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

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

Coaches: Van den Brande Liesbeth

Coaches: Raes Tina HEADCOACH

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

Event number: 1: 100M FREESTYLE MIXED 10-9 — Heat:3, starttime: 14:05

Heat: 3/6 Lane : 4 Athlete: VERMEIR SENNE — **Q-time: 01:37:87**

PB (25m pool): 01:37.87 Tervuren 30/05/2026 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:46.46		01:37.87	
		00:46.46		*00:51.41*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 2: 100M BACKSTROKE MEN 11+ — Heat:1, starttime: 14:14

Heat: 1/8 Lane : 3 Athlete: VERHEYEN TAYLOR — **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: 2: 100M BACKSTROKE MEN 11+ — Heat:2, starttime: 14:17

Heat: 2/8 Lane : 2 Athlete: ADRIAENSENS LENN — **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:

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

Event number: 2: 100M BACKSTROKE MEN 11+ Heat:3, starttime: 14:20

Heat: 3/8 Lane : 5 Athlete: VAN DEN BRANDE JASPER **Q-time: 01:42:44**

PB (25m pool): 01:42.44 Bastogne 05/04/2026 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:48.88		01:42.44	
		00:48.88		*00:53.56*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 2: 100M BACKSTROKE MEN 11+ Heat:5, starttime: 14:25

Heat: 5/8 Lane : 6 Athlete: LAUWENS FINN **Q-time: 01:24:49**

PB (25m pool): 01:24.49 Stedelijk Zwembad Geel 15/02/2026 **PB (50m pool):** 01:24.58 **SB:** 01:26.33 Leuven 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:41.30		01:24.49	
		00:41.30		*00:43.19*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 3: 100M BREASTSTROKE WOMEN 11+ Heat:3, starttime: 14:39

Heat: 3/7 Lane : 1 Athlete: SCHAERLAEKEN NOOR **Q-time: 01:49:63**

PB (25m pool): 01:49.63 Tienen 26/10/2025 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:51.96		01:49.63	
		00:51.96		*00:57.67*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 3: 100M BREASTSTROKE WOMEN 11+ Heat:5, starttime: 14:44

Heat: 5/7 Lane : 2 Athlete: REYNIERS FIEN **Q-time: 01:35:07**

PB (25m pool): 01:35.07 Tienen 26/10/2025 **PB (50m pool):** 01:37.01 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:45.36		01:35.07	
		00:45.36		*00:49.71*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 3: 100M BREASTSTROKE WOMEN 11+ — Heat:6, starttime: 14:46

Heat: 6/7 Lane : 1 Athlete: VAN HOOMISSEN CHELSEA — **Q-time: 01:32:77**

PB (25m pool): 01:32.77 Zwembad De Motte 14/07/2026 **PB (50m pool):** 01:33.50 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:43.82		01:32.77	
		00:43.82		*00:48.95*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 3: 100M BREASTSTROKE WOMEN 11+ — Heat:6, starttime: 14:46

Heat: 6/7 Lane : 3 Athlete: VERSPECHT KAAT — **Q-time: 01:27:40**

PB (25m pool): 01:27.40 Stedelijk Zwembad Geel 15/02/2026 **PB (50m pool):** 01:32.42 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:41.28		01:27.40	
		00:41.28		*00:46.12*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 3: 100M BREASTSTROKE WOMEN 11+ — Heat:7, starttime: 14:48

Heat: 7/7 Lane : 2 Athlete: DE SITTER KIRA — **Q-time: 01:23:63**

PB (25m pool): 01:23.63 Leuven 04/10/2026 **PB (50m pool):** 01:26.30 **SB:** 01:23.63 Leuven 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:39.38		01:23.63	
		00:39.38		*00:44.25*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 3: 100M BREASTSTROKE WOMEN 11+ — Heat:7, starttime: 14:48

Heat: 7/7 Lane : 6 Athlete: NUYTKENS MARIE — **Q-time: 01:26:33**

PB (25m pool): 01:26.33 Zwembad De Motte 14/07/2026 **PB (50m pool):** 01:34.01 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:40.45		01:26.33	
		00:40.45		*00:45.88*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 3/7 Lane : 2 Athlete: VAN DEN BROECK TIEBE — **Q-time: 01:06:70**

PB (25m pool): 01:06.70 Bastogne 05/04/2026 **PB (50m pool):** 01:08.98 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:31.94		01:06.70	
		00:31.94		*00:34.76*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 4: 100M FREESTYLE MEN 11+ — Heat:5, starttime: 14:58

Heat: 5/7 Lane : 6 Athlete: VAN DEN BRANDE LUCAS — **Q-time: 01:05:05**

PB (25m pool): 01:05.05 Zwembad De Motte 14/07/2026 **PB (50m pool):** 01:12.94 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:31.00		01:05.05	
		00:31.00		*00:34.05*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 1/5 Lane : 4 Athlete: DE SAEGER JULIE — **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: 5: 100M BUTTERFLY WOMEN 11+ — Heat:3, starttime: 15:08

Heat: 3/5 Lane : 4 Athlete: JACOBS LAURIEN — **Q-time: 01:25:69**

PB (25m pool): 01:23.28 Liedekerke 03/11/2024 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:36.88		01:23.28	
		00:36.88		*00:46.40*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 6: 100M BREASTSTROKE MIXED 10-9 — Heat:3, starttime: 15:20

Heat: 3/6 Lane : 4 Athlete: VERMEIR SENNE — **Q-time: 02:02:08**

PB (25m pool): 02:02.08 Dilbeek 10/05/2026 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:58.94		02:02.08	
		00:58.94		*01:03.14*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 2/7 Lane : 2 Athlete: SCHAERLAEKEN LANA — **Q-time: 01:34:21**

PB (25m pool): 01:34.21 Kapelle-op-den-Bos 19/04/2026 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		no time		01:34.21	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 3/7 Lane : 4 Athlete: SCHAERLAEKEN NOOR — **Q-time: 01:25:06**

PB (25m pool): 01:25.06 Kapelle-op-den-Bos 11/10/2026 **PB (50m pool):** no time **SB:** 01:25.06 Kapelle-op-den-Bos 11/10/2026

	25 M	50 M	75 M	100 M	
PB		no time		01:25.06	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 3/7 Lane : 5 Athlete: DE SAEGER JULIE — **Q-time: 01:29:04**

PB (25m pool): 01:29.04 Kapelle-op-den-Bos 11/10/2026 **PB (50m pool):** no time **SB:** 01:29.04 Kapelle-op-den-Bos 11/10/2026

	25 M	50 M	75 M	100 M	
PB		no time		01:29.04	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 7: 100M MEDLEY WOMEN 11+ — Heat:6, starttime: 16:00

Heat: 6/7 Lane : 1 Athlete: VAN HOOMISSEN CHELSEA — **Q-time: 01:17:77**

PB (25m pool): 01:17.77 Kapelle-op-den-Bos 19/04/2026 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		no time		01:17.77	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 7: 100M MEDLEY WOMEN 11+ — Heat:6, starttime: 16:00

Heat: 6/7 Lane : 3 Athlete: NUYTKENS MARIE — **Q-time: 01:15:96**

PB (25m pool): 01:14.60 Diksmuide 01/11/2026 **PB (50m pool):** no time **SB:** 01:14.60 Diksmuide 01/11/2026

	25 M	50 M	75 M	100 M	
PB		00:34.37		01:14.60	
		00:34.37		*00:40.23*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 7: 100M MEDLEY WOMEN 11+ — Heat:6, starttime: 16:00

Heat: 6/7 Lane : 5 Athlete: VERSPECHT KAAT — **Q-time: 01:17:56**

PB (25m pool): 01:17.56 Stedelijk Zwembad Geel 15/02/2026 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:35.19		01:17.56	
		00:35.19		*00:42.37*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 8: 100M MEDLEY MEN 11+ — Heat:2, starttime: 16:06

Heat: 2/4 Lane : 5 Athlete: LAUWENS FINN — **Q-time: 01:25:04**

PB (25m pool): 01:25.04 Zwembad De Motte 14/07/2026 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		no time		01:25.04	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 8: 100M MEDLEY MEN 11+ — Heat:3, starttime: 16:09

Heat: 3/4 Lane : 6 Athlete: VAN DEN BROECK TIEBE — **Q-time: 01:16:22**

PB (25m pool): 01:16.22 Kapelle-op-den-Bos 19/04/2026 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		no time		01:16.22	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 3/4 Lane : 3 Athlete: REYNIERS FIEN — **Q-time: 01:20:19**

PB (25m pool): 01:20.19 Liedekerke 11/11/2025 **PB (50m pool):** 01:22.42 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:39.14		01:20.19	
		00:39.14		*00:41.05*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 10: 100M BREASTSTROKE MEN 11+ — Heat:1, starttime: 16:24

Heat: 1/6 Lane : 1 Athlete: ADRIAENSENS LENN — **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: 10: 100M BREASTSTROKE MEN 11+ — Heat:1, starttime: 16:24

Heat: 1/6 Lane : 2 Athlete: VERHEYEN TAYLOR — **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:

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

Event number: 10: 100M BREASTSTROKE MEN 11+ — Heat:1, starttime: 16:24

Heat: 1/6 Lane : 4 Athlete: VAN DEN BRANDE JASPER — **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: 11: 100M FREESTYLE WOMEN 11+ — Heat:2, starttime: 16:40

Heat: 2/7 Lane : 5 Athlete: SCHAERLAEKEN LANA — **Q-time: 01:27:86**

PB (25m pool): 01:27.86 Tremelo 18/01/2026 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:41.50		01:27.86	
	00:41.50		*00:46.36*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 11: 100M FREESTYLE WOMEN 11+ — Heat:6, starttime: 16:47

Heat: 6/7 Lane : 1 Athlete: DE SITTER KIRA — **Q-time: 01:08:56**

PB (25m pool): 01:08.56 Tervuren 30/05/2026 **PB (50m pool):** 01:11.15 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:32.61		01:08.56	
	00:32.61		*00:35.95*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 11: 100M FREESTYLE WOMEN 11+ — Heat:6, starttime: 16:47

Heat: 6/7 Lane : 2 Athlete: JACOBS LAURIEN — **Q-time: 01:08:15**

PB (25m pool): 01:08.15 Stedelijk Zwembad Geel 16/02/2025 **PB (50m pool):** 01:08.17 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:32.59		01:08.15	
	00:32.59		*00:35.56*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 2/4 Lane : 3 Athlete: VAN DEN BRANDE LUCAS **Q-time: 01:23:28**

PB (25m pool): 01:37.38 Liedekerke 03/11/2024 **PB (50m pool):** 01:23.28 **SB:** no time

	25M	50M	75M	100M	
PB		00:43.74		01:37.38	
		00:43.74		*00:53.64*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 12: 100M BUTTERFLY MEN 11+ Heat:3, starttime: 16:55

Heat: 3/4 Lane : 2 Athlete: VAN DEN BROECK TIEBE **Q-time: 01:10:47**

PB (25m pool): 01:10.47 Zwembad De Motte 14/07/2026 **PB (50m pool):** 01:16.40 **SB:** no time

	25M	50M	75M	100M	
PB		00:32.77		01:10.47	
		00:32.77		*00:37.70*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback: