

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

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

Coaches: Eugene Astrid HEADCOACH

Coaches: Kelchtermans Joris

Coaches: Van Wassenhove Senne

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 : 3 Athlete: HEBBELINCK RUBEN Q-time: 04:55:61

PB (25m pool): 05:29.68 Overijse 25/11/2023 PB (50m pool): 04:50.37 SB: no time

	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		no time		no time		no time
	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		05:29.68
								

Coach feedback:

Event number: 3: 200M BACKSTROKE MEN 11+ Heat:1, starttime: 18:38

Heat: 1/2 Lane : 4 Athlete: VOGELS OSCAR Q-time: 03:03:22

PB (25m pool): 03:03.22 Liedekerke 01/05/2026 PB (50m pool): no time SB: 03:03.22 Liedekerke 01/05/2026

	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		00:43.81		01:30.26		no time		03:03.22
	00:43.81		00:46.45					
								

Coach feedback:

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

Heat: 2/3 Lane : 2 Athlete: BELLEN MAYA Q-time: 03:06:23

PB (25m pool): 03:06.23 Aarschot 04/05/2025 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		00:42.97		01:31.64		no time		03:06.23
	00:42.97		00:48.67					
								

Coach feedback:

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Event number: 7: 100M BREASTSTROKE MEN 11+					Heat:3, starttime: 19:19
Heat: 3/5 Lane : 1 Athlete: HEBBELINCK SIMON					Q-time: 01:34:35
PB (25m pool): 01:34.35 LEUVEN 23/11/2025					PB (50m pool): 01:34.53 SB: 01:34.35 LEUVEN 23/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:43.86		01:34.35	
	00:43.86		00:50.49		
					

Coach feedback:

Event number: 7: 100M BREASTSTROKE MEN 11+					Heat:3, starttime: 19:19
Heat: 3/5 Lane : 5 Athlete: CRAPS LIAM					Q-time: 01:33:33
PB (25m pool): 01:58.94 Zaventem 16/02/2025					PB (50m pool): 01:33.33 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:56.54		01:58.94	
	00:56.54		01:02.40		
					

Coach feedback:

Event number: 13: 100M BACKSTROKE MEN 11+					Heat:2, starttime: 20:31
Heat: 2/2 Lane : 5 Athlete: TOLJAGA DEJAN					Q-time: 01:19:20
PB (25m pool): 01:19.20 Overijse 29/11/2025					PB (50m pool): 01:22.88 SB: 01:19.20 Overijse 29/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.32		01:19.20	
	00:38.32		00:40.88		
					

Coach feedback:

Event number: 15: 100M FREESTYLE MEN 11+					Heat:2, starttime: 20:41
Heat: 2/8 Lane : 2 Athlete: VOGELS OSCAR					Q-time: 01:16:64
PB (25m pool): 01:19.58 Sint-Pieters-Leeuw 05/10/2025					PB (50m pool): 01:16.64 SB: 01:19.58 Sint-Pieters-Leeuw 05/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.73		01:19.58	
	00:39.73		00:39.85		
					

Coach feedback:

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Event number: 15: 100M FREESTYLE MEN 11+					Heat:6, starttime: 20:47
Heat: 6/8 Lane : 2 Athlete: HEBBELINCK RUBEN					Q-time: 01:00:17
PB (25m pool): 01:00.17 LEUVEN 21/12/2025					PB (50m pool): 01:01.22 SB: 01:00.17 LEUVEN 21/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:28.60		01:00.17	
	00:28.60		00:31.57		
					

Coach feedback:

Event number: 17: 100M MEDLEY MEN 11+					Heat:1, starttime: 21:03
Heat: 1/3 Lane : 1 Athlete: HEBBELINCK SIMON					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 M	
PB		no time		no time	
	no time				
					

Coach feedback:

Event number: 17: 100M MEDLEY MEN 11+					Heat:1, starttime: 21:03
Heat: 1/3 Lane : 3 Athlete: CRAPS LIAM					Q-time: 01:28:07
PB (25m pool): 01:28.07 Liedekerke 11/11/2025					PB (50m pool): no time SB: 01:28.07 Liedekerke 11/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:28.07	
	no time				
					

Coach feedback:

Event number: 17: 100M MEDLEY MEN 11+					Heat:2, starttime: 21:05
Heat: 2/3 Lane : 2 Athlete: TOLJAGA DEJAN					Q-time: 01:23:14
PB (25m pool): 01:23.14 Zaventem 15/07/2025					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:23.14	
	no time				
					

Coach feedback:

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Event number: 18: 100M MEDLEY WOMEN 11+					Heat:3, starttime: 21:14
Heat: 3/5 Lane : 4 Athlete: BELLEN MAYA					Q-time: 01:23:13
PB (25m pool): 01:23.13 Zaventem 15/07/2025					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:23.13	
	no time				
					

Coach feedback: