

ZC Zennevallei 26: Session: 2: COACH evaluation sheet for TEAM: KVZP

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: 14: 100M MEDLEY WOMEN 11+					Heat:2, starttime: 14:05
Heat: 2/5 Lane : 2 Athlete: ROELANT SISKI					Q-time: 99:99:99
PB (25m pool): 01:22.45 Mons 23/11/2024					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.36		01:22.45	
		00:38.36		00:44.09	
					

Coach feedback:

Event number: 15: 400M FREESTYLE MEN 11+					Heat:5, starttime: 14:45			
Heat: 5/5 Lane : 6 Athlete: VAN STEENWINKEL WOUT					Q-time: 05:23:75			
PB (25m pool): 05:23.75 Vilvoorde 26/04/2026					PB (50m pool): 05:30.73 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		00:36.24		01:16.61		no time		02:39.49
		00:36.24		00:40.37				
								
	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		05:23.75
								

Coach feedback:

Event number: 16: 400M FREESTYLE WOMEN 11+					Heat:3, starttime: 15:05			
Heat: 3/4 Lane : 5 Athlete: VAN DEN TROOST AMY					Q-time: 05:18:97			
PB (25m pool): 05:18.97 Vilvoorde 26/04/2026					PB (50m pool): 05:27.63 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		00:36.36		01:15.49		no time		02:36.49
		00:36.36		00:39.13				
								
	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		05:18.97
								

Coach feedback:

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Event number: 17: 100M BREASTSTROKE MEN 11+					Heat:4, starttime: 15:25
Heat: 4/10 Lane : 1 Athlete: VAN STEENWINKEL WOUT					Q-time: 01:41:06
PB (25m pool): 01:41.06 LEUVEN 22/02/2026					PB (50m pool): 01:46.58 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:48.28		01:41.06	
	00:48.28		00:52.78		
					

Coach feedback:

Event number: 17: 100M BREASTSTROKE MEN 11+					Heat:8, starttime: 15:35
Heat: 8/10 Lane : 4 Athlete: GUENDOUZ ANAS					Q-time: 01:20:09
PB (25m pool): 01:20.09 Vilvoorde 26/04/2026					PB (50m pool): 01:28.81 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.14		01:20.09	
	00:37.14		00:42.95		
					

Coach feedback:

Event number: 18: 100M BREASTSTROKE WOMEN 11+					Heat:2, starttime: 15:40
Heat: 2/7 Lane : 3 Athlete: VANBELLINGEN VERMEERE LANI					Q-time: 01:55:41
PB (25m pool): 01:55.41 Vilvoorde 26/04/2026					PB (50m pool): 02:01.25 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:54.55		01:55.41	
	00:54.55		01:00.86		
					

Coach feedback:

Event number: 18: 100M BREASTSTROKE WOMEN 11+					Heat:5, starttime: 15:50
Heat: 5/7 Lane : 3 Athlete: VAN STEENWINKEL ESTHER					Q-time: 01:32:98
PB (25m pool): 01:32.98 Vilvoorde 01/03/2026					PB (50m pool): 01:36.70 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:44.20		01:32.98	
	00:44.20		00:48.78		
					

Coach feedback:

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Event number: 19: 100M MEDLEY MIXED 10-9					Heat:2, starttime: 16:10
Heat: 2/3 Lane : 1 Athlete: EGÉE SAMUEL					Q-time: 01:55:95
PB (25m pool): 01:55.95 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		no time		01:55.95	
	no time				
					

Coach feedback:

Event number: 21: 100M BUTTERFLY WOMEN 11+					Heat:2, starttime: 16:30
Heat: 2/4 Lane : 3 Athlete: VAN HOYLANDT JULIE					Q-time: 01:25:23
PB (25m pool): 01:25.23 Mons 26/10/2025					PB (50m pool): 01:26.11 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.88		01:25.23	
	00:38.88 00:46.35				
					

Coach feedback:

Event number: 22: 100M BUTTERFLY MEN 11+					Heat:3, starttime: 16:40
Heat: 3/6 Lane : 1 Athlete: GUENDOUZ ANAS					Q-time: 01:27:29
PB (25m pool): 01:23.28 Zaventem 03/03/2024					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:23.28	
	no time				
					

Coach feedback:

Event number: 23: 100M BACKSTROKE WOMEN 11+					Heat:3, starttime: 16:55
Heat: 3/8 Lane : 5 Athlete: VANBELLINGEN VERMEERE LANI					Q-time: 01:36:87
PB (25m pool): 01:36.87 Mons 27/06/2026					PB (50m pool): 01:38.18 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:48.04		01:36.87	
	00:48.04 00:48.83				
					

Coach feedback:

ZC Zennevallei 26: Session: 2: COACH evaluation sheet for TEAM: KVZP

Event number: 23: 100M BACKSTROKE WOMEN 11+					Heat:6, starttime: 17:00
Heat: 6/8 Lane : 1 Athlete: VAN HOYLANDT JULIE					Q-time: 01:21:53
PB (25m pool): 01:21.53 Mons 26/10/2025					PB (50m pool): 01:22.34 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.62		01:21.53	
	00:39.62		00:41.91		
					

Coach feedback:

Event number: 23: 100M BACKSTROKE WOMEN 11+					Heat:6, starttime: 17:00
Heat: 6/8 Lane : 3 Athlete: ROELANT SISKI					Q-time: 01:17:42
PB (25m pool): 01:17.42 Mons 26/10/2025					PB (50m pool): 01:20.96 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.77		01:17.42	
	00:37.77		00:39.65		
					

Coach feedback:

Event number: 23: 100M BACKSTROKE WOMEN 11+					Heat:6, starttime: 17:00
Heat: 6/8 Lane : 6 Athlete: VAN STEENWINKEL ESTHER					Q-time: 01:23:04
PB (25m pool): 01:23.04 Overijse 29/11/2025					PB (50m pool): 01:23.17 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.71		01:23.04	
	00:40.71		00:42.33		
					

Coach feedback: