

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

Coachinfo: Warming up from: 13:20 untill 14:25. 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: 29: 200M FREESTYLE MEN 13+							Heat:4, starttime: 14:58	
Heat: 4/7 Lane : 8 Athlete: HEBBELINCK RUBEN							Q-time: 02:08:38	
PB (25m pool): 02:08.38 Sportoase De Watermolen 21/07/2026 PB (50m pool): 02:19.51SB: 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		00:29.39		01:01.66		01:35.08		02:08.38
	00:29.39		00:32.27		00:33.42		00:33.30	
								

Coach feedback:

Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:7, starttime: 15:33
Heat: 7/10 Lane : 6 Athlete: BOXHO ALICE				Q-time: 01:13:99	
PB (25m pool): 01:13.99 Leuven 12/10/2025					PB (50m pool): 01:16.60SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.94		01:13.99	
	00:35.94		00:38.05		
					

Coach feedback:

Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:8, starttime: 15:35
Heat: 8/10 Lane : 2 Athlete: BOXHO VALENTINE				Q-time: 01:12:66	
PB (25m pool): 01:12.84 Sinbad 22/07/2025					PB (50m pool): 01:12.66SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.47		01:12.84	
	00:35.47		00:37.37		
					

Coach feedback:

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Event number: 35: 50M FREESTYLE MEN 13+							Heat:2, starttime: 16:35	
Heat: 2/9 Lane : 2 Athlete: OSSé MICHAEL							Q-time: 00:28:95	
PB (25m pool): 00:34.88 Overijse 30/11/2024							PB (50m pool): 00:28.95 SB: no time	
	2 5 M		5 0 M					
PB			00:34.88					
	00:34.88							
								

Coach feedback:

Event number: 35: 50M FREESTYLE MEN 13+							Heat:6, starttime: 16:39	
Heat: 6/9 Lane : 7 Athlete: HEBBELINCK RUBEN							Q-time: 00:26:05	
PB (25m pool): 00:27.41 LEUVEN 23/11/2025							PB (50m pool): 00:26.05SB: no time	
	2 5 M		5 0 M					
PB			00:27.41					
			00:27.41					
								

Coach feedback:

Event number: 35: 50M FREESTYLE MEN 13+										Heat:8, starttime: 16:41																													
Heat: 8/9 Lane : 8 Athlete: EUGENE FELIX																				Q-time: 00:25:34																			
PB (25m pool): 00:25.34 Aarschot 27/07/2026																				PB (50m pool): 00:26.15SB: no time																			
		2 5 M					5 0 M																																
PB							00:25.34																																
		00:25.34																																					
																																							

Coach feedback:

Event number: 37: 4x50M MEDLEY MEN 11+							Heat:2, starttime: 16:56	
Heat: 2/3 Lane : 2 Athlete: TEAM ZORO							Q-time: 02:09:39	
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:3, starttime: 17:07	
Heat: 3/3 Lane : 1 Athlete: TEAM ZORO							Q-time: 02:07:49	
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: