

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

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

Coaches: Mattheus Ibe

Coaches: Vanderhulst Kasper

Coaches: Feyaerts Jeroen HEADCOACH

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

Event number: 1: 400M FREESTYLE MEN 11+							Heat:3, starttime: 18:13	
Heat: 3/4 Lane : 5 Athlete: FEYAERTS JEROEN							Q-time: 05:19:50	
PB (25m pool): 05:19.50 Hannuit 29/11/2025				PB (50m pool): 05:30.91 SB: 05:19.50 Hannuit 29/11/2025				
	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		00:35.23		01:15.20		no time		02:37.85
	00:35.23		00:39.97					
								
	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		05:19.50
								

Coach feedback:

Event number: 2: 400M FREESTYLE WOMEN 11+							Heat:2, starttime: 18:31	
Heat: 2/2 Lane : 2 Athlete: DECONYNCK STERRE							Q-time: 04:50:67	
PB (25m pool): 04:50.67 LEUVEN 23/11/2025				PB (50m pool): 04:58.19SB: 04:50.67 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		00:32.88		01:09.07		01:46.49		02:23.96
	00:32.88		00:36.19		00:37.42		00:37.47	
								
	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		03:01.28		03:38.33		04:15.18		04:50.67
	00:37.32		00:37.05		00:36.85		00:35.49	
								

Coach feedback:

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Event number: 10: 200M FREESTYLE WOMEN 11+							Heat:3, starttime: 20:07	
Heat: 3/3 Lane : 3 Athlete: DECONYNCK STERRE							Q-time: 02:20:08	
PB (25m pool): 02:18.18 Diksmuide 19/11/2023				PB (50m pool): 02:21.35 SB: 02:20.08 Leuven 12/10/2025				
	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		no time		no time		no time		02:18.18
	no time							
								

Coach feedback:

Event number: 11: 200M MEDLEY MEN 11+							Heat:1, starttime: 20:10	
Heat: 1/3 Lane : 5 Athlete: VANDEVELDE RAF							Q-time: 99:99:99	
PB (25m pool): no time			PB (50m pool): no time SB: 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		no time		no time		no time		no time
	no time							
								

Coach feedback:

Event number: 13: 100M BACKSTROKE MEN 11+							Heat:1, starttime: 20:29	
Heat: 1/2 Lane : 3 Athlete: FEYAERTS JEROEN							Q-time: 01:19:32	
PB (25m pool): 01:19.32 Stedelijk Zwembad Geel 15/02/2026							PB (50m pool): 01:23.32 SB: 01:19.32 Stedelijk Zwembad Geel 15/02/2026	
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:38.70		01:19.32				
	00:38.70		00:40.62					
								

Coach feedback:

Event number: 13: 100M BACKSTROKE MEN 11+							Heat:2, starttime: 20:31	
Heat: 2/2 Lane : 3 Athlete: STERCKX DAAN							Q-time: 01:03:07	
PB (25m pool): 01:03.07 LEUVEN 23/11/2025				PB (50m pool): 01:04.92 SB: 01:03.07 LEUVEN 23/11/2025				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:30.80		01:03.07				
	00:30.80		00:32.27					
								

Coach feedback:

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Event number: 16: 100M FREESTYLE WOMEN 11+					Heat:4, starttime: 20:58
Heat: 4/6 Lane : 2 Athlete: CLAESEN SARAH					Q-time: 01:09:02
PB (25m pool): 01:09.02 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 01:10.54 SB: 01:09.02 Stedelijk Zwembad Geel 15/02/2026					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.47		01:09.02	
	00:33.47		00:35.55		
					

Coach feedback:

Event number: 16: 100M FREESTYLE WOMEN 11+					Heat:6, starttime: 21:01
Heat: 6/6 Lane : 1 Athlete: VANDERVELPEN MEREL					Q-time: 01:04:77
PB (25m pool): 01:04.69 Nijlen 17/11/2024 PB (50m pool): 01:05.95 SB: 01:04.87 LEUVEN 23/11/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.33		01:04.69	
	00:31.33		00:33.36		
					

Coach feedback:

Event number: 17: 100M MEDLEY MEN 11+					Heat:3, starttime: 21:07
Heat: 3/3 Lane : 5 Athlete: STERCKX DAAN					Q-time: 01:07:21
PB (25m pool): 01:07.21 Stedelijk Zwembad Geel 16/02/2025 PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.21		01:07.21	
	00:30.21		00:37.00		
					

Coach feedback:

Event number: 18: 100M MEDLEY WOMEN 11+					Heat:3, starttime: 21:14
Heat: 3/5 Lane : 3 Athlete: CLAESEN SARAH					Q-time: 01:23:06
PB (25m pool): 01:23.06 Hannuit 29/11/2025 PB (50m pool): no time SB: 01:23.06 Hannuit 29/11/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:23.06	
	no time				
					

Coach feedback:

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Event number: 18: 100M MEDLEY WOMEN 11+					Heat:5, starttime: 21:18	
Heat: 5/5 Lane : 5 Athlete: VANDERVELPEN MEREL					Q-time: 01:15:08	
PB (25m pool): 01:15.08 Zaventem 15/07/2025					PB (50m pool): no time SB: 01:17.30 Tienen 26/10/2025	
	2 5 M	5 0 M	7 5 M	1 0 0 M		
PB		no time		01:15.08		
	no time					
						

Coach feedback: