

# ZC Zennevallei 26: Session: 1: COACH evaluation sheet for TEAM: KVZP

Coachinfo: Warming up from: 07:30 untill 08:25. Teamleadmeeting @ The listed starttimes are indicative!

PB => Personal Best time

SB => Seasons Best time: Season starting point: first of September.

| Event number: 1: 200M MEDLEY MEN 11+             |           |           |           |                                    |           |           | Heat:8, starttime: 08:55 |           |
|--------------------------------------------------|-----------|-----------|-----------|------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 8/11    Lane : 6    Athlete: GUENDOUZ ANAS |           |           |           |                                    |           |           | Q-time: 02:39:52         |           |
| PB (25m pool): 02:39.52    Sinbad 16/03/2025     |           |           |           | PB (50m pool): 02:48.68SB: 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                                               |           | 00:36.04  |           | no time                            |           | no time   |                          | 02:39.52  |
|                                                  | 00:36.04  |           |           |                                    |           |           |                          |           |
|                                                  | . . . . . | . . . . . | . . . . . | . . . . .                          | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 3: 200M MEDLEY WOMEN 11+                       |           |           |           |                                    |           |           | Heat:1, starttime: 09:20 |           |
|--------------------------------------------------------------|-----------|-----------|-----------|------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 1/8    Lane : 1    Athlete: VANBELLINGEN VERMEERE LANI |           |           |           |                                    |           |           | Q-time: 03:27:57         |           |
| PB (25m pool): 03:27.57    Tervuren 30/05/2026               |           |           |           | PB (50m pool): 03:34.89SB: 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                                                           |           | 00:50.93  |           | 01:40.85                           |           | 02:42.57  |                          | 03:27.57  |
|                                                              | 00:50.93  |           | 00:49.92  |                                    | 01:01.72  |           | 00:45.00                 |           |
|                                                              | . . . . . | . . . . . | . . . . . | . . . . .                          | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 3: 200M MEDLEY WOMEN 11+          |         |         |       |                                    |       |         | Heat:3, starttime: 09:25 |          |
|-------------------------------------------------|---------|---------|-------|------------------------------------|-------|---------|--------------------------|----------|
| Heat: 3/8    Lane : 5    Athlete: ROELANT SISKA |         |         |       |                                    |       |         | Q-time: 03:04:35         |          |
| PB (25m pool): 03:05.98    Tienen 22/10/2023    |         |         |       | PB (50m pool): 03:04.35SB: 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 |                          | 03:05.98 |
|                                                 | no time |         |       |                                    |       |         |                          |          |
|                                                 | .....   | .....   | ..... | .....                              | ..... | .....   | .....                    | .....    |

Coach feedback:

# ZC Zennevallei 26: Session: 1: COACH evaluation sheet for TEAM: KVZP

| Event number: 3: 200M MEDLEY WOMEN 11+             |           |           |           |                                     |           |           | Heat:4, starttime: 09:30 |           |
|----------------------------------------------------|-----------|-----------|-----------|-------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 4/8 Lane : 5 Athlete: VAN STEENWINKEL ESTHER |           |           |           |                                     |           |           | Q-time: 02:56:57         |           |
| PB (25m pool): 02:56.57 Vilvoorde 01/03/2026       |           |           |           | PB (50m pool): 03:03.25 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                                                 |           | 00:40.31  |           | no time                             |           | no time   |                          | 02:56.57  |
|                                                    | 00:40.31  |           |           |                                     |           |           |                          |           |
|                                                    | . . . . . | . . . . . | . . . . . | . . . . .                           | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 4: 50M BACKSTROKE MIXED 10-9      |           |  |           |                                       |  |  | Heat:2, starttime: 09:50 |  |
|-------------------------------------------------|-----------|--|-----------|---------------------------------------|--|--|--------------------------|--|
| Heat: 2/2    Lane : 6    Athlete: EGée SAMUEL   |           |  |           |                                       |  |  | Q-time: 00:49:04         |  |
| PB (25m pool): 00:49.04    Vilvoorde 26/04/2026 |           |  |           | PB (50m pool): no time    SB: no time |  |  |                          |  |
|                                                 | 2 5 M     |  | 5 0 M     |                                       |  |  |                          |  |
| PB                                              |           |  | 00:49.04  |                                       |  |  |                          |  |
|                                                 |           |  | 00:49.04  |                                       |  |  |                          |  |
|                                                 | . . . . . |  | . . . . . |                                       |  |  |                          |  |

Coach feedback:

| Event number: 5: 50M BREASTSTROKE MEN 11+        |           |  |           |                                     |  |  | Heat:3, starttime: 09:55 |  |
|--------------------------------------------------|-----------|--|-----------|-------------------------------------|--|--|--------------------------|--|
| Heat: 3/5 Lane : 3 Athlete: VAN STEENWINKEL WOUT |           |  |           |                                     |  |  | Q-time: 00:47:75         |  |
| PB (25m pool): 00:47.75 Mons 26/10/2025          |           |  |           | PB (50m pool): 00:49.77 SB: no time |  |  |                          |  |
|                                                  | 2 5 M     |  | 5 0 M     |                                     |  |  |                          |  |
| PB                                               |           |  | 00:47.75  |                                     |  |  |                          |  |
|                                                  |           |  | 00:47.75  |                                     |  |  |                          |  |
|                                                  | . . . . . |  | . . . . . |                                     |  |  |                          |  |

Coach feedback:

| Event number: 5: 50M BREASTSTROKE MEN 11+       |           |  |           |  |  |  | Heat:4, starttime: 09:55           |  |
|-------------------------------------------------|-----------|--|-----------|--|--|--|------------------------------------|--|
| Heat: 4/5    Lane : 3    Athlete: GUENDOUZ ANAS |           |  |           |  |  |  | Q-time: 00:36:75                   |  |
| PB (25m pool): 00:36.75    Vilvoorde 05/10/2025 |           |  |           |  |  |  | PB (50m pool): 00:38.34SB: no time |  |
|                                                 | 2 5 M     |  | 5 0 M     |  |  |  |                                    |  |
| PB                                              |           |  | 00:36.75  |  |  |  |                                    |  |
|                                                 |           |  | 00:36.75  |  |  |  |                                    |  |
|                                                 | . . . . . |  | . . . . . |  |  |  |                                    |  |

Coach feedback:

# ZC Zennevallei 26: Session: 1: COACH evaluation sheet for TEAM: KVZP

| Event number: 6: 50M BREASTSTROKE WOMEN 11+    |          |          |  | Heat:3, starttime: 10:15           |
|------------------------------------------------|----------|----------|--|------------------------------------|
| Heat: 3/6 Lane : 4 Athlete: VAN DEN TROOST AMY |          |          |  | Q-time: 00:47:03                   |
| PB (25m pool): 00:47.03 LEUVEN 23/11/2025      |          |          |  | PB (50m pool): no time SB: no time |
|                                                | 2 5 M    | 5 0 M    |  |                                    |
| PB                                             |          | 00:47.03 |  |                                    |
|                                                | 00:47.03 |          |  |                                    |
|                                                | .....    | .....    |  |                                    |

Coach feedback:

| Event number: 6: 50M BREASTSTROKE WOMEN 11+    |          |          |  | Heat:5, starttime: 10:20            |
|------------------------------------------------|----------|----------|--|-------------------------------------|
| Heat: 5/6 Lane : 6 Athlete: VAN HOYLANDT JULIE |          |          |  | Q-time: 00:43:65                    |
| PB (25m pool): 00:43.65 Mons 26/10/2025        |          |          |  | PB (50m pool): 00:41.33 SB: no time |
|                                                | 2 5 M    | 5 0 M    |  |                                     |
| PB                                             |          | 00:43.65 |  |                                     |
|                                                | 00:43.65 |          |  |                                     |
|                                                | .....    | .....    |  |                                     |

Coach feedback:

| Event number: 7: 100M FREESTYLE MIXED 10-9   |          |          |          |          | Heat:5, starttime: 10:30           |
|----------------------------------------------|----------|----------|----------|----------|------------------------------------|
| Heat: 5/5 Lane : 1 Athlete: EGÉE SAMUEL      |          |          |          |          | Q-time: 01:29:51                   |
| PB (25m pool): 01:29.51 Vilvoorde 01/03/2026 |          |          |          |          | PB (50m pool): no time SB: no time |
|                                              | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                                    |
| PB                                           |          | 00:41.97 |          | 01:29.51 |                                    |
|                                              | 00:41.97 |          | 00:47.54 |          |                                    |
|                                              | .....    | .....    | .....    | .....    |                                    |

Coach feedback:

| Event number: 8: 100M FREESTYLE MEN 11+           |          |          |          |          | Heat:6, starttime: 10:45                               |
|---------------------------------------------------|----------|----------|----------|----------|--------------------------------------------------------|
| Heat: 6/14 Lane : 4 Athlete: VAN STEENWINKEL WOUT |          |          |          |          | Q-time: 01:10:88                                       |
| PB (25m pool): 01:09.24 Leuven 04/10/2026         |          |          |          |          | PB (50m pool): 01:09.98 SB: 01:09.24 Leuven 04/10/2026 |
|                                                   | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                                                        |
| PB                                                |          | 00:32.95 |          | 01:09.24 |                                                        |
|                                                   | 00:32.95 |          | 00:36.29 |          |                                                        |
|                                                   | .....    | .....    | .....    | .....    |                                                        |

Coach feedback:

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| Event number: 10: 100M FREESTYLE WOMEN 11+              |          |          |          |          | Heat:3, starttime: 11:05            |
|---------------------------------------------------------|----------|----------|----------|----------|-------------------------------------|
| Heat: 3/10 Lane : 6 Athlete: VANBELLINGEN VERMEERE LANI |          |          |          |          | Q-time: 01:22:64                    |
| PB (25m pool): 01:22.64 Tervuren 30/05/2026             |          |          |          |          | PB (50m pool): 01:22.75 SB: no time |
|                                                         | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                                     |
| PB                                                      |          | 00:39.00 |          | 01:22.64 |                                     |
|                                                         | 00:39.00 |          | 00:43.64 |          |                                     |
|                                                         | .....    | .....    | .....    | .....    |                                     |

Coach feedback:

| Event number: 10: 100M FREESTYLE WOMEN 11+      |          |          |          |          | Heat:5, starttime: 11:10                               |
|-------------------------------------------------|----------|----------|----------|----------|--------------------------------------------------------|
| Heat: 5/10 Lane : 4 Athlete: VAN DEN TROOST AMY |          |          |          |          | Q-time: 01:11:28                                       |
| PB (25m pool): 01:11.28 Tervuren 30/05/2026     |          |          |          |          | PB (50m pool): 01:13.91 SB: 01:14.06 Leuven 04/10/2026 |
|                                                 | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                                                        |
| PB                                              |          | 00:34.31 |          | 01:11.28 |                                                        |
|                                                 | 00:34.31 |          | 00:36.97 |          |                                                        |
|                                                 | .....    | .....    | .....    | .....    |                                                        |

Coach feedback:

| Event number: 10: 100M FREESTYLE WOMEN 11+      |          |          |          |          | Heat:5, starttime: 11:10            |
|-------------------------------------------------|----------|----------|----------|----------|-------------------------------------|
| Heat: 5/10 Lane : 6 Athlete: VAN HOYLANDT JULIE |          |          |          |          | Q-time: 01:11:88                    |
| PB (25m pool): 01:11.88 Vilvoorde 01/03/2026    |          |          |          |          | PB (50m pool): 01:18.35 SB: no time |
|                                                 | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                                     |
| PB                                              |          | 00:34.15 |          | 01:11.88 |                                     |
|                                                 | 00:34.15 |          | 00:37.73 |          |                                     |
|                                                 | .....    | .....    | .....    | .....    |                                     |

Coach feedback:

| Event number: 10: 100M FREESTYLE WOMEN 11+          |          |          |          |          | Heat:6, starttime: 11:10            |
|-----------------------------------------------------|----------|----------|----------|----------|-------------------------------------|
| Heat: 6/10 Lane : 5 Athlete: VAN STEENWINKEL ESTHER |          |          |          |          | Q-time: 01:10:43                    |
| PB (25m pool): 01:10.43 LEUVEN 23/11/2025           |          |          |          |          | PB (50m pool): 01:11.92 SB: no time |
|                                                     | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                                     |
| PB                                                  |          | 00:33.81 |          | 01:10.43 |                                     |
|                                                     | 00:33.81 |          | 00:36.62 |          |                                     |
|                                                     | .....    | .....    | .....    | .....    |                                     |

Coach feedback:

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|                                                 |           |           |           |           |                                                            |  |
|-------------------------------------------------|-----------|-----------|-----------|-----------|------------------------------------------------------------|--|
| Event number: 10: 100M FREESTYLE WOMEN 11+      |           |           |           |           | Heat:9, starttime: 11:15                                   |  |
| Heat: 9/10   Lane : 2   Athlete: ROELANT SISKAK |           |           |           |           | Q-time: 01:03:81                                           |  |
| PB (25m pool): 01:03.81   Vilvoorde 26/04/2026  |           |           |           |           | PB (50m pool): 01:05.63 SB: 01:05.03   Leuven   04/10/2026 |  |
|                                                 | 2 5 M     | 5 0 M     | 7 5 M     | 1 0 0 M   |                                                            |  |
| PB                                              |           | 00:30.96  |           | 01:03.81  |                                                            |  |
|                                                 | 00:30.96  |           | 00:32.85  |           |                                                            |  |
|                                                 | . . . . . | . . . . . | . . . . . | . . . . . |                                                            |  |

Coach feedback: