Open wedstrijd ZIOS: Session: 1: COACH evaluation sheet for TEAM: KVZP

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

Coaches: Egée Damien

Coaches: Frans Jukka HEADCOACH

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

Event number: 1: 100M FREESTYLE MIXED 10-9 — Heat:5, starttime: 14:09

Heat: 5/6 Lane : 3 Athlete: RUDIK ADRIAN — **Q-time: 01:25:74**

PB (25m pool): 01:25.74 Vilvoorde 01/03/2026 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:39.90		01:25.74	
		00:39.90		*00:45.84*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 1: 100M FREESTYLE MIXED 10-9 — Heat:5, starttime: 14:09

Heat: 5/6 Lane : 5 Athlete: EGéE SAMUEL — **Q-time: 01:27:80**

PB (25m pool): 01:27.80 Sint-Pieters-Leeuw 18/10/2026 **PB (50m pool):** no time **SB:** 01:27.80 Sint-Pieters-Leeuw 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:42.04		01:27.80	
		00:42.04		*00:45.76*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 2: 100M BACKSTROKE MEN 11+ — Heat:4, starttime: 14:23

Heat: 4/8 Lane : 6 Athlete: LEDEGANCK SANDER — **Q-time: 01:31:67**

PB (25m pool): 01:31.67 Leuven 04/10/2026 **PB (50m pool):** no time **SB:** 01:31.67 Leuven 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:45.11		01:31.67	
		00:45.11		*00:46.56*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Open wedstrijd ZIOS: Session: 1: COACH evaluation sheet for TEAM: KVZP

Event number: 2: 100M BACKSTROKE MEN 11+ — Heat:6, starttime: 14:28

Heat: 6/8 Lane : 6 Athlete: PIERART VITO — **Q-time: 01:20:32**

PB (25m pool): 01:20.32 Leuven 04/10/2026 — **PB (50m pool):** 01:27.76 **SB:** 01:20.32 Leuven 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:39.01		01:20.32	
		00:39.01		*00:41.31*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 3: 100M BREASTSTROKE WOMEN 11+ — Heat:2, starttime: 14:37

Heat: 2/7 Lane : 3 Athlete: VANBELLINGEN VERMEERE LANI — **Q-time: 01:52:21**

PB (25m pool): 01:52.21 Sint-Pieters-Leeuw 18/10/2026 — **PB (50m pool):** 02:01.25 **SB:** 01:52.21 Sint-Pieters-Leeuw 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:52.54		01:52.21	
		00:52.54		*00:59.67*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 4: 100M FREESTYLE MEN 11+ — Heat:3, starttime: 14:55

Heat: 3/7 Lane : 6 Athlete: PIERART VITO — **Q-time: 01:11:38**

PB (25m pool): 01:11.38 Leuven 04/10/2026 — **PB (50m pool):** 01:12.65 **SB:** 01:11.38 Leuven 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:33.77		01:11.38	
		00:33.77		*00:37.61*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 5: 100M BUTTERFLY WOMEN 11+ — Heat:1, starttime: 15:03

Heat: 1/5 Lane : 3 Athlete: DECLOEDT LAURA — **Q-time: 01:52:39**

PB (25m pool): 01:52.39 Liedekerke 11/11/2025 — **PB (50m pool):** 01:59.53 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:51.38		01:52.39	
		00:51.38		*01:01.01*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Open wedstrijd ZIOS: Session: 1: COACH evaluation sheet for TEAM: KVZP

Event number: 5: 100M BUTTERFLY WOMEN 11+ — Heat:3, starttime: 15:08

Heat: 3/5 Lane : 1 Athlete: VAN DEN TROOST AMY — **Q-time: 01:33:84**

PB (25m pool): 01:33.69 Ciney 29/03/2026 **PB (50m pool):** 01:33.52 **SB:** 01:33.84 Kapelle-op-den-Bos 11/10/2026

	25 M	50 M	75 M	100 M	
PB		00:41.29		01:33.69	
	00:41.29		*00:52.40*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 5: 100M BUTTERFLY WOMEN 11+ — Heat:4, starttime: 15:10

Heat: 4/5 Lane : 2 Athlete: ROELANT SISKA — **Q-time: 01:16:89**

PB (25m pool): 01:17.21 Kapelle-op-den-Bos 11/10/2026 **PB (50m pool):** 01:19.86 **SB:** 01:17.21 Kapelle-op-den-Bos 11/10/2026

	25 M	50 M	75 M	100 M	
PB		00:35.26		01:17.21	
	00:35.26		*00:41.95*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 6: 100M BREASTSTROKE MIXED 10-9 — Heat:1, starttime: 15:14

Heat: 1/6 Lane : 4 Athlete: RUDIK ADRIAN — **Q-time: 99:99:99**

PB (25m pool): no time **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		no time		no time	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 6: 100M BREASTSTROKE MIXED 10-9 — Heat:4, starttime: 15:22

Heat: 4/6 Lane : 6 Athlete: EGéE SAMUEL — **Q-time: 01:58:67**

PB (25m pool): 01:58.67 Mons 25/10/2026 **PB (50m pool):** no time **SB:** 01:58.67 Mons 25/10/2026

	25 M	50 M	75 M	100 M	
PB		00:56.98		01:58.67	
	00:56.98		*01:01.69*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Open wedstrijd ZIOS: Session: 1: COACH evaluation sheet for TEAM: KVZP

Event number: 7: 100M MEDLEY WOMEN 11+ — Heat:1, starttime: 15:50

Heat: 1/7 Lane : 1 Athlete: VANBELLINGEN VERMEERE LANI — **Q-time: 99:99:99**

PB (25m pool): no time **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		no time		no time	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 7: 100M MEDLEY WOMEN 11+ — Heat:1, starttime: 15:50

Heat: 1/7 Lane : 3 Athlete: KEERSMAEKERS ELLA — **Q-time: 01:37:15**

PB (25m pool): 01:37.15 Liedekerke 11/11/2025 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		no time		01:37.15	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 7: 100M MEDLEY WOMEN 11+ — Heat:2, starttime: 15:52

Heat: 2/7 Lane : 1 Athlete: DECLOEDT LAURA — **Q-time: 01:35:38**

PB (25m pool): 01:35.38 Liedekerke 11/11/2025 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		no time		01:35.38	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 7: 100M MEDLEY WOMEN 11+ — Heat:3, starttime: 15:54

Heat: 3/7 Lane : 3 Athlete: VAN DEN TROOST AMY — **Q-time: 01:24:72**

PB (25m pool): 01:24.72 Kapelle-op-den-Bos 11/10/2026 **PB (50m pool):** no time **SB:** 01:24.72 Kapelle-op-den-Bos 11/10/2026

	25 M	50 M	75 M	100 M	
PB		no time		01:24.72	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Open wedstrijd ZIOS: Session: 1: COACH evaluation sheet for TEAM: KVZP

Event number: 7: 100M MEDLEY WOMEN 11+ — Heat:3, starttime: 15:54

Heat: 3/7 Lane : 6 Athlete: ISSAGHOLIAN EMELI — **Q-time: 01:30:56**

PB (25m pool): 01:30.56 Aarschot 16/03/2025 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		no time		01:30.56	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 8: 100M MEDLEY MEN 11+ — Heat:1, starttime: 16:04

Heat: 1/4 Lane : 2 Athlete: LEDEGANCK SANDER — **Q-time: 99:99:99**

PB (25m pool): no time **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		no time		no time	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 9: 100M BACKSTROKE WOMEN 11+ — Heat:3, starttime: 16:19

Heat: 3/4 Lane : 4 Athlete: KEERSMAEKERS ELLA — **Q-time: 01:23:46**

PB (25m pool): 01:23.46 Mons 27/06/2026 **PB (50m pool):** 01:25.32 **SB:** 01:24.07 Kapelle-op-den-Bos 11/10/2026

	25 M	50 M	75 M	100 M	
PB		00:41.32		01:23.46	
		00:41.32		*00:42.14*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 9: 100M BACKSTROKE WOMEN 11+ — Heat:4, starttime: 16:21

Heat: 4/4 Lane : 1 Athlete: ROELANT SISKA — **Q-time: 01:17:42**

PB (25m pool): 01:17.42 Mons 26/10/2025 **PB (50m pool):** 01:20.96 **SB:** 01:20.15 Sint-Pieters-Leeuw 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:37.77		01:17.42	
		00:37.77		*00:39.65*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Open wedstrijd ZIOS: Session: 1: COACH evaluation sheet for TEAM: KVZP

Event number: 9: 100M BACKSTROKE WOMEN 11+ — Heat:4, starttime: 16:21

Heat: 4/4 Lane : 6 Athlete: ISSAGHOLIAN EMELI — **Q-time: 01:20:17**

PB (25m pool): 01:20.17 Mons 27/06/2026 **PB (50m pool):** 01:21.31 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:39.46		01:20.17	
		00:39.46		*00:40.71*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 10: 100M BREASTSTROKE MEN 11+ — Heat:2, starttime: 16:26

Heat: 2/6 Lane : 6 Athlete: LEDEGANCK SANDER — **Q-time: 02:02:06**

PB (25m pool): no time **PB (50m pool):** 01:51.37 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		no time		no time	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 11: 100M FREESTYLE WOMEN 11+ — Heat:3, starttime: 16:42

Heat: 3/7 Lane : 1 Athlete: DECLOEDT LAURA — **Q-time: 01:22:59**

PB (25m pool): 01:24.80 Mons 26/10/2025 **PB (50m pool):** 01:26.80 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:39.15		01:24.80	
		00:39.15		*00:45.65*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 11: 100M FREESTYLE WOMEN 11+ — Heat:3, starttime: 16:42

Heat: 3/7 Lane : 3 Athlete: VANBELLINGEN VERMEERE LANI — **Q-time: 01:17:74**

PB (25m pool): 01:17.74 Mons 25/10/2026 **PB (50m pool):** 01:22.75 **SB:** 01:17.74 Mons 25/10/2026

	25 M	50 M	75 M	100 M	
PB		00:37.69		01:17.74	
		00:37.69		*00:40.05*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Open wedstrijd ZIOS: Session: 1: COACH evaluation sheet for TEAM: KVZP

Event number: 11: 100M FREESTYLE WOMEN 11+ — Heat:3, starttime: 16:42

Heat: 3/7 Lane : 4 Athlete: KEERSMAEKERS ELLA — **Q-time: 01:18:20**

PB (25m pool): 01:18.20 Mons 27/06/2026 **PB (50m pool):** 01:17.90 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:38.26		01:18.20	
		00:38.26		*00:39.94*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 11: 100M FREESTYLE WOMEN 11+ — Heat:5, starttime: 16:45

Heat: 5/7 Lane : 2 Athlete: ISSAGHOLIAN EMELI — **Q-time: 01:09:94**

PB (25m pool): 01:09.94 Vilvoorde 01/03/2026 **PB (50m pool):** 01:12.38 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:33.37		01:09.94	
		00:33.37		*00:36.57*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 11: 100M FREESTYLE WOMEN 11+ — Heat:5, starttime: 16:45

Heat: 5/7 Lane : 6 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:** 01:13.04 Sint-Pieters-Leeuw 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:34.31		01:11.28	
		00:34.31		*00:36.97*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 11: 100M FREESTYLE WOMEN 11+ — Heat:7, starttime: 16:49

Heat: 7/7 Lane : 1 Athlete: ROELANT SISKA — **Q-time: 01:03:81**

PB (25m pool): 01:03.81 Vilvoorde 26/04/2026 **PB (50m pool):** 01:05.63 **SB:** 01:04.31 Mons 25/10/2026

	25 M	50 M	75 M	100 M	
PB		00:30.96		01:03.81	
		00:30.96		*00:32.85*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Open wedstrijd ZIOS: Session: 1: COACH evaluation sheet for TEAM: KVZP

Event number: 12: 100M BUTTERFLY MEN 11+ **Heat:2, starttime: 16:53**

Heat: 2/4 Lane : 5 Athlete: PIERART VITO **Q-time: 01:32:57**

PB (25m pool): 01:32.57 Kapelle-op-den-Bos 11/10/2026 **PB (50m pool):** 01:37.00 **SB:** 01:32.57 Kapelle-op-den-Bos 11/10/2026

	25M	50M	75M	100M	
PB		00:42.83		01:32.57	
		00:42.83		*00:49.74*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback: