedback:

Event number: 28: 100M MEDLEY WOMEN 11+					Heat:9, starttime: 14:46
Heat: 9/10 Lane : 1 Athlete: DECALUWé HELENA					Q-time: 01:11:15
PB (25m pool): 01:11.15 LEUVEN 21/12/2025 PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.14		01:11.15	
	00:33.14		00:38.01		
					

Coach feedback:

Event number: 28: 100M MEDLEY WOMEN 11+					Heat:9, starttime: 14:46
Heat: 9/10 Lane : 2 Athlete: VELDHUIS VICTORIA					Q-time: 01:11:07
PB (25m pool): 01:11.07 Stedelijk Zwembad Geel 16/02/2025 PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.43		01:11.07	
	00:33.43		00:37.64		
					

Coach feedback:

Event number: 28: 100M MEDLEY WOMEN 11+					Heat:10, starttime: 14:48
Heat: 10/10 Lane : 2 Athlete: VERELST LAURA					Q-time: 01:08:43
PB (25m pool): 01:08.43 LEUVEN 21/12/2025 PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.77		01:08.43	
	00:31.77		00:36.66		
					

Coach feedback:

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Event number: 29: 200M FREESTYLE MEN 13+							Heat:1, starttime: 14:49	
Heat: 1/7 Lane : 4 Athlete: MERTENS LANDER							Q-time: 02:19:35	
PB (25m pool): 02:19.35 Tremelo 24/05/2026				PB (50m pool): 02:34.20SB: 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		00:32.38		01:08.06		no time		02:19.35
	00:32.38		00:35.68					
								

Coach feedback:

Event number: 29: 200M FREESTYLE MEN 13+							Heat:5, starttime: 15:01	
Heat: 5/7 Lane : 7 Athlete: DECALUWé GEORGES							Q-time: 02:05:70	
PB (25m pool): 02:05.70 LEUVEN 23/11/2025				PB (50m pool): 02:07.54 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		00:28.23		01:00.14		01:33.38		02:05.70
	00:28.23		00:31.91		00:33.24		00:32.32	
								

Coach feedback:

Event number: 29: 200M FREESTYLE MEN 13+							Heat:6, starttime: 15:03	
Heat: 6/7 Lane : 1 Athlete: GEENS DRé							Q-time: 02:03:16	
PB (25m pool): 02:03.16 Leuven 12/10/2025				PB (50m pool): 02:07.80 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		00:28.15		00:59.22		01:31.51		02:03.16
	00:28.15		00:31.07		00:32.29		00:31.65	
								

Coach feedback:

Event number: 29: 200M FREESTYLE MEN 13+							Heat:6, starttime: 15:03	
Heat: 6/7 Lane : 7 Athlete: VAN GRUNDERBEECK BAS							Q-time: 02:02:83	
PB (25m pool): 02:02.83 LEUVEN 23/11/2025				PB (50m pool): 02:07.05 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		00:27.81		00:58.48		01:30.86		02:02.83
	00:27.81		00:30.67		00:32.38		00:31.97	
								

Coach feedback:

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Event number: 29: 200M FREESTYLE MEN 13+							Heat:6, starttime: 15:03	
Heat: 6/7 Lane : 8 Athlete: VAN DER BORGHT FLORIS							Q-time: 02:03:56	
PB (25m pool): 02:03.56 Aarschot 27/07/2026				PB (50m pool): 02:08.65SB: 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		00:28.64		00:59.30		no time		02:03.56
	00:28.64		00:30.66					
								

Coach feedback:

Event number: 30: 100M BUTTERFLY WOMEN 13+					Heat:2, starttime: 15:11
Heat: 2/3 Lane : 6 Athlete: DECALUWé HELENA				Q-time: 01:11:93	
PB (25m pool): 01:11.93 Leuven 12/10/2025			PB (50m pool): 01:17.66 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.99		01:11.93	
	00:32.99		00:38.94		
					

Coach feedback:

Event number: 30: 100M BUTTERFLY WOMEN 13+							Heat:3, starttime: 15:12	
Heat: 3/3 Lane : 6 Athlete: THIJS MAAIKE							Q-time: 01:07:56	
PB (25m pool): 01:07.56 Aarschot 27/07/2026				PB (50m pool): 01:08.49 SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:31.91		01:07.56				
	00:31.91		00:35.65					
								

Coach feedback:

Event number: 31: 100M BREASTSTROKE MEN 11-12							Heat:2, starttime: 15:17	
Heat: 2/3 Lane : 3 Athlete: SOENS JACK							Q-time: 01:36:18	
PB (25m pool): 01:36.18 Tremelo 24/05/2026				PB (50m pool): 01:37.49 SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:45.93		01:36.18				
	00:45.93		00:50.25					
								

Coach feedback:

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Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:1, starttime: 15:21
Heat: 1/10 Lane : 3 Athlete: SALAETS TESS					Q-time: 01:29:47
PB (25m pool): 01:29.47 Heist-op-den-Berg 10/01/2026 PB (50m pool): 01:30.53 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:42.97		01:29.47	
	00:42.97		00:46.50		
					

Coach feedback:

Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:3, starttime: 15:25
Heat: 3/10 Lane : 7 Athlete: BELIAEV EMILY					Q-time: 01:23:24
PB (25m pool): 01:23.24 Heist-op-den-Berg 10/01/2026 PB (50m pool): 01:26.56 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:41.60		01:23.24	
	00:41.60		00:41.64		
					

Coach feedback:

Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:4, starttime: 15:27
Heat: 4/10 Lane : 3 Athlete: BOND MAYA					Q-time: 01:19:67
PB (25m pool): 01:24.40 Leuven 12/10/2025 PB (50m pool): 01:19.67 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:41.60		01:24.40	
	00:41.60		00:42.80		
					

Coach feedback:

Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:5, starttime: 15:29
Heat: 5/10 Lane : 4 Athlete: VERVLOET LIN					Q-time: 01:16:76
PB (25m pool): 01:16.76 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 01:17.85 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.30		01:16.76	
	00:37.30		00:39.46		
					

Coach feedback:

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Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:6, starttime: 15:31
Heat: 6/10 Lane : 3 Athlete: PISCAER STANSE					Q-time: 01:15:37
PB (25m pool): 01:15.37 Herentals 09/05/2026					PB (50m pool): 01:18.12 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.50		01:15.37	
	00:36.50		00:38.87		
					

Coach feedback:

Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:7, starttime: 15:33
Heat: 7/10 Lane : 5 Athlete: UYTTERHOEVEN FLO					Q-time: 01:13:50
PB (25m pool): 01:13.34 Diksmuide 17/11/2024					PB (50m pool): 01:15.80 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.24		01:13.34	
	00:36.24		00:37.10		
					

Coach feedback:

Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:8, starttime: 15:35
Heat: 8/10 Lane : 8 Athlete: JANSSEN LUCY					Q-time: 01:13:01
PB (25m pool): 01:13.01 Sportoase De Watermolen 21/07/2026					PB (50m pool): 01:15.70 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.81		01:13.01	
	00:35.81		00:37.20		
					

Coach feedback:

Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:10, starttime: 15:38
Heat: 10/10 Lane : 1 Athlete: VERELST LAURA					Q-time: 01:08:17
PB (25m pool): 01:08.17 LEUVEN 23/11/2025					PB (50m pool): 01:11.23 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.06		01:08.17	
	00:33.06		00:35.11		
					

Coach feedback:

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Event number: 34: 400M MEDLEY WOMEN 13+							Heat:2, starttime: 15:57	
Heat: 2/2 Lane : 2 Athlete: BOHMER JANNE							Q-time: 05:18:65	
PB (25m pool): 05:18.65 Aarschot 27/07/2026				PB (50m pool): 05:29.00SB: 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		00:34.53		01:14.16		no time		no time
	00:34.53		00:39.63					
								
	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		05:18.65
								

Coach feedback:

Event number: 35: 50M FREESTYLE MEN 13+							Heat:2, starttime: 16:35	
Heat: 2/9 Lane : 5 Athlete: MERTENS LANDER							Q-time: 00:28:45	
PB (25m pool): 00:28.45 Sportoase De Watermolen 21/07/2026 PB (50m pool): no time SB: no time								
	2 5 M		5 0 M					
PB			00:28.45					
	00:28.45							
								

Coach feedback:

Event number: 35: 50M FREESTYLE MEN 13+										Heat:4, starttime: 16:37	
Heat: 4/9 Lane : 2 Athlete: VAN DER BORGH T FLORIS										Q-time: 00:27:04	
PB (25m pool): 00:27.04 Herentals 09/05/2026										PB (50m pool): no time SB: no time	
PB	2 5 M		5 0 M								
			00:27.04								
			00:27.04								
											

Coach feedback:

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

Event number: 35: 50M FREESTYLE MEN 13+			Heat:5, starttime: 16:38
Heat: 5/9 Lane : 6 Athlete: DECALUWé GEORGES			Q-time: 00:26:41
PB (25m pool): 00:26.41 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 00:27.11 SB: no time			
	2 5 M	5 0 M	
PB		00:26.41	
		00:26.41	
			

Coach feedback:

Event number: 35: 50M FREESTYLE MEN 13+			Heat:8, starttime: 16:41
Heat: 8/9 Lane : 2 Athlete: GEENS DRé			Q-time: 00:25:12
PB (25m pool): 00:25.12 Herentals 09/05/2026 PB (50m pool): 00:25.93 SB: no time			
	2 5 M	5 0 M	
PB		00:25.12	
		00:25.12	
			

Coach feedback:

Event number: 35: 50M FREESTYLE MEN 13+			Heat:8, starttime: 16:41
Heat: 8/9 Lane : 7 Athlete: VAN GRUNDERBEECK BAS			Q-time: 00:25:16
PB (25m pool): 00:25.16 LEUVEN 23/11/2025 PB (50m pool): 00:26.03 SB: no time			
	2 5 M	5 0 M	
PB		00:25.16	
		00:25.16	
			

Coach feedback:

Event number: 36: 50M BREASTSTROKE WOMEN 13+			Heat:1, starttime: 16:43
Heat: 1/4 Lane : 3 Athlete: PISCAER STANSE			Q-time: 00:40:00
PB (25m pool): 00:40.00 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 00:40.51 SB: no time			
	2 5 M	5 0 M	
PB		00:40.00	
		00:40.00	
			

Coach feedback:

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Event number: 36: 50M BREASTSTROKE WOMEN 13+			Heat:2, starttime: 16:44
Heat: 2/4 Lane : 2 Athlete: THIJS MAAIKE			Q-time: 00:37:98
PB (25m pool): 00:37.98 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 00:40.85 SB: no time			
	2 5 M	5 0 M	
PB		00:37.98	
		00:37.98	
			

Coach feedback:

Event number: 36: 50M BREASTSTROKE WOMEN 13+			Heat:3, starttime: 16:45
Heat: 3/4 Lane : 1 Athlete: DECALUWé HELENA			Q-time: 00:36:81
PB (25m pool): 00:36.81 LEUVEN 23/11/2025 PB (50m pool): 00:37.81 SB: no time			
	2 5 M	5 0 M	
PB		00:36.81	
		00:36.81	
			

Coach feedback:

Event number: 36: 50M BREASTSTROKE WOMEN 13+			Heat:3, starttime: 16:45
Heat: 3/4 Lane : 2 Athlete: UYTTERHOEVEN FIEBE			Q-time: 00:36:52
PB (25m pool): 00:36.52 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 00:38.14 SB: no time			
	2 5 M	5 0 M	
PB		00:36.52	
		00:36.52	
			

Coach feedback:

Event number: 36: 50M BREASTSTROKE WOMEN 13+			Heat:3, starttime: 16:45
Heat: 3/4 Lane : 3 Athlete: UYTTERHOEVEN FLO			Q-time: 00:35:86
PB (25m pool): 00:35.86 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 00:36.66 SB: no time			
	2 5 M	5 0 M	
PB		00:35.86	
		00:35.86	
			

Coach feedback:

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Event number: 36: 50M BREASTSTROKE WOMEN 13+										Heat:3, starttime: 16:45	
Heat: 3/4 Lane : 6 Athlete: VELDHUIS VICTORIA										Q-time: 00:35:92	
PB (25m pool): 00:35.92 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 00:36.79SB: no time											
	2 5 M		5 0 M								
PB			00:35.92								
			00:35.92								
											

Coach feedback:

Event number: 37: 4x50M MEDLEY MEN 11+							Heat:1, starttime: 16:53	
Heat: 1/3 Lane : 3 Athlete: TEAM ZCT 2							Q-time: 02:16:00	
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: 37: 4x50M MEDLEY MEN 11+							Heat:3, starttime: 16:58	
Heat: 3/3 Lane : 1 Athlete: TEAM ZCT 1							Q-time: 01:55:00	
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: 38: 4x50M MEDLEY WOMEN 11+							Heat:1, starttime: 17:01	
Heat: 1/3 Lane : 4 Athlete: TEAM ZCT 3							Q-time: 02:22:50	
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:

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Event number: 38: 4x50M MEDLEY WOMEN 11+							Heat:2, starttime: 17:04	
Heat: 2/3 Lane : 3 Athlete: TEAM ZCT 2							Q-time: 02:12:00	
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: 38: 4x50M MEDLEY WOMEN 11+							Heat:3, starttime: 17:07	
Heat: 3/3 Lane : 3 Athlete: TEAM ZCT 1							Q-time: 02:06:00	
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: