

# ZC Zennevallei 26: Session: 2: COACH Evaluation sheet for TEAM: ALZV

Coachinfo: Warming up from: 13:00 untill 13:55. Teamleadmeeting @ The listed starttimes are indicative!

PB => Personal Best time

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

| Event number: 15: 400M FREESTYLE MEN 11+                 |         |         |         |                        |         |             | Heat:3, starttime: 14:30 |          |
|----------------------------------------------------------|---------|---------|---------|------------------------|---------|-------------|--------------------------|----------|
| Heat: 3/5    Lane : 4    Athlete: HERMAN WOUT            |         |         |         |                        |         |             | Q-time: 05:58:45         |          |
| PB (25m pool): 05:58.45    Wildersportcomplex 16/03/2025 |         |         |         | PB (50m pool): no time |         | 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                                                       |         | no time |         | 01:26.49               |         | no time     |                          | 02:58.99 |
|                                                          | no time |         |         |                        |         |             |                          |          |
|                                                          | .....   | .....   | .....   | .....                  | .....   | .....       | .....                    | .....    |
|                                                          | 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     |                          | 05:58.45 |
|                                                          |         |         |         |                        |         |             |                          |          |
|                                                          | .....   | .....   | .....   | .....                  | .....   | .....       | .....                    | .....    |

Coach feedback:

| Event number: 15: 400M FREESTYLE MEN 11+      |         |         |         |                                       |         |         | Heat:3, starttime: 14:30 |          |
|-----------------------------------------------|---------|---------|---------|---------------------------------------|---------|---------|--------------------------|----------|
| Heat: 3/5    Lane : 5    Athlete: BOONE TORRE |         |         |         |                                       |         |         | Q-time: 06:16:55         |          |
| PB (25m pool): 06:16.55    Ternat 29/03/2026  |         |         |         | PB (50m pool): no time    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                                            |         | no time |         | 01:26.55                              |         | no time |                          | 03:05.38 |
|                                               | no time |         |         |                                       |         |         |                          |          |
|                                               | .....   | .....   | .....   | .....                                 | .....   | .....   | .....                    | .....    |
|                                               | 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 |                          | 06:16.55 |
|                                               |         |         |         |                                       |         |         |                          |          |
|                                               | .....   | .....   | .....   | .....                                 | .....   | .....   | .....                    | .....    |

Coach feedback:

| Event number: 15: 400M FREESTYLE MEN 11+                    |          |          |          |                                       |         |         | Heat:3, starttime: 14:30 |          |
|-------------------------------------------------------------|----------|----------|----------|---------------------------------------|---------|---------|--------------------------|----------|
| Heat: 3/5    Lane : 6    Athlete: MATHELOT AMAURY           |          |          |          |                                       |         |         | Q-time: 06:25:81         |          |
| PB (25m pool): 06:25.81    Sint-Pieters-Leeuw    05/10/2025 |          |          |          | PB (50m pool): no time    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                                                          |          | 00:41.39 |          | 01:29.65                              |         | no time |                          | 03:09.38 |
|                                                             | 00:41.39 |          | 00:48.26 |                                       |         |         |                          |          |
|                                                             | .....    | .....    | .....    | .....                                 | .....   | .....   | .....                    | .....    |
|                                                             | 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  |          | 04:48.56                              |         | no time |                          | 06:25.81 |
|                                                             |          |          |          |                                       |         |         |                          |          |

# ZC Zennevallei 26: Session: 2: COACH Evaluation sheet for TEAM: ALZV

|       |       |       |       |       |       |       |       |
|-------|-------|-------|-------|-------|-------|-------|-------|
| ..... | ..... | ..... | ..... | ..... | ..... | ..... | ..... |
|-------|-------|-------|-------|-------|-------|-------|-------|

Coach feedback:

|                                                           |         |         |       |         |                          |
|-----------------------------------------------------------|---------|---------|-------|---------|--------------------------|
| Event number: 17: 100M BREASTSTROKE MEN 11+               |         |         |       |         | Heat:1, starttime: 15:15 |
| Heat: 1/10 Lane : 2 Athlete: JADDI MOHAMED YASSIN         |         |         |       |         | Q-time: 99:99:99         |
| PB (25m pool): no time PB (50m pool): no time SB: no time |         |         |       |         |                          |
|                                                           | 2 5 M   | 5 0 M   | 7 5 M | 1 0 0 M |                          |
| PB                                                        |         | no time |       | no time |                          |
|                                                           | no time |         |       |         |                          |
|                                                           | .....   | .....   | ..... | .....   |                          |

Coach feedback:

|                                                                                 |          |          |          |          |                          |
|---------------------------------------------------------------------------------|----------|----------|----------|----------|--------------------------|
| Event number: 17: 100M BREASTSTROKE MEN 11+                                     |          |          |          |          | Heat:4, starttime: 15:25 |
| Heat: 4/10 Lane : 6 Athlete: DESMEDT TIMO                                       |          |          |          |          | Q-time: 01:41:58         |
| PB (25m pool): 01:41.58 Zaventem 08/02/2026 PB (50m pool): 01:38.44 SB: no time |          |          |          |          |                          |
|                                                                                 | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                          |
| PB                                                                              |          | 00:47.30 |          | 01:41.58 |                          |
|                                                                                 | 00:47.30 |          | 00:54.28 |          |                          |
|                                                                                 | .....    | .....    | .....    | .....    |                          |

Coach feedback:

|                                                                                                  |          |          |          |          |                          |
|--------------------------------------------------------------------------------------------------|----------|----------|----------|----------|--------------------------|
| Event number: 17: 100M BREASTSTROKE MEN 11+                                                      |          |          |          |          | Heat:5, starttime: 15:25 |
| Heat: 5/10 Lane : 6 Athlete: WAGEMANS DAAN                                                       |          |          |          |          | Q-time: 01:33:64         |
| PB (25m pool): 01:30.75 Leuven 04/10/2026 PB (50m pool): 01:35.40 SB: 01:30.75 Leuven 04/10/2026 |          |          |          |          |                          |
|                                                                                                  | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                          |
| PB                                                                                               |          | 00:43.09 |          | 01:30.75 |                          |
|                                                                                                  | 00:43.09 |          | 00:47.66 |          |                          |
|                                                                                                  | .....    | .....    | .....    | .....    |                          |

Coach feedback:

# ZC Zennevallei 26: Session: 2: COACH Evaluation sheet for TEAM: ALZV

| Event number: 17: 100M BREASTSTROKE MEN 11+       |          |          |          |          | Heat:6, starttime: 15:30            |
|---------------------------------------------------|----------|----------|----------|----------|-------------------------------------|
| Heat: 6/10 Lane : 2 Athlete: VAN DEN BERGHE VINCE |          |          |          |          | Q-time: 01:27:70                    |
| PB (25m pool): 01:27.70 Zaventem 08/02/2026       |          |          |          |          | PB (50m pool): 01:32.25 SB: no time |
|                                                   | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                                     |
| PB                                                |          | 00:40.95 |          | 01:27.70 |                                     |
|                                                   | 00:40.95 |          | 00:46.75 |          |                                     |
|                                                   | .....    | .....    | .....    | .....    |                                     |

Coach feedback:

| Event number: 17: 100M BREASTSTROKE MEN 11+ |          |          |          |          | Heat:7, starttime: 15:30            |
|---------------------------------------------|----------|----------|----------|----------|-------------------------------------|
| Heat: 7/10 Lane : 1 Athlete: VANTHUYNE WOUT |          |          |          |          | Q-time: 01:25:81                    |
| PB (25m pool): 01:25.81 Zaventem 08/02/2026 |          |          |          |          | PB (50m pool): 01:31.29 SB: no time |
|                                             | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                                     |
| PB                                          |          | 00:40.23 |          | 01:25.81 |                                     |
|                                             | 00:40.23 |          | 00:45.58 |          |                                     |
|                                             | .....    | .....    | .....    | .....    |                                     |

Coach feedback:

| Event number: 17: 100M BREASTSTROKE MEN 11+ |          |          |          |          | Heat:7, starttime: 15:30            |
|---------------------------------------------|----------|----------|----------|----------|-------------------------------------|
| Heat: 7/10 Lane : 5 Athlete: HERMANS VIKTOR |          |          |          |          | Q-time: 01:25:65                    |
| PB (25m pool): 01:25.65 Zaventem 08/02/2026 |          |          |          |          | PB (50m pool): 01:26.93 SB: no time |
|                                             | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                                     |
| PB                                          |          | 00:40.57 |          | 01:25.65 |                                     |
|                                             | 00:40.57 |          | 00:45.08 |          |                                     |
|                                             | .....    | .....    | .....    | .....    |                                     |

Coach feedback:

| Event number: 18: 100M BREASTSTROKE WOMEN 11+ |          |          |          |          | Heat:3, starttime: 15:45                               |
|-----------------------------------------------|----------|----------|----------|----------|--------------------------------------------------------|
| Heat: 3/7 Lane : 2 Athlete: PINTE ELLA        |          |          |          |          | Q-time: 01:46:49                                       |
| PB (25m pool): 01:42.14 Leuven 04/10/2026     |          |          |          |          | PB (50m pool): 01:47.60 SB: 01:42.14 Leuven 04/10/2026 |
|                                               | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                                                        |
| PB                                            |          | 00:48.25 |          | 01:42.14 |                                                        |
|                                               | 00:48.25 |          | 00:53.89 |          |                                                        |
|                                               | .....    | .....    | .....    | .....    |                                                        |

Coach feedback:

# ZC Zennevallei 26: Session: 2: COACH Evaluation sheet for TEAM: ALZV

| Event number: 18: 100M BREASTSTROKE WOMEN 11+   |          |          |          |          | Heat:5, starttime: 15:50                               |
|-------------------------------------------------|----------|----------|----------|----------|--------------------------------------------------------|
| Heat: 5/7 Lane : 2 Athlete: NECULAE MARIA IULIA |          |          |          |          | Q-time: 01:35:41                                       |
| PB (25m pool): 01:33.08 Leuven 04/10/2026       |          |          |          |          | PB (50m pool): 01:37.57 SB: 01:33.08 Leuven 04/10/2026 |
|                                                 | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                                                        |
| PB                                              |          | 00:44.16 |          | 01:33.08 |                                                        |
|                                                 | 00:44.16 |          | 00:48.92 |          |                                                        |
|                                                 | .....    | .....    | .....    | .....    |                                                        |

Coach feedback:

| Event number: 21: 100M BUTTERFLY WOMEN 11+      |          |          |          |          | Heat:3, starttime: 16:35            |
|-------------------------------------------------|----------|----------|----------|----------|-------------------------------------|
| Heat: 3/4 Lane : 5 Athlete: NECULAE MARIA IULIA |          |          |          |          | Q-time: 01:19:40                    |
| PB (25m pool): 01:19.40 LEUVEN 22/02/2026       |          |          |          |          | PB (50m pool): 01:21.68 SB: no time |
|                                                 | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                                     |
| PB                                              |          | 00:36.71 |          | 01:19.40 |                                     |
|                                                 | 00:36.71 |          | 00:42.69 |          |                                     |
|                                                 | .....    | .....    | .....    | .....    |                                     |

Coach feedback:

| Event number: 22: 100M BUTTERFLY MEN 11+ |          |          |          |          | Heat:2, starttime: 16:40           |
|------------------------------------------|----------|----------|----------|----------|------------------------------------|
| Heat: 2/6 Lane : 5 Athlete: BOONE TORRE  |          |          |          |          | Q-time: 01:42:30                   |
| PB (25m pool): 01:42.30 Meise 21/06/2026 |          |          |          |          | PB (50m pool): no time SB: no time |
|                                          | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                                    |
| PB                                       |          | 00:46.36 |          | 01:42.30 |                                    |
|                                          | 00:46.36 |          | 00:55.94 |          |                                    |
|                                          | .....    | .....    | .....    | .....    |                                    |

Coach feedback:

| Event number: 22: 100M BUTTERFLY MEN 11+   |          |          |          |          | Heat:3, starttime: 16:40            |
|--------------------------------------------|----------|----------|----------|----------|-------------------------------------|
| Heat: 3/6 Lane : 4 Athlete: HERMANS VIKTOR |          |          |          |          | Q-time: 01:22:40                    |
| PB (25m pool): 01:22.40 Ternat 29/03/2026  |          |          |          |          | PB (50m pool): 01:23.23 SB: no time |
|                                            | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                                     |
| PB                                         |          | 00:38.05 |          | 01:22.40 |                                     |
|                                            | 00:38.05 |          | 00:44.35 |          |                                     |
|                                            | .....    | .....    | .....    | .....    |                                     |

Coach feedback:

# ZC Zennevallei 26: Session: 2: COACH Evaluation sheet for TEAM: ALZV

|                                                                                         |           |           |           |           |                          |
|-----------------------------------------------------------------------------------------|-----------|-----------|-----------|-----------|--------------------------|
| Event number: 22: 100M BUTTERFLY MEN 11+                                                |           |           |           |           | Heat:4, starttime: 16:45 |
| Heat: 4/6 Lane : 5 Athlete: WAGEMANS DAAN                                               |           |           |           |           | Q-time: 01:16:45         |
| PB (25m pool): 01:16.45 Zwembad De Motte 14/07/2026 PB (50m pool): 01:17.16 SB: no time |           |           |           |           |                          |
|                                                                                         | 2 5 M     | 5 0 M     | 7 5 M     | 1 0 0 M   |                          |
| PB                                                                                      |           | 00:34.18  |           | 01:16.45  |                          |
|                                                                                         | 00:34.18  |           | 00:42.27  |           |                          |
|                                                                                         | . . . . . | . . . . . | . . . . . | . . . . . |                          |

Coach feedback:

|                                                        |           |           |           |           |                                     |
|--------------------------------------------------------|-----------|-----------|-----------|-----------|-------------------------------------|
| Event number: 22: 100M BUTTERFLY MEN 11+               |           |           |           |           | Heat:4, starttime: 16:45            |
| Heat: 4/6    Lane : 6    Athlete: VAN DEN BERGHE VINCE |           |           |           |           | Q-time: 01:20:47                    |
| PB (25m pool): 01:20.47    Meise 21/06/2026            |           |           |           |           | PB (50m pool): 01:19.76 SB: no time |
|                                                        | 2 5 M     | 5 0 M     | 7 5 M     | 1 0 0 M   |                                     |
| PB                                                     |           | 00:37.64  |           | 01:20.47  |                                     |
|                                                        | 00:37.64  |           | 00:42.83  |           |                                     |
|                                                        | . . . . . | . . . . . | . . . . . | . . . . . |                                     |

Coach feedback:

|                                              |           |           |           |           |                                    |
|----------------------------------------------|-----------|-----------|-----------|-----------|------------------------------------|
| Event number: 23: 100M BACKSTROKE WOMEN 11+  |           |           |           |           | Heat:4, starttime: 16:55           |
| Heat: 4/8    Lane : 5    Athlete: PINTE ELLA |           |           |           |           | Q-time: 01:30:06                   |
| PB (25m pool): 01:30.06    Meise 21/06/2026  |           |           |           |           | PB (50m pool): 01:30.09SB: no time |
|                                              | 2 5 M     | 5 0 M     | 7 5 M     | 1 0 0 M   |                                    |
| PB                                           |           | 00:43.21  |           | 01:30.06  |                                    |
|                                              | 00:43.21  |           | 00:46.85  |           |                                    |
|                                              | . . . . . | . . . . . | . . . . . | . . . . . |                                    |

Coach feedback:

|                                                        |           |           |           |           |                                       |
|--------------------------------------------------------|-----------|-----------|-----------|-----------|---------------------------------------|
| Event number: 24: 100M BACKSTROKE MEN 11+              |           |           |           |           | Heat:2, starttime: 17:10              |
| Heat: 2/7    Lane : 1    Athlete: JADDI MOHAMED YASSIN |           |           |           |           | Q-time: 01:54:51                      |
| PB (25m pool): 01:54.51    Vilvoorde 18/05/2025        |           |           |           |           | PB (50m pool): no time    SB: no time |
|                                                        | 2 5 M     | 5 0 M     | 7 5 M     | 1 0 0 M   |                                       |
| PB                                                     |           | 00:56.02  |           | 01:54.51  |                                       |
|                                                        | 00:56.02  |           | 00:58.49  |           |                                       |
|                                                        | . . . . . | . . . . . | . . . . . | . . . . . |                                       |

Coach feedback:

# ZC Zennevallei 26: Session: 2: COACH Evaluation sheet for TEAM: ALZV

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|-------------------------------------------------------------------------------------------|----------|----------|----------|----------|--------------------------|
| Event number: 24: 100M BACKSTROKE MEN 11+                                                 |          |          |          |          | Heat:3, starttime: 17:10 |
| Heat: 3/7 Lane : 5 Athlete: VANTHUYNE WOUT                                                |          |          |          |          | Q-time: 01:27:69         |
| PB (25m pool): 01:26.08 LEUVEN - Sportoase 22/12/2024 PB (50m pool): 01:33.95 SB: no time |          |          |          |          |                          |
|                                                                                           | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                          |
| PB                                                                                        |          | 00:42.05 |          | 01:26.08 |                          |
|                                                                                           | 00:42.05 |          | 00:44.03 |          |                          |
|                                                                                           | .....    | .....    | .....    | .....    |                          |

Coach feedback:

|                                                                                |          |          |          |          |                          |
|--------------------------------------------------------------------------------|----------|----------|----------|----------|--------------------------|
| Event number: 24: 100M BACKSTROKE MEN 11+                                      |          |          |          |          | Heat:3, starttime: 17:10 |
| Heat: 3/7 Lane : 6 Athlete: DESMEDT TIMO                                       |          |          |          |          | Q-time: 01:30:30         |
| PB (25m pool): 01:30.30 Tremelo 24/05/2026 PB (50m pool): 01:30.03 SB: no time |          |          |          |          |                          |
|                                                                                | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                          |
| PB                                                                             |          | 00:44.97 |          | 01:30.30 |                          |
|                                                                                | 00:44.97 |          | 00:45.33 |          |                          |
|                                                                                | .....    | .....    | .....    | .....    |                          |

Coach feedback:

|                                                                               |          |          |          |          |                          |
|-------------------------------------------------------------------------------|----------|----------|----------|----------|--------------------------|
| Event number: 24: 100M BACKSTROKE MEN 11+                                     |          |          |          |          | Heat:4, starttime: 17:15 |
| Heat: 4/7 Lane : 1 Athlete: HERMAN WOUT                                       |          |          |          |          | Q-time: 01:21:78         |
| PB (25m pool): 01:21.78 LEUVEN 22/02/2026 PB (50m pool): 01:24.74 SB: no time |          |          |          |          |                          |
|                                                                               | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                          |
| PB                                                                            |          | 00:39.53 |          | 01:21.78 |                          |
|                                                                               | 00:39.53 |          | 00:42.25 |          |                          |
|                                                                               | .....    | .....    | .....    | .....    |                          |

Coach feedback:

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|-----------------------------------------------------------------------------|----------|----------|----------|----------|--------------------------|
| Event number: 24: 100M BACKSTROKE MEN 11+                                   |          |          |          |          | Heat:4, starttime: 17:15 |
| Heat: 4/7 Lane : 2 Athlete: MATHELOT AMAURY                                 |          |          |          |          | Q-time: 01:21:39         |
| PB (25m pool): 01:21.39 Meise 21/06/2026 PB (50m pool): no time SB: no time |          |          |          |          |                          |
|                                                                             | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                          |
| PB                                                                          |          | 00:39.35 |          | 01:21.39 |                          |
|                                                                             | 00:39.35 |          | 00:42.04 |          |                          |
|                                                                             | .....    | .....    | .....    | .....    |                          |

Coach feedback: