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

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

Coaches: De Mossenau Ruben

Coaches: Dubois Louis

Coaches: De Smedt Joppe

Coaches: Houtevelt Kyllian

Coaches: Segers Ellen HEADCOACH

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

Event number: 1: 100M FREESTYLE MIXED 10-9 — Heat:6, starttime: 14:11

Heat: 6/6 Lane : 3 Athlete: LUBOWICKI ADA — **Q-time: 01:14:95**

PB (25m pool): 01:14.95 Dilbeek 27/09/2026 **PB (50m pool):** no time **SB:** 01:14.95 Dilbeek 27/09/2026

	25 M	50 M	75 M	100 M	
PB		00:35.02		01:14.95	
		00:35.02		*00:39.93*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 1/8 Lane : 2 Athlete: DE BACKER BJORN — **Q-time: 99:99:99**

PB (25m pool): 01:04.36 Leuven 20/10/2024 **PB (50m pool):** 01:07.09 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:31.48		01:04.36	
		00:31.48		*00:32.88*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 1/8 Lane : 4 Athlete: TODERICA ANDREI — **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: ZIOS

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

Heat: 3/8 Lane : 3 Athlete: ASSELMAN JEFF **Q-time: 01:33:65**

PB (25m pool): 01:33.65 Meise 21/06/2026 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:45.48		01:33.65	
		00:45.48		*00:48.17*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 4/8 Lane : 2 Athlete: VAN HOUCKE XANDER **Q-time: 01:28:41**

PB (25m pool): 01:28.41 Zwembad De Motte 14/07/2026 **PB (50m pool):** 01:29.29 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:41.99		01:28.41	
		00:41.99		*00:46.42*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 5/8 Lane : 4 Athlete: BLOMMAERTS MATHIS **Q-time: 01:22:28**

PB (25m pool): 01:22.28 Ternat 29/03/2026 **PB (50m pool):** 01:25.37 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:39.81		01:22.28	
		00:39.81		*00:42.47*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 2: 100M BACKSTROKE MEN 11+ Heat:7, starttime: 14:30

Heat: 7/8 Lane : 2 Athlete: DE PEYPER MATS **Q-time: 01:11:06**

PB (25m pool): 01:11.06 Liedekerke 11/11/2025 **PB (50m pool):** 01:14.73 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:34.77		01:11.06	
		00:34.77		*00:36.29*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 2: 100M BACKSTROKE MEN 11+ — Heat:7, starttime: 14:30

Heat: 7/8 Lane : 5 Athlete: VAN HOUCKE QUINTEN — **Q-time: 01:13:11**

PB (25m pool): 01:13.11 Sint-Niklaas 11/01/2026 **PB (50m pool):** 01:13.40 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:35.14		01:13.11	
		00:35.14		*00:37.97*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 2: 100M BACKSTROKE MEN 11+ — Heat:8, starttime: 14:32

Heat: 8/8 Lane : 2 Athlete: VOLCKAERT THOMAS — **Q-time: 01:08:35**

PB (25m pool): 01:08.35 Leuven 04/10/2026 **PB (50m pool):** 01:12.07 **SB:** 01:08.35 Leuven 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:32.54		01:08.35	
		00:32.54		*00:35.81*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 3: 100M BREASTSTROKE WOMEN 11+ — Heat:1, starttime: 14:34

Heat: 1/7 Lane : 2 Athlete: VAN DE KERCKHOVE JILL — **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: 3: 100M BREASTSTROKE WOMEN 11+ — Heat:1, starttime: 14:34

Heat: 1/7 Lane : 4 Athlete: NTOYA OLIVIA — **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: ZIOS

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

Heat: 2/7 Lane : 2 Athlete: VAN DER POORTEN ELIEN **Q-time: 01:53:94**

PB (25m pool): 01:52.82 Liedekerke 03/11/2024 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:52.56		01:52.82	
		00:52.56		*01:00.26*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 2/7 Lane : 5 Athlete: ANCOLET LAURE **Q-time: 01:55:70**

PB (25m pool): 02:00.40 Liedekerke 11/11/2025 **PB (50m pool):** 01:55.70 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:57.46		02:00.40	
		00:57.46		*01:02.94*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 2/7 Lane : 6 Athlete: DE PEYPER MYRTHE **Q-time: 99:99:99**

PB (25m pool): 01:28.34 Liedekerke 03/11/2024 **PB (50m pool):** 01:33.47 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:41.78		01:28.34	
		00:41.78		*00:46.56*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 3/7 Lane : 6 Athlete: VAN DER VEKEN LARA **Q-time: 01:49:76**

PB (25m pool): 01:49.76 Zwembad De Treffer 06/04/2026 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:51.60		01:49.76	
		00:51.60		*00:58.16*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 3: 100M BREASTSTROKE WOMEN 11+ — Heat:4, starttime: 14:42

Heat: 4/7 Lane : 1 Athlete: DE BRUYN JADE — **Q-time: 01:39:92**

PB (25m pool): 01:39.92 Zwembad De Motte 14/07/2026 **PB (50m pool):** 01:44.55 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:47.57		01:39.92	
		00:47.57		*00:52.35*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 3: 100M BREASTSTROKE WOMEN 11+ — Heat:4, starttime: 14:42

Heat: 4/7 Lane : 2 Athlete: MUYLAERT YAELLE — **Q-time: 01:38:55**

PB (25m pool): 01:38.55 Zaventem 15/07/2025 **PB (50m pool):** 01:41.00 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:45.65		01:38.55	
		00:45.65		*00:52.90*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 3: 100M BREASTSTROKE WOMEN 11+ — Heat:4, starttime: 14:42

Heat: 4/7 Lane : 5 Athlete: MUYLAERT YINSE — **Q-time: 01:39:37**

PB (25m pool): 01:39.37 Sint-Niklaas 11/01/2026 **PB (50m pool):** 01:45.72 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:47.22		01:39.37	
		00:47.22		*00:52.15*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 5/7 Lane : 4 Athlete: DE GEYTER ILANA — **Q-time: 01:34:83**

PB (25m pool): 01:32.95 Liedekerke 01/05/2024 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		no time		01:32.95	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 5/7 Lane : 5 Athlete: HEREMANS MARIE — **Q-time: 01:35:74**

PB (25m pool): 01:35.74 Zwembad De Motte 14/07/2026 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:45.02		01:35.74	
		00:45.02		*00:50.72*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 6/7 Lane : 4 Athlete: MATTHIJS XANTHE — **Q-time: 01:29:84**

PB (25m pool): 01:29.84 Sint-Niklaas 11/01/2026 **PB (50m pool):** 01:35.29 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:41.87		01:29.84	
		00:41.87		*00:47.97*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 6/7 Lane : 6 Athlete: VAN LIERDE LANA — **Q-time: 01:33:64**

PB (25m pool): 01:33.64 Liedekerke 11/11/2025 **PB (50m pool):** no time **SB:** 01:40.09 Sint-Pieters-Leeuw 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:44.11		01:33.64	
		00:44.11		*00:49.53*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 7/7 Lane : 1 Athlete: BIESEMANS JANA — **Q-time: 01:25:95**

PB (25m pool): 01:25.95 Zwembad De Motte 14/07/2026 **PB (50m pool):** 01:28.50 **SB:** 01:28.81 Leuven 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:39.70		01:25.95	
		00:39.70		*00:46.25*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 7/7 Lane : 3 Athlete: DONIN MANON — **Q-time: 01:14:85**

PB (25m pool): 01:14.85 Zwembad De Motte 14/07/2026 **PB (50m pool):** 01:15.69 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:34.50		01:14.85	
		00:34.50		*00:40.35*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 3/7 Lane : 3 Athlete: ANCOLET MATS — **Q-time: 01:06:07**

PB (25m pool): 01:06.07 Dilbeek 27/09/2026 **PB (50m pool):** 01:16.23 **SB:** 01:06.07 Dilbeek 27/09/2026

	25 M	50 M	75 M	100 M	
PB		00:32.16		01:06.07	
		00:32.16		*00:33.91*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 4: 100M FREESTYLE MEN 11+ — Heat:4, starttime: 14:56

Heat: 4/7 Lane : 5 Athlete: BOMBAERT LOUIS — **Q-time: 01:05:67**

PB (25m pool): 01:05.67 Sint-Pieters-Leeuw 18/10/2026 **PB (50m pool):** 01:11.43 **SB:** 01:05.67 Sint-Pieters-Leeuw 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:31.50		01:05.67	
		00:31.50		*00:34.17*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 4: 100M FREESTYLE MEN 11+ — Heat:6, starttime: 15:00

Heat: 6/7 Lane : 4 Athlete: DE BACKER BRENT — **Q-time: 00:59:05**

PB (25m pool): 00:59.05 Zwembad De Motte 14/07/2026 **PB (50m pool):** 01:02.71 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:27.34		00:59.05	
		00:27.34		*00:31.71*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 4: 100M FREESTYLE MEN 11+ **Heat:6, starttime: 15:00**

Heat: 6/7 Lane : 5 Athlete: DONIN THIBAUT **Q-time: 01:00:44**

PB (25m pool): 00:57.99 Leuven 15/10/2023 **PB (50m pool):** 00:59.85 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		no time		00:57.99	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 4: 100M FREESTYLE MEN 11+ **Heat:6, starttime: 15:00**

Heat: 6/7 Lane : 6 Athlete: TURF SANDER **Q-time: 01:01:98**

PB (25m pool): 01:01.98 Zwembad De Treffer 06/04/2026 **PB (50m pool):** 01:04.81 **SB:** 01:03.51 Dilbeek 27/09/2026

	25 M	50 M	75 M	100 M	
PB		00:29.66		01:01.98	
		00:29.66		*00:32.32*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 4: 100M FREESTYLE MEN 11+ **Heat:7, starttime: 15:01**

Heat: 7/7 Lane : 1 Athlete: PERSOONS EMIEL **Q-time: 00:56:38**

PB (25m pool): 00:56.38 Tervuren 30/05/2026 **PB (50m pool):** 00:58.59 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:27.05		00:56.38	
		00:27.05		*00:29.33*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 4: 100M FREESTYLE MEN 11+ **Heat:7, starttime: 15:01**

Heat: 7/7 Lane : 2 Athlete: DE PEYPER NOAH **Q-time: 00:55:37**

PB (25m pool): 00:55.37 Zwembad De Motte 14/07/2026 **PB (50m pool):** 00:58.02 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:26.45		00:55.37	
		00:26.45		*00:28.92*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 4: 100M FREESTYLE MEN 11+ — Heat:7, starttime: 15:01

Heat: 7/7 Lane : 3 Athlete: VERROKEN GERBEN — **Q-time: 00:53:20**

PB (25m pool): 00:53.20 Aarschot 27/07/2026 **PB (50m pool):** 00:53.63 **SB:** 00:53.22 Leuven 04/10/2026

	25 M	50 M	75 M	100 M	
PB		no time		00:53.20	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 4: 100M FREESTYLE MEN 11+ — Heat:7, starttime: 15:01

Heat: 7/7 Lane : 4 Athlete: VOLCKAERT MATTHIAS — **Q-time: 00:54:38**

PB (25m pool): 00:54.38 Zwembad De Treffer 06/04/2026 **PB (50m pool):** 00:56.42 **SB:** 00:54.43 Leuven 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:26.10		00:54.38	
	00:26.10		*00:28.28*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 1/5 Lane : 2 Athlete: VANDE VELDE SIEN — **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:2, starttime: 15:05

Heat: 2/5 Lane : 2 Athlete: FAHY EMMA — **Q-time: 01:45:07**

PB (25m pool): 01:45.07 Zwembad De Motte 14/07/2026 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:46.38		01:45.07	
	00:46.38		*00:58.69*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 5: 100M BUTTERFLY WOMEN 11+ Heat:2, starttime: 15:05

Heat: 2/5 Lane : 3 Athlete: DE MEY MEREL **Q-time: 01:37:88**

PB (25m pool): 01:37.88 Ternat 29/03/2026 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:46.90		01:37.88	
		00:46.90		*00:50.98*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 5: 100M BUTTERFLY WOMEN 11+ Heat:2, starttime: 15:05

Heat: 2/5 Lane : 5 Athlete: FAHY JULIE **Q-time: 01:51:33**

PB (25m pool): 01:51.33 Sint-Pieters-Leeuw 18/10/2026 **PB (50m pool):** no time **SB:** 01:51.33 Sint-Pieters-Leeuw 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:51.11		01:51.33	
		00:51.11		*01:00.22*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 3/5 Lane : 3 Athlete: BOMBAERT MILLA **Q-time: 01:23:62**

PB (25m pool): 01:23.62 Zwembad De Treffer 06/04/2026 **PB (50m pool):** 01:27.99 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:35.51		01:23.62	
		00:35.51		*00:48.11*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 3/5 Lane : 5 Athlete: VEIRMAN LOTTE **Q-time: 01:32:26**

PB (25m pool): 01:32.26 Ternat 29/03/2026 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:43.31		01:32.26	
		00:43.31		*00:48.95*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 4/5 Lane : 4 Athlete: DEROOST BEAU — **Q-time: 01:14:80**

PB (25m pool): 01:14.80 Aarschot 27/07/2026 **PB (50m pool):** 01:19.23 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:34.38		01:14.80	
		00:34.38		*00:40.42*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 5: 100M BUTTERFLY WOMEN 11+ — Heat:5, starttime: 15:12

Heat: 5/5 Lane : 2 Athlete: LANDRIEU NORA — **Q-time: 01:08:76**

PB (25m pool): 01:08.76 Leuven 04/10/2026 **PB (50m pool):** 01:32.76 **SB:** 01:08.76 Leuven 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:32.31		01:08.76	
		00:32.31		*00:36.45*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 5: 100M BUTTERFLY WOMEN 11+ — Heat:5, starttime: 15:12

Heat: 5/5 Lane : 4 Athlete: DE BACKER BIRGIT — **Q-time: 01:08:66**

PB (25m pool): 01:09.17 Vilvoorde 18/05/2025 **PB (50m pool):** 01:09.26 **SB:** 01:09.80 Leuven 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:32.18		01:09.17	
		00:32.18		*00:36.99*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 6: 100M BREASTSTROKE MIXED 10-9 — Heat:5, starttime: 15:25

Heat: 5/6 Lane : 3 Athlete: LUBOWICKI ADA — **Q-time: 01:48:38**

PB (25m pool): 01:48.38 Tervuren 10/10/2026 **PB (50m pool):** no time **SB:** 01:48.38 Tervuren 10/10/2026

	25 M	50 M	75 M	100 M	
PB		00:51.06		01:48.38	
		00:51.06		*00:57.32*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 1/7 Lane : 2 Athlete: ANCOLET LAURE **Q-time: 01:40:81**

PB (25m pool): 01:40.81 Ternat 29/03/2026 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		no time		01:40.81	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 1/7 Lane : 4 Athlete: VAN DER POORTEN ELIEN **Q-time: 01:37:32**

PB (25m pool): 01:37.32 Liedekerke 11/11/2025 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		no time		01:37.32	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 1/7 Lane : 6 Athlete: VANDE VELDE SIEN **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:2, starttime: 15:52**

Heat: 2/7 Lane : 5 Athlete: FAHY EMMA **Q-time: 01:34:66**

PB (25m pool): 01:34.66 Tervuren 10/10/2026 **PB (50m pool):** no time **SB:** 01:34.66 Tervuren 10/10/2026

	25 M	50 M	75 M	100 M	
PB		no time		01:34.66	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 3/7 Lane : 2 Athlete: HEREMANS MARIE — **Q-time: 01:26:85**

PB (25m pool): 01:26.85 Tervuren 10/10/2026 **PB (50m pool):** no time **SB:** 01:26.85 Tervuren 10/10/2026

	25 M	50 M	75 M	100 M	
PB		no time		01:26.85	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 7: 100M MEDLEY WOMEN 11+ — Heat:4, starttime: 15:56

Heat: 4/7 Lane : 3 Athlete: VAN LIERDE LANA — **Q-time: 01:21:72**

PB (25m pool): 01:21.60 Liedekerke 03/11/2024 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		no time		01:21.60	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 7: 100M MEDLEY WOMEN 11+ — Heat:4, starttime: 15:56

Heat: 4/7 Lane : 5 Athlete: DE GEYTER ILANA — **Q-time: 01:23:34**

PB (25m pool): 01:22.13 Liedekerke 01/05/2023 **PB (50m pool):** no time **SB:** 01:27.40 Sint-Pieters-Leeuw 18/10/2026

	25 M	50 M	75 M	100 M	
PB		no time		01:22.13	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 7: 100M MEDLEY WOMEN 11+ — Heat:4, starttime: 15:56

Heat: 4/7 Lane : 6 Athlete: DE BISSCHOP DIEDE — **Q-time: 01:23:45**

PB (25m pool): 01:19.71 De Druppelteen 16/04/2023 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		no time		01:19.71	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 7: 100M MEDLEY WOMEN 11+ **Heat:5, starttime: 15:58**

Heat: 5/7 Lane : 3 Athlete: BOMBAERT MILLA **Q-time: 01:18:64**

PB (25m pool): 01:18.64 Kapelle-op-den-Bos 19/04/2026 **PB (50m pool):** no time **SB:** 01:20.89 Tervuren 10/10/2026

	25 M	50 M	75 M	100 M	
PB		no time		01:18.64	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 7: 100M MEDLEY WOMEN 11+ **Heat:5, starttime: 15:58**

Heat: 5/7 Lane : 4 Athlete: DE BISSCHOP LISSE **Q-time: 01:19:01**

PB (25m pool): 01:19.01 Hannuit 18/01/2025 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		no time		01:19.01	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 7: 100M MEDLEY WOMEN 11+ **Heat:5, starttime: 15:58**

Heat: 5/7 Lane : 6 Athlete: BIESEMANS JANA **Q-time: 01:21:14**

PB (25m pool): 01:21.14 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		01:21.14	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 6/7 Lane : 2 Athlete: MATTHIJS XANTHE **Q-time: 01:17:25**

PB (25m pool): 01:17.25 Ternat 29/03/2026 **PB (50m pool):** no time **SB:** 01:18.24 Tervuren 10/10/2026

	25 M	50 M	75 M	100 M	
PB		no time		01:17.25	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 7: 100M MEDLEY WOMEN 11+ Heat:7, starttime: 16:02

Heat: 7/7 Lane : 2 Athlete: VERROKEN MIRTE **Q-time: 01:10:14**

PB (25m pool): 01:06.96 De Druppelteen 16/04/2023 **PB (50m pool):** no time **SB:** 01:11.48 Leuven 04/10/2026

	25 M	50 M	75 M	100 M	
PB		no time		01:06.96	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 7: 100M MEDLEY WOMEN 11+ Heat:7, starttime: 16:02

Heat: 7/7 Lane : 3 Athlete: DONIN MANON **Q-time: 01:08:70**

PB (25m pool): 01:08.70 LEUVEN 23/02/2025 **PB (50m pool):** no time **SB:** 01:11.77 Leuven 04/10/2026

	25 M	50 M	75 M	100 M	
PB		no time		01:08.70	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 1/4 Lane : 3 Athlete: DONIN THIBAUT **Q-time: 99:99:99**

PB (25m pool): 01:07.51 Liedekerke 03/11/2024 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		no time		01:07.51	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 2/4 Lane : 1 Athlete: ASSELMAN JEFF **Q-time: 01:41:71**

PB (25m pool): 01:41.71 Liedekerke 11/11/2025 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		no time		01:41.71	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 2/4 Lane : 3 Athlete: BLOMMAERTS MATHIS **Q-time: 01:20:50**

PB (25m pool): 01:20.50 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		01:20.50	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 3/4 Lane : 2 Athlete: TURF SANDER **Q-time: 01:12:94**

PB (25m pool): 01:12.94 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		01:12.94	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 3/4 Lane : 4 Athlete: BOMBAERT LOUIS **Q-time: 01:12:63**

PB (25m pool): 01:12.63 Tervuren 10/10/2026 **PB (50m pool):** no time **SB:** 01:12.63 Tervuren 10/10/2026

	25 M	50 M	75 M	100 M	
PB		no time		01:12.63	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 8: 100M MEDLEY MEN 11+ Heat:4, starttime: 16:10

Heat: 4/4 Lane : 3 Athlete: PERSOONS EMIEL **Q-time: 01:04:49**

PB (25m pool): 01:04.49 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		01:04.49	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 8: 100M MEDLEY MEN 11+ — Heat:4, starttime: 16:10

Heat: 4/4 Lane : 4 Athlete: DUBOIS LOUIS — **Q-time: 01:08:03**

PB (25m pool): 01:06.56 Liedekerke 05/11/2023 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		no time		01:06.56	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 8: 100M MEDLEY MEN 11+ — Heat:4, starttime: 16:10

Heat: 4/4 Lane : 5 Athlete: VOLCKAERT THOMAS — **Q-time: 01:10:33**

PB (25m pool): 01:10.33 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		01:10.33	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 9: 100M BACKSTROKE WOMEN 11+ — Heat:1, starttime: 16:12

Heat: 1/4 Lane : 2 Athlete: VAN DE KERCKHOVE JILL — **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:2, starttime: 16:16

Heat: 2/4 Lane : 4 Athlete: FAHY JULIE — **Q-time: 01:36:80**

PB (25m pool): 01:36.80 Meise 21/06/2026 **PB (50m pool):** 01:42.09 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:48.07		01:36.80	
	00:48.07		*00:48.73*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 3/4 Lane : 2 Athlete: VEIRMAN LOTTE **Q-time: 01:24:69**

PB (25m pool): 01:24.69 Ternat 29/03/2026 **PB (50m pool):** 01:26.19 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:41.69		01:24.69	
		00:41.69		*00:43.00*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 3/4 Lane : 6 Athlete: DE BRUYN JADE **Q-time: 01:33:44**

PB (25m pool): 01:33.44 Sint-Niklaas 11/01/2026 **PB (50m pool):** 01:25.89 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:45.27		01:33.44	
		00:45.27		*00:48.17*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 4/4 Lane : 3 Athlete: DE BACKER BIRGIT **Q-time: 01:07:97**

PB (25m pool): 01:07.97 Zwembad De Motte 14/07/2026 **PB (50m pool):** 01:11.15 **SB:** 01:09.93 Leuven 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:32.72		01:07.97	
		00:32.72		*00:35.25*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 4/4 Lane : 4 Athlete: VERROKEN MIRTE **Q-time: 01:11:14**

PB (25m pool): 01:07.95 Liedekerke 01/05/2023 **PB (50m pool):** 01:11.73 **SB:** 01:11.14 Leuven 04/10/2026

	25 M	50 M	75 M	100 M	
PB		no time		01:07.95	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 4/4 Lane : 5 Athlete: DEROOST BEAU — **Q-time: 01:16:40**

PB (25m pool): 01:14.96 Diksmuide 01/11/2026 **PB (50m pool):** 01:19.10 **SB:** 01:14.96 Diksmuide 01/11/2026

	25 M	50 M	75 M	100 M	
PB		00:36.47		01:14.96	
		00:36.47		*00:38.49*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 10: 100M BREASTSTROKE MEN 11+ — Heat:3, starttime: 16:29

Heat: 3/6 Lane : 4 Athlete: ANCOLET MATS — **Q-time: 01:36:62**

PB (25m pool): 01:36.62 Sint-Niklaas 11/01/2026 **PB (50m pool):** 01:42.99 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:45.34		01:36.62	
		00:45.34		*00:51.28*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 10: 100M BREASTSTROKE MEN 11+ — Heat:4, starttime: 16:31

Heat: 4/6 Lane : 3 Athlete: VAN HOUCKE QUINTEN — **Q-time: 01:27:19**

PB (25m pool): 01:27.19 Sint-Niklaas 11/01/2026 **PB (50m pool):** 01:32.88 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:39.83		01:27.19	
		00:39.83		*00:47.36*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 10: 100M BREASTSTROKE MEN 11+ — Heat:6, starttime: 16:35

Heat: 6/6 Lane : 3 Athlete: VERROKEN GERBEN — **Q-time: 01:08:56**

PB (25m pool): 01:08.56 Gent 09/11/2025 **PB (50m pool):** 01:08.93 **SB:** 01:09.35 Sint-Pieters-Leeuw 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:32.21		01:08.56	
		00:32.21		*00:36.35*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 10: 100M BREASTSTROKE MEN 11+ — Heat:6, starttime: 16:35

Heat: 6/6 Lane : 4 Athlete: DE PEYPER NOAH — **Q-time: 01:09:34**

PB (25m pool): 01:09.53 Gent(Sint-Amandsberg) 11/11/2024 **PB (50m pool):** 01:11.99 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:32.40		01:09.53	
		00:32.40		*00:37.13*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 11: 100M FREESTYLE WOMEN 11+ — Heat:1, starttime: 16:37

Heat: 1/7 Lane : 2 Athlete: NTOYA OLIVIA — **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:3, starttime: 16:42

Heat: 3/7 Lane : 6 Athlete: DE MEY MEREL — **Q-time: 01:24:23**

PB (25m pool): 01:24.23 Ternat 30/03/2025 **PB (50m pool):** 01:22.29 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:37.51		01:24.23	
		00:37.51		*00:46.72*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 11: 100M FREESTYLE WOMEN 11+ — Heat:4, starttime: 16:44

Heat: 4/7 Lane : 1 Athlete: MUYLAERT YINSE — **Q-time: 01:15:79**

PB (25m pool): 01:15.79 Zwembad De Motte 14/07/2026 **PB (50m pool):** 01:26.77 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:35.47		01:15.79	
		00:35.47		*00:40.32*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 11: 100M FREESTYLE WOMEN 11+ — Heat:4, starttime: 16:44

Heat: 4/7 Lane : 2 Athlete: DE BISSCHOP BENTE — **Q-time: 01:15:01**

PB (25m pool): 01:15.01 Liedekerke 01/05/2025 **PB (50m pool):** no time **SB:** 01:18.91 Dilbeek 27/09/2026

	25 M	50 M	75 M	100 M	
PB		00:36.06		01:15.01	
		00:36.06		*00:38.95*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 11: 100M FREESTYLE WOMEN 11+ — Heat:4, starttime: 16:44

Heat: 4/7 Lane : 6 Athlete: MUYLAERT YAELLE — **Q-time: 01:17:14**

PB (25m pool): 01:17.14 Zaventem 15/07/2025 **PB (50m pool):** 01:17.39 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:36.19		01:17.14	
		00:36.19		*00:40.95*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 5/7 Lane : 1 Athlete: DE BISSCHOP LISSE — **Q-time: 01:11:18**

PB (25m pool): 01:11.89 Wildersportcomplex 16/03/2025 **PB (50m pool):** 01:15.30 **SB:** 01:13.56 Sint-Pieters-Leeuw 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:34.03		01:11.89	
		00:34.03		*00:37.86*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 5/7 Lane : 4 Athlete: VAN DER VEKEN LARA — **Q-time: 01:09:75**

PB (25m pool): 01:09.75 Sint-Pieters-Leeuw 18/10/2026 **PB (50m pool):** 01:17.28 **SB:** 01:09.75 Sint-Pieters-Leeuw 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:33.36		01:09.75	
		00:33.36		*00:36.39*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 6/7 Lane : 6 Athlete: DE PEYPER MYRTHE — **Q-time: 01:09:40**

PB (25m pool): 01:05.20 Sinbad 25/07/2023 **PB (50m pool):** 01:06.76 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		no time		01:05.20	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 7/7 Lane : 4 Athlete: LANDRIEU NORA — **Q-time: 01:00:69**

PB (25m pool): 01:00.69 Leuven 04/10/2026 **PB (50m pool):** 01:02.49 **SB:** 01:00.69 Leuven 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:29.07		01:00.69	
		00:29.07		*00:31.62*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 12: 100M BUTTERFLY MEN 11+ — Heat:1, starttime: 16:51

Heat: 1/4 Lane : 2 Athlete: VAN HOUCKE XANDER — **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: 12: 100M BUTTERFLY MEN 11+ — Heat:1, starttime: 16:51

Heat: 1/4 Lane : 4 Athlete: TODERICA ANDREI — **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: ZIOS

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

Heat: 3/4 Lane : 4 Athlete: DE PEYPER MATS **Q-time: 01:10:15**

PB (25m pool): 01:10.15 Sint-Niklaas 11/01/2026 **PB (50m pool):** 01:12.12 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:33.44		01:10.15	
		00:33.44		*00:36.71*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 3/4 Lane : 6 Athlete: DE BACKER BRENT **Q-time: 01:20:75**

PB (25m pool): 01:20.75 Vilvoorde 18/05/2025 **PB (50m pool):** 01:20.50 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:35.44		01:20.75	
		00:35.44		*00:45.31*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 12: 100M BUTTERFLY MEN 11+ Heat:4, starttime: 16:57

Heat: 4/4 Lane : 2 Athlete: DUBOIS LOUIS **Q-time: 01:04:66**

PB (25m pool): 01:04.15 Ternat 26/12/2023 **PB (50m pool):** 01:05.48 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		no time		01:04.15	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 12: 100M BUTTERFLY MEN 11+ Heat:4, starttime: 16:57

Heat: 4/4 Lane : 3 Athlete: VOLCKAERT MATTHIAS **Q-time: 01:00:78**

PB (25m pool): 01:01.13 Vilvoorde 18/05/2025 **PB (50m pool):** 01:02.37 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:27.81		01:01.13	
		00:27.81		*00:33.32*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 12: 100M BUTTERFLY MEN 11+ — Heat:4, starttime: 16:57

Heat: 4/4 Lane : 4 Athlete: DE BACKER BJORN — **Q-time: 01:03:14**

PB (25m pool): 01:01.56 Dilbeek 12/05/2024 **PB (50m pool):** 01:04.96 **SB:** no time

	25M	50M	75M	100M	
PB		no time		01:01.56	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 13: 4x100M MEDLEY WOMEN 11+ — Heat:1, starttime: 17:09

Heat: 1/2 Lane : 2 Athlete: TEAM ZIOS 7 — **Q-time: 06:45:00**

PB (25m pool): **PB (50m pool):** **SB:**

	25M	50M	75M	100M	125M	150M	175M	200M
PB								
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .
	225M	250M	275M	300	325	350	375	400M
PB								
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 13: 4x100M MEDLEY WOMEN 11+ — Heat:1, starttime: 17:09

Heat: 1/2 Lane : 3 Athlete: TEAM ZIOS 5 — **Q-time: 05:50:00**

PB (25m pool): **PB (50m pool):** **SB:**

	25M	50M	75M	100M	125M	150M	175M	200M
PB								
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .
	225M	250M	275M	300	325	350	375	400M
PB								
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Event number: 13: 4x100M MEDLEY WOMEN 11+ **Heat:1, starttime: 17:09**

Heat: 1/2 Lane : 4 Athlete: TEAM ZIOS 6 **Q-time: 06:45:00**

PB (25m pool): **PB (50m pool):** **SB:**

	25M	50M	75M	100M	125M	150M	175M	200M
PB								
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .
	225M	250M	275M	300	325	350	375	400M
PB								
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 13: 4x100M MEDLEY WOMEN 11+ **Heat:2, starttime: 17:16**

Heat: 2/2 Lane : 2 Athlete: TEAM ZIOS 2 **Q-time: 05:05:00**

PB (25m pool): **PB (50m pool):** **SB:**

	25M	50M	75M	100M	125M	150M	175M	200M
PB								
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .
	225M	250M	275M	300	325	350	375	400M
PB								
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 13: 4x100M MEDLEY WOMEN 11+ **Heat:2, starttime: 17:16**

Heat: 2/2 Lane : 3 Athlete: TEAM ZIOS 1 **Q-time: 04:35:00**

PB (25m pool): **PB (50m pool):** **SB:**

	25M	50M	75M	100M	125M	150M	175M	200M
PB								
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .
	225M	250M	275M	300	325	350	375	400M
PB								
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Event number: 13: 4x100M MEDLEY WOMEN 11+ **Heat:2, starttime: 17:16**

Heat: 2/2 Lane : 5 Athlete: TEAM ZIOS 3 **Q-time: 05:20:00**

PB (25m pool): **PB (50m pool):** **SB:**

	25M	50M	75M	100M	125M	150M	175M	200M
PB								
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

	225M	250M	275M	300	325	350	375	400M
PB								
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 13: 4x100M MEDLEY WOMEN 11+ **Heat:2, starttime: 17:16**

Heat: 2/2 Lane : 6 Athlete: TEAM ZIOS 4 **Q-time: 05:30:00**

PB (25m pool): **PB (50m pool):** **SB:**

	25M	50M	75M	100M	125M	150M	175M	200M
PB								
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

	225M	250M	275M	300	325	350	375	400M
PB								
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 14: 4x100M MEDLEY MEN 11+ **Heat:1, starttime: 17:23**

Heat: 1/2 Lane : 4 Athlete: TEAM ZIOS 4 **Q-time: 06:15:00**

PB (25m pool): **PB (50m pool):** **SB:**

	25M	50M	75M	100M	125M	150M	175M	200M
PB								
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

	225M	250M	275M	300	325	350	375	400M
PB								
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Event number: 14: 4x100M MEDLEY MEN 11+ **Heat:2, starttime: 17:29**

Heat: 2/2 Lane : 1 Athlete: TEAM ZIOS 3 **Q-time: 05:00:00**

PB (25m pool): **PB (50m pool):** **SB:**

	25M	50M	75M	100M	125M	150M	175M	200M
PB								
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .
	225M	250M	275M	300	325	350	375	400M
PB								
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 14: 4x100M MEDLEY MEN 11+ **Heat:2, starttime: 17:29**

Heat: 2/2 Lane : 3 Athlete: TEAM ZIOS 1 **Q-time: 04:07:50**

PB (25m pool): **PB (50m pool):** **SB:**

	25M	50M	75M	100M	125M	150M	175M	200M
PB								
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .
	225M	250M	275M	300	325	350	375	400M
PB								
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 14: 4x100M MEDLEY MEN 11+ **Heat:2, starttime: 17:29**

Heat: 2/2 Lane : 4 Athlete: TEAM ZIOS 2 **Q-time: 04:20:00**

PB (25m pool): **PB (50m pool):** **SB:**

	25M	50M	75M	100M	125M	150M	175M	200M
PB								
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .
	225M	250M	275M	300	325	350	375	400M
PB								
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback: