

SCZ Recordpoging: Session: 1: COACH evaluation sheet for TEAM: DDAT

Coachinfo: Warming up from: 17:00 untill . Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Uyttersprot Katrien

Coaches: Cornelis Evy HEADCOACH

PB => Personal Best time

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

Event number: 1: 400M FREESTYLE MEN 11+ Heat:1, starttime: 18:00

Heat: 1/4 Lane : 4 Athlete: JACQUEMYNS LEWIS							Q-time: 06:15:99	
PB (25m pool): 06:15.99 Zwembad De Motte 20/06/2026				PB (50m pool): 06:29.79 SB: 06:15.99 Zwembad De Motte 20/06/2026				
	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		01:30.09		no time		03:07.81
	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		06:15.99
	...	...	...	...	...	...	...	...

Coach feedback:

Event number: 1: 400M FREESTYLE MEN 11+ Heat:2, starttime: 18:07

Heat: 2/4 Lane : 2 Athlete: VANDEPITTE KYAN							Q-time: 05:30:78	
PB (25m pool): 05:30.78 Ternat 29/03/2026				PB (50m pool): 05:40.40 SB: 05:30.78 Ternat 29/03/2026				
	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		01:21.29		no time		02:45.76
	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		05:30.78
	...	...	...	...	...	...	...	...

Coach feedback:

Event number: 1: 400M FREESTYLE MEN 11+ Heat:3, starttime: 18:13

Heat: 3/4 Lane : 4 Athlete: VERHASSELT LARS							Q-time: 05:03:68	
PB (25m pool): 05:03.68 Ternat 29/03/2026				PB (50m pool): 05:27.16 SB: 05:03.68 Ternat 29/03/2026				
	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		01:12.60		no time		02:31.19
	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		05:03.68
	...	...	...	...	...	...	...	...

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Event number: 1: 400M FREESTYLE MEN 11+							Heat:4, starttime: 18:19	
Heat: 4/4 Lane : 2 Athlete: TRONCKOE KOBE							Q-time: 04:41:53	
PB (25m pool): 04:41.53 Braine l Alleud 05/04/2026				PB (50m pool): 04:47.89SB: 04:41.53 Braine l Alleud 05/04/2026				
	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		00:30.54		01:05.27		01:40.92		02:16.35
	00:30.54		00:34.73		00:35.65		00:35.43	
								
	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		02:52.51		03:29.10		04:05.64		04:41.53
	00:36.16		00:36.59		00:36.54		00:35.89	
								

Coach feedback:

Event number: 3: 200M BACKSTROKE MEN 11+							Heat:1, starttime: 18:38	
Heat: 1/2 Lane : 3 Athlete: CLAES TIEBE							Q-time: 02:52:86	
PB (25m pool): 02:52.86 Vilvoorde 01/03/2026				PB (50m pool): 02:54.94SB: 02:52.86 Vilvoorde 01/03/2026				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:42.36		01:26.80		no time		02:52.86
	00:42.36		00:44.44					
								

Coach feedback:

Event number: 4: 200M BACKSTROKE WOMEN 11+							Heat:1, starttime: 18:45	
Heat: 1/3 Lane : 4 Athlete: DE PRATER ELINE							Q-time: 03:28:15	
PB (25m pool): 03:28.15 Vilvoorde 01/03/2026				PB (50m pool): no time SB: 03:28.15 Vilvoorde 01/03/2026				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:48.16		01:40.44		no time		03:28.15
	00:48.16		00:52.28					
								

Coach feedback:

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Event number: 7: 100M BREASTSTROKE MEN 11+					Heat:2, starttime: 19:17
Heat: 2/5 Lane : 3 Athlete: VANDEPITTE KYAN					Q-time: 01:36:82
PB (25m pool): 01:36.82 Braine l Alleud 05/04/2026			PB (50m pool): 01:36.99 SB: 01:36.82 Braine l Alleud 05/04/2026		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:45.53		01:36.82	
	00:45.53		00:51.29		
					

Coach feedback:

Event number: 7: 100M BREASTSTROKE MEN 11+					Heat:5, starttime: 19:23
Heat: 5/5 Lane : 1 Athlete: DELCOIGNE NATHAN					Q-time: 01:14:80
PB (25m pool): 01:14.80 Braine l Alleud 05/04/2026			PB (50m pool): 01:18.34 SB: 01:14.80 Braine l Alleud 05/04/2026		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.61		01:14.80	
	00:35.61		00:39.19		
					

Coach feedback:

Event number: 9: 200M FREESTYLE MEN 11+							Heat:1, starttime: 19:49	
Heat: 1/3 Lane : 3 Athlete: CLAES TIEBE							Q-time: 02:41:03	
PB (25m pool): 02:41.03 Vilvoorde 01/03/2026				PB (50m pool): 02:46.82 SB: 02:41.03 Vilvoorde 01/03/2026				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:38.04		01:20.03		no time		02:41.03
	00:38.04		00:41.99					
								

Coach feedback:

Event number: 9: 200M FREESTYLE MEN 11+							Heat:1, starttime: 19:49	
Heat: 1/3 Lane : 4 Athlete: JACQUEMYNS LEWIS							Q-time: 03:00:43	
PB (25m pool): 03:00.43 Dilbeek 10/05/2026				PB (50m pool): 03:11.39SB: 03:00.43 Dilbeek 10/05/2026				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:41.17		01:28.33		no time		03:00.43
	00:41.17		00:47.16					
								

Coach feedback:

SCZ Recordpoging: Session: 1: COACH evaluation sheet for TEAM: DDAT

Event number: 10: 200M FREESTYLE WOMEN 11+							Heat:2, starttime: 20:03	
Heat: 2/3 Lane : 2 Athlete: DE PRATER ELINE							Q-time: 03:05:94	
PB (25m pool): 03:04.55 Meise 21/06/2026				PB (50m pool): no time SB: 03:04.55 Meise 21/06/2026				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:41.20		01:30.48		no time		03:04.55
	00:41.20		00:49.28					
								

Coach feedback:

Event number: 11: 200M MEDLEY MEN 11+							Heat:2, starttime: 20:14	
Heat: 2/3 Lane : 4 Athlete: VERHASSELT LARS							Q-time: 02:44:22	
PB (25m pool): 02:44.22 Tervuren 30/05/2026				PB (50m pool): 02:49.92SB: 02:44.22 Tervuren 30/05/2026				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:35.92		01:18.08		02:08.18		02:44.22
	00:35.92		00:42.16		00:50.10		00:36.04	
								

Coach feedback:

Event number: 11: 200M MEDLEY MEN 11+							Heat:3, starttime: 20:17	
Heat: 3/3 Lane : 2 Athlete: DELCOIGNE NATHAN							Q-time: 02:32:63	
PB (25m pool): 02:32.63 Dilbeek 10/05/2026				PB (50m pool): 02:34.13SB: 02:32.63 Dilbeek 10/05/2026				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:34.03		no time		no time		02:32.63
	00:34.03							
								

Coach feedback:

Event number: 11: 200M MEDLEY MEN 11+							Heat:3, starttime: 20:17	
Heat: 3/3 Lane : 4 Athlete: TRONCKOE KOBE							Q-time: 02:32:17	
PB (25m pool): 02:32.17 Kapelle-op-den-Bos 19/04/2026				PB (50m pool): 02:39.31 SB: 02:32.17 Kapelle-op-den-Bos 19/04/2026				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:30.81		no time		no time		02:32.17
	00:30.81							
								

Coach feedback: