

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

Coachinfo: Warming up from: 17:00 untill . Teamleadmeeting @

The listed starttimes are indicative!

Coaches: Van den Brande Liesbeth

Coaches: Van Den Broeck Michaël

PB => Personal Best time

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

Event number: 2: 400M FREESTYLE WOMEN 11+ Heat:1, starttime: 18:25

Heat: 1/2 Lane : 3 Athlete: DE TOLLENAERE LAURA							Q-time: 05:48:21	
PB (25m pool): 05:48.21 Bastogne 05/04/2026				PB (50m pool): no time SB: 05:48.21 Bastogne 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		00:39.66		01:22.85		02:07.92		02:53.53
	00:39.66		00:43.19		00:45.07		00:45.61	
								
	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		03:37.68		04:21.70		05:05.76		05:48.21
	00:44.15		00:44.02		00:44.06		00:42.45	
								

Coach feedback:

Event number: 2: 400M FREESTYLE WOMEN 11+ Heat:2, starttime: 18:31

Heat: 2/2 Lane : 4 Athlete: DALEMANS LYN							Q-time: 04:31:79	
PB (25m pool): 04:31.79 Zaventem 15/07/2025				PB (50m pool): 04:56.52 SB: 04:36.56 Bastogne 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		no time		01:04.55		no time		02:13.55
	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		04:31.79
								

Coach feedback:

Event number: 4: 200M BACKSTROKE WOMEN 11+ Heat:2, starttime: 18:50

Heat: 2/3 Lane : 3 Athlete: REYNIERS FIEN							Q-time: 02:48:58	
PB (25m pool): 02:48.58 Bastogne 05/04/2026				PB (50m pool): 02:55.63 SB: 02:48.58 Bastogne 05/04/2026				
	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		00:39.35		01:21.93		02:06.04		02:48.58
	00:39.35		00:42.58		00:44.11		00:42.54	
								

Coach feedback:

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

Event number: 4: 200M BACKSTROKE WOMEN 11+							Heat:3, starttime: 18:54	
Heat: 3/3 Lane : 1 Athlete: JACOBS LAURIEN							Q-time: 02:47:03	
PB (25m pool): 02:45.28 Kapelle-op-den-Bos 22/09/2024				PB (50m pool): 03:00.07 SB: 02:47.03 Sint-Niklaas 28/12/2025				
	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		02:45.28
	no time							
								

Coach feedback:

Event number: 5: 100M BUTTERFLY MEN 11+							Heat:3, starttime: 19:02		
Heat: 3/5 Lane : 2 Athlete: VAN DEN BROECK TIEBE							Q-time: 01:16:51		
PB (25m pool): 01:16.51 Bastogne 05/04/2026				PB (50m pool): 01:20.56 SB: 01:16.51 Bastogne 05/04/2026					
	2 5 M	5 0 M	7 5 M	1 0 0 M					
PB		00:34.50		01:16.51					
	00:34.50		00:42.01						
									

Coach feedback:

Event number: 6: 100M BUTTERFLY WOMEN 11+							Heat:3, starttime: 19:12	
Heat: 3/3 Lane : 1 Athlete: GEENS AMÉLIE							Q-time: 01:14:09	
PB (25m pool): 01:13.34 Sinbad 29/12/2024				PB (50m pool): 01:16.68SB: 01:16.70 Leuven 12/10/2025				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:33.95		01:13.34				
	00:33.95		00:39.39					
								

Coach feedback:

Event number: 7: 100M BREASTSTROKE MEN 11+							Heat:4, starttime: 19:21	
Heat: 4/5 Lane : 3 Athlete: VAN DEN BRANDE LUCAS							Q-time: 01:17:06	
PB (25m pool): 01:17.06 Bastogne 05/04/2026				PB (50m pool): 01:19.79SB: 01:17.06 Bastogne 05/04/2026				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:35.61		01:17.06				
	00:35.61		00:41.45					
								

Coach feedback:

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

Event number: 8: 100M BREASTSTROKE WOMEN 11+					Heat:1, starttime: 19:25
Heat: 1/6 Lane : 4 Athlete: DALEMANS LYN					Q-time: 99:99:99
PB (25m pool): 01:26.41 Tremelo 26/05/2024					PB (50m pool): 01:30.30 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:26.41	
	no time				
					

Coach feedback:

Event number: 8: 100M BREASTSTROKE WOMEN 11+					Heat:2, starttime: 19:28
Heat: 2/6 Lane : 2 Athlete: REYNIERS SINNE					Q-time: 01:50:68
PB (25m pool): 01:50.68 Tienen 26/10/2025					PB (50m pool): 01:47.34 SB: 01:50.68 Tienen 26/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:52.80		01:50.68	
	00:52.80 00:57.88				
					

Coach feedback:

Event number: 8: 100M BREASTSTROKE WOMEN 11+					Heat:4, starttime: 19:33
Heat: 4/6 Lane : 2 Athlete: VAN HOOMISSEN CHELSEA					Q-time: 01:34:18
PB (25m pool): 01:34.18 Liedekerke 11/11/2025					PB (50m pool): 01:33.50 SB: 01:34.18 Liedekerke 11/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:44.56		01:34.18	
	00:44.56 00:49.62				
					

Coach feedback:

Event number: 8: 100M BREASTSTROKE WOMEN 11+					Heat:5, starttime: 19:35
Heat: 5/6 Lane : 1 Athlete: NUYTKENS MARIE					Q-time: 01:31:00
PB (25m pool): 01:31.00 Temse 17/11/2025					PB (50m pool): 01:34.01 SB: 01:31.00 Temse 17/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:43.33		01:31.00	
	00:43.33 00:47.67				
					

Coach feedback:

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

Event number: 8: 100M BREASTSTROKE WOMEN 11+					Heat:6, starttime: 19:37
Heat: 6/6 Lane : 2 Athlete: DE SITTER KIRA					Q-time: 01:24:51
PB (25m pool): 01:24.51 Sint-Niklaas 28/12/2025			PB (50m pool): 01:28.74 SB: 01:24.51 Sint-Niklaas 28/12/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.11		01:24.51	
	00:39.11		00:45.40		
					

Coach feedback:

Event number: 9: 200M FREESTYLE MEN 11+							Heat:2, starttime: 19:53	
Heat: 2/3 Lane : 4 Athlete: DE ROOS KASPER							Q-time: 02:31:89	
PB (25m pool): 02:31.89 Bastogne 05/04/2026				PB (50m pool): 02:33.84SB: 02:31.89 Bastogne 05/04/2026				
	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		00:34.75		01:13.42		01:52.96		02:31.89
	00:34.75		00:38.67		00:39.54		00:38.93	
								

Coach feedback:

Event number: 9: 200M FREESTYLE MEN 11+							Heat:2, starttime: 19:53	
Heat: 2/3 Lane : 5 Athlete: LAUWENS FINN							Q-time: 02:37:63	
PB (25m pool): 02:37.63 Meise 21/06/2026				PB (50m pool): 02:38.58SB: 02:37.63 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		00:36.31		01:17.11		no time		02:37.63
	00:36.31		00:40.80					
								

Coach feedback:

Event number: 10: 200M FREESTYLE WOMEN 11+							Heat:1, starttime: 19:59	
Heat: 1/3 Lane : 3 Athlete: REYNIERS SINNE							Q-time: 03:12:82	
PB (25m pool): 03:12.82 Dilbeek 10/05/2026				PB (50m pool): 03:39.60SB: 03:12.82 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		00:43.40		01:33.41		no time		03:12.82
	00:43.40		00:50.01					
								

Coach feedback:

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

Event number: 10: 200M FREESTYLE WOMEN 11+							Heat:3, starttime: 20:07	
Heat: 3/3 Lane : 2 Athlete: REYNIERS FIEN							Q-time: 02:32:59	
PB (25m pool): 02:32.59 Dilbeek 10/05/2026				PB (50m pool): 02:43.22SB: 02:32.59 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		00:35.42		01:14.80		no time		02:32.59
	00:35.42		00:39.38					
								

Coach feedback:

Event number: 11: 200M MEDLEY MEN 11+							Heat:2, starttime: 20:14	
Heat: 2/3 Lane : 3 Athlete: VAN DEN BROECK TIEBE							Q-time: 02:42:56	
PB (25m pool): 02:42.56 Tervuren 30/05/2026				PB (50m pool): 02:47.35SB: 02:42.56 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		00:35.10		01:18.61		02:05.79		02:42.56
	00:35.10		00:43.51		00:47.18		00:36.77	
								

Coach feedback:

Event number: 12: 200M MEDLEY WOMEN 11+							Heat:2, starttime: 20:25	
Heat: 2/2 Lane : 2 Athlete: JACOBS LAURIEN							Q-time: 02:42:66	
PB (25m pool): 02:42.66 Gent 23/02/2025				PB (50m pool): 02:52.50SB: 02:46.96 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		00:34.91		01:17.95		02:03.95		02:42.66
	00:34.91		00:43.04		00:46.00		00:38.71	
								

Coach feedback:

Event number: 12: 200M MEDLEY WOMEN 11+							Heat:2, starttime: 20:25	
Heat: 2/2 Lane : 5 Athlete: VAN HOOMISSEN CHELSEA							Q-time: 02:44:24	
PB (25m pool): 02:44.24 Kapelle-op-den-Bos 19/04/2026				PB (50m pool): 02:55.42 SB: 02:44.24 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		00:33.98		no time		no time		02:44.24
	00:33.98							
								

Coach feedback:

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Event number: 14: 100M BACKSTROKE WOMEN 11+					Heat:2, starttime: 20:36
Heat: 2/2 Lane : 3 Athlete: GEENS AMÉLIE					Q-time: 01:07:62
PB (25m pool): 01:07.62 Temse 21/12/2025					PB (50m pool): 01:09.39 SB: 01:07.62 Temse 21/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.69		01:07.62	
	00:32.69		00:34.93		
					

Coach feedback:

Event number: 15: 100M FREESTYLE MEN 11+					Heat:3, starttime: 20:42
Heat: 3/8 Lane : 5 Athlete: VAN DEN BRANDE LUCAS					Q-time: 01:09:16
PB (25m pool): 01:09.16 Stedelijk Zwembad Geel 15/02/2026					PB (50m pool): 01:12.94 SB: 01:09.16 Stedelijk Zwembad Geel 15/02/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.49		01:09.16	
	00:32.49		00:36.67		
					

Coach feedback:

Event number: 17: 100M MEDLEY MEN 11+					Heat:2, starttime: 21:05
Heat: 2/3 Lane : 4 Athlete: DE ROOS KASPER					Q-time: 01:18:04
PB (25m pool): 01:18.04 Kapelle-op-den-Bos 19/04/2026					PB (50m pool): no time SB: 01:18.04 Kapelle-op-den-Bos 19/04/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:18.04	
	no time				
					

Coach feedback:

Event number: 17: 100M MEDLEY MEN 11+					Heat:2, starttime: 21:05
Heat: 2/3 Lane : 5 Athlete: LAUWENS FINN					Q-time: 01:26:60
PB (25m pool): 01:26.60 Stedelijk Zwembad Geel 15/02/2026					PB (50m pool): no time SB: 01:26.60 Stedelijk Zwembad Geel 15/02/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.55		01:26.60	
	00:40.55		00:46.05		
					

Coach feedback:

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

Event number: 18: 100M MEDLEY WOMEN 11+					Heat:3, starttime: 21:14
Heat: 3/5 Lane : 2 Athlete: DE TOLLENAERE LAURA					Q-time: 01:24:35
PB (25m pool): 01:24.35 Ternat 29/03/2026					PB (50m pool): no time SB: 01:24.35 Ternat 29/03/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:24.35	
	no time				
					

Coach feedback:

Event number: 18: 100M MEDLEY WOMEN 11+					Heat:4, starttime: 21:16
Heat: 4/5 Lane : 1 Athlete: DE SITTER KIRA					Q-time: 01:22:56
PB (25m pool): 01:22.56 Tienen 26/10/2025					PB (50m pool): no time SB: 01:22.56 Tienen 26/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:22.56	
	no time				
					

Coach feedback:

Event number: 18: 100M MEDLEY WOMEN 11+					Heat:4, starttime: 21:16
Heat: 4/5 Lane : 4 Athlete: NUYTKENS MARIE					Q-time: 01:17:72
PB (25m pool): 01:17.72 Ternat 29/03/2026					PB (50m pool): no time SB: 01:17.72 Ternat 29/03/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:17.72	
	no time				
					

Coach feedback: