

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

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

Coaches: Guns Sofie HEADCOACH

PB => Personal Best time

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

Event number: 1: 400M FREESTYLE MEN 11+							Heat:4, starttime: 18:19	
Heat: 4/4 Lane : 1 Athlete: GYPEN THOMAS							Q-time: 04:54:70	
PB (25m pool): 04:54.70 Aarschot 28/07/2025				PB (50m pool): 04:56.25SB: 04:58.31 Tienen 26/10/2025				
	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		01:09.02		no time		02:24.81
	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		04:54.70
								

Coach feedback:

Event number: 1: 400M FREESTYLE MEN 11+							Heat:4, starttime: 18:19	
Heat: 4/4 Lane : 4 Athlete: ROOVERS LUCAS							Q-time: 04:29:05	
PB (25m pool): 04:29.05 Aarschot 04/05/2025				PB (50m pool): 04:41.98SB: 04:30.71 LEUVEN 23/11/2025				
	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		01:04.22		no time		02:12.72
	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		04:29.05
								

Coach feedback:

Event number: 4: 200M BACKSTROKE WOMEN 11+							Heat:1, starttime: 18:45	
Heat: 1/3 Lane : 3 Athlete: FEYAERTS SAVANNAH							Q-time: 03:17:06	
PB (25m pool): 03:17.06 Aarschot 26/04/2026				PB (50m pool): 03:26.78 SB: 03:17.06 Aarschot 26/04/2026				
	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		00:47.04		01:37.65		02:30.22		03:17.06
	00:47.04		00:50.61		00:52.57		00:46.84	
								

Coach feedback:

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Event number: 4: 200M BACKSTROKE WOMEN 11+							Heat:2, starttime: 18:50	
Heat: 2/3 Lane : 4 Athlete: LEMBRECHTS SIEN							Q-time: 02:54:35	
PB (25m pool): 02:54.35 Aarschot 26/04/2026				PB (50m pool): 03:02.57 SB: 02:54.35 Aarschot 26/04/2026				
	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		00:39.85		01:24.02		02:09.72		02:54.35
	00:39.85		00:44.17		00:45.70		00:44.63	
								

Coach feedback:

Event number: 4: 200M BACKSTROKE WOMEN 11+							Heat:2, starttime: 18:50	
Heat: 2/3 Lane : 5 Athlete: WILLEN LUNA							Q-time: 03:07:68	
PB (25m pool): 03:07.68 Aarschot 26/04/2026				PB (50m pool): 03:21.23SB: 03:07.68 Aarschot 26/04/2026				
	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		00:44.69		01:31.94		02:20.96		03:07.68
	00:44.69		00:47.25		00:49.02		00:46.72	
								

Coach feedback:

Event number: 4: 200M BACKSTROKE WOMEN 11+							Heat:3, starttime: 18:54	
Heat: 3/3 Lane : 5 Athlete: GERARD CARYS							Q-time: 02:44:92	
PB (25m pool): 02:44.92 Aarschot 26/04/2026				PB (50m pool): 02:53.92SB: 02:44.92 Aarschot 26/04/2026				
	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		00:39.55		01:22.00		no time		02:44.92
	00:39.55		00:42.45					
								

Coach feedback:

Event number: 5: 100M BUTTERFLY MEN 11+					Heat:3, starttime: 19:02				
Heat: 3/5 Lane : 4 Athlete: VERHEYEN STEPHEN					Q-time: 01:15:48				
PB (25m pool): 01:15.48 Mol 28/12/2025					PB (50m pool): 01:17.34SB: 01:15.48 Mol 28/12/2025				
	2 5 M	5 0 M	7 5 M	1 0 0 M					
PB		00:35.42		01:15.48					
	00:35.42		00:40.06						
									

Coach feedback:

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Event number: 5: 100M BUTTERFLY MEN 11+					Heat:4, starttime: 19:04
Heat: 4/5 Lane : 2 Athlete: ASSCHERICKX SEBASTIAAN					Q-time: 01:09:26
PB (25m pool): 01:09.26 Heist-op-den-Berg 10/01/2026 PB (50m pool): 01:10.40 SB: 01:09.26 Heist-op-den-Berg 10/01/2026					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.12		01:09.26	
	00:31.12		00:38.14		
					

Coach feedback:

Event number: 6: 100M BUTTERFLY WOMEN 11+					Heat:2, starttime: 19:10
Heat: 2/3 Lane : 5 Athlete: SMEKENS ELLA					Q-time: 01:29:52
PB (25m pool): 01:29.52 Aarschot 26/04/2026 PB (50m pool): no time SB: 01:29.52 Aarschot 26/04/2026					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:41.63		01:29.52	
	00:41.63		00:47.89		
					

Coach feedback:

Event number: 7: 100M BREASTSTROKE MEN 11+					Heat:1, starttime: 19:14
Heat: 1/5 Lane : 4 Athlete: WINNEPENINCKX FELIX					Q-time: 01:56:67
PB (25m pool): 01:56.67 Tremelo 24/05/2026 PB (50m pool): 01:59.94 SB: 01:56.67 Tremelo 24/05/2026					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:54.36		01:56.67	
	00:54.36		01:02.31		
					

Coach feedback:

Event number: 8: 100M BREASTSTROKE WOMEN 11+					Heat:1, starttime: 19:25
Heat: 1/6 Lane : 5 Athlete: WOUTERS BRIANA					Q-time: 99:99:99
PB (25m pool): 01:20.05 Stedelijk Zwembad Geel 11/02/2024 PB (50m pool): 01:23.88 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:20.05	
	no time				
					

Coach feedback:

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Event number: 8: 100M BREASTSTROKE WOMEN 11+					Heat:2, starttime: 19:28
Heat: 2/6 Lane : 3 Athlete: WILLEN LENTHE					Q-time: 01:49:25
PB (25m pool): 01:49.25 Aarschot 26/04/2026					PB (50m pool): 01:49.90 SB: 01:49.25 Aarschot 26/04/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:52.18		01:49.25	
	00:52.18		00:57.07		
					

Coach feedback:

Event number: 8: 100M BREASTSTROKE WOMEN 11+					Heat:3, starttime: 19:30
Heat: 3/6 Lane : 4 Athlete: LEMBRECHTS KAAT					Q-time: 01:42:88
PB (25m pool): 01:42.88 Heist-op-den-Berg 10/01/2026					PB (50m pool): 01:43.30 SB: 01:42.88 Heist-op-den-Berg 10/01/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:48.58		01:42.88	
	00:48.58		00:54.30		
					

Coach feedback:

Event number: 10: 200M FREESTYLE WOMEN 11+							Heat:1, starttime: 19:59	
Heat: 1/3 Lane : 2 Athlete: PUT JULIE							Q-time: 03:21:58	
PB (25m pool): 03:21.58 Vilvoorde 01/03/2026				PB (50m pool): no time SB: 03:21.58 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		00:45.73		01:36.64		no time		03:21.58
	00:45.73		00:50.91					
								

Coach feedback:

Event number: 10: 200M FREESTYLE WOMEN 11+							Heat:1, starttime: 19:59	
Heat: 1/3 Lane : 4 Athlete: VERHEYEN CHARLOTTE							Q-time: 03:17:36	
PB (25m pool): 03:17.36 Vilvoorde 01/03/2026				PB (50m pool): no time SB: 03:17.36 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		00:46.23		01:39.89		no time		03:17.36
	00:46.23		00:53.66					
								

Coach feedback:

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

Event number: 10: 200M FREESTYLE WOMEN 11+							Heat:2, starttime: 20:03	
Heat: 2/3 Lane : 3 Athlete: WILLEN LUNA							Q-time: 02:49:40	
PB (25m pool): 02:49.58 Aarschot 26/04/2026				PB (50m pool): 02:49.40 SB: 02:49.58 Aarschot 26/04/2026				
	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		00:38.88		01:23.03		02:08.74		02:49.58
	00:38.88		00:44.15		00:45.71		00:40.84	
								

Coach feedback:

Event number: 10: 200M FREESTYLE WOMEN 11+							Heat:2, starttime: 20:03	
Heat: 2/3 Lane : 4 Athlete: FEYAERTS SAVANNAH							Q-time: 02:53:06	
PB (25m pool): 03:22.09 Leuven. 23/02/2025				PB (50m pool): 02:53.06SB: no time				
	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		00:44.36		01:36.52		no time		03:22.09
	00:44.36		00:52.16					
								

Coach feedback:

Event number: 10: 200M FREESTYLE WOMEN 11+							Heat:3, starttime: 20:07	
Heat: 3/3 Lane : 1 Athlete: LEMBRECHTS SIEN							Q-time: 02:33:50	
PB (25m pool): 02:33.50 Aarschot 26/04/2026				PB (50m pool): 02:37.40SB: 02:33.50 Aarschot 26/04/2026				
	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		00:34.64		01:12.85		01:53.18		02:33.50
	00:34.64		00:38.21		00:40.33		00:40.32	
								

Coach feedback:

Event number: 10: 200M FREESTYLE WOMEN 11+							Heat:3, starttime: 20:07	
Heat: 3/3 Lane : 5 Athlete: MEURRENS LINA							Q-time: 02:33:32	
PB (25m pool): 02:33.32 Aarschot 26/04/2026				PB (50m pool): 02:34.58SB: 02:33.32 Aarschot 26/04/2026				
	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		00:35.41		01:14.73		01:54.61		02:33.32
	00:35.41		00:39.32		00:39.88		00:38.71	
								

Coach feedback:

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Event number: 11: 200M MEDLEY MEN 11+							Heat:3, starttime: 20:17	
Heat: 3/3 Lane : 5 Athlete: GYPEN THOMAS							Q-time: 02:36:68	
PB (25m pool): 02:36.68 Heist-op-den-Berg 10/01/2026				PB (50m pool): 02:40.12SB: 02:36.68 Heist-op-den-Berg 10/01/2026				
	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		00:35.22		no time		no time		02:36.68
	00:35.22							
								

Coach feedback:

Event number: 13: 100M BACKSTROKE MEN 11+					Heat:2, starttime: 20:31
Heat: 2/2 Lane : 4 Athlete: ASSCHERICKX SEBASTIAAN				Q-time: 01:09:11	
PB (25m pool): 01:09.11 Aarschot 26/04/2026			PB (50m pool): 01:12.31SB: 01:09.11 Aarschot 26/04/2026		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.06		01:09.11	
	00:33.06		00:36.05		
					

Coach feedback:

Event number: 15: 100M FREESTYLE MEN 11+										Heat:1, starttime: 20:39	
Heat: 1/8 Lane : 4 Athlete: WINNEPENINCKX FELIX										Q-time: 01:23:83	
PB (25m pool): 01:25.86 Tremelo 24/05/2026					PB (50m pool): 01:23.83SB: 01:25.86 Tremelo 24/05/2026						
	2 5 M		5 0 M		7 5 M		1 0 0 M				
PB			00:40.14				01:25.86				
			00:40.14				00:45.72				
											

Coach feedback:

Event number: 15: 100M FREESTYLE MEN 11+							Heat:4, starttime: 20:44	
Heat: 4/8 Lane : 2 Athlete: VERHEYEN STEPHEN							Q-time: 01:05:92	
PB (25m pool): 01:05.92 Mol 28/12/2025				PB (50m pool): 01:06.29SB: 01:05.92 Mol 28/12/2025				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:32.18		01:05.92				
	00:32.18		00:33.74					
								

Coach feedback:

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

Event number: 15: 100M FREESTYLE MEN 11+					Heat:8, starttime: 20:50
Heat: 8/8 Lane : 5 Athlete: ROOVERS LUCAS					Q-time: 00:56:62
PB (25m pool): 00:56.62 Mol 28/12/2025					PB (50m pool): 00:59.44 SB: 00:56.62 Mol 28/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:27.49		00:56.62	
	00:27.49		00:29.13		
					

Coach feedback:

Event number: 16: 100M FREESTYLE WOMEN 11+					Heat:3, starttime: 20:56
Heat: 3/6 Lane : 1 Athlete: MEURRENS LINA					Q-time: 01:11:56
PB (25m pool): 01:11.56 Aarschot 26/04/2026					PB (50m pool): 01:12.33 SB: 01:11.56 Aarschot 26/04/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.90		01:11.56	
	00:34.90		00:36.66		
					

Coach feedback:

Event number: 16: 100M FREESTYLE WOMEN 11+					Heat:5, starttime: 21:00
Heat: 5/6 Lane : 1 Athlete: GERARD CARYS					Q-time: 01:06:43
PB (25m pool): 01:06.43 Aarschot 29/03/2026					PB (50m pool): 01:06.85 SB: 01:06.43 Aarschot 29/03/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.93		01:06.43	
	00:31.93		00:34.50		
					

Coach feedback:

Event number: 16: 100M FREESTYLE WOMEN 11+					Heat:6, starttime: 21:01
Heat: 6/6 Lane : 3 Athlete: WOUTERS BRIANA					Q-time: 00:56:79
PB (25m pool): 00:56.79 Gent 09/11/2025					PB (50m pool): 00:57.70 SB: 00:56.79 Gent 09/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:27.40		00:56.79	
	00:27.40		00:29.39		
					

Coach feedback:

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

Event number: 18: 100M MEDLEY WOMEN 11+					Heat:2, starttime: 21:12
Heat: 2/5 Lane : 1 Athlete: PUT JULIE					Q-time: 01:42:50
PB (25m pool): 01:42.50 Aarschot 29/03/2026					PB (50m pool): no time SB: 01:42.50 Aarschot 29/03/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:42.50	
	no time				
					

Coach feedback:

Event number: 18: 100M MEDLEY WOMEN 11+					Heat:2, starttime: 21:12
Heat: 2/5 Lane : 2 Athlete: WILLEN LENTHE					Q-time: 01:36:03
PB (25m pool): 01:36.03 Aarschot 29/03/2026					PB (50m pool): no time SB: 01:36.03 Aarschot 29/03/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:36.03	
	no time				
					

Coach feedback:

Event number: 18: 100M MEDLEY WOMEN 11+					Heat:2, starttime: 21:12
Heat: 2/5 Lane : 5 Athlete: VERHEYEN CHARLOTTE					Q-time: 01:42:29
PB (25m pool): 01:42.29 Aarschot 29/03/2026					PB (50m pool): no time SB: 01:42.29 Aarschot 29/03/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:42.29	
	no time				
					

Coach feedback:

Event number: 18: 100M MEDLEY WOMEN 11+					Heat:3, starttime: 21:14
Heat: 3/5 Lane : 1 Athlete: SMEKENS ELLA					Q-time: 01:27:42
PB (25m pool): 01:27.42 Aarschot 29/03/2026					PB (50m pool): no time SB: 01:27.42 Aarschot 29/03/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:27.42	
	no time				
					

Coach feedback:

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

Event number: 18: 100M MEDLEY WOMEN 11+				Heat:3, starttime: 21:14	
Heat: 3/5 Lane : 5 Athlete: LEMBRECHTS KAAT				Q-time: 01:25:34	
PB (25m pool): 01:25.34 Aarschot 29/03/2026				PB (50m pool): no time SB: 01:25.34 Aarschot 29/03/2026	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:25.34	
	no time				
					

Coach feedback: