

HoZT SPRINT 26: Session: 1: COACH evaluation sheet for TEAM: HEST

Coachinfo: Warming up from: 13:00 untill 13:50. Teamleadmeeting @ The listed starttimes are indicative!

PB => Personal Best time

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

Event number: 1: 50M BUTTERFLY WOMEN 11+

Heat:1, starttime: 14:00

Heat: 1/8 Lane : 5 Athlete: VETTERS GLUZA NINA

Q-time: 00:54:24

PB (25m pool): 00:54.24 Eindhoven 28/06/2026

PB (50m pool): no time SB: no time

	25 M	50 M	
PB		00:54.24	
		00:54.24	
			

Coach feedback:

Event number: 2: 50M BUTTERFLY MEN 11+

Heat:1, starttime: 14:10

Heat: 1/9 Lane : 2 Athlete: BERVOETS VIC

Q-time: 99:99:99

PB (25m pool): no time

PB (50m pool): no time SB: no time

	25 M	50 M	
PB		no time	
		no time	
			

Coach feedback:

Event number: 4: 50M BACKSTROKE WOMEN 11+

Heat:1, starttime: 14:24

Heat: 1/8 Lane : 4 Athlete: DEKELVER SAKURA

Q-time: 99:99:99

PB (25m pool): no time

PB (50m pool): no time SB: no time

	25 M	50 M	
PB		no time	
		no time	
			

Coach feedback:

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Event number: 4: 50M BACKSTROKE WOMEN 11+					Heat:3, starttime: 14:27	
Heat: 3/8 Lane : 1 Athlete: BRAEM ARIELLA ESE					Q-time: 00:45:48	
PB (25m pool): no time			PB (50m pool): no time SB: no time			
	2 5 M	5 0 M				
PB		no time				
	no time					
						

Coach feedback:

Event number: 4: 50M BACKSTROKE WOMEN 11+				Heat:3, starttime: 14:27	
Heat: 3/8 Lane : 4 Athlete: VERBEEK FENNA				Q-time: 00:42:19	
PB (25m pool): 00:42.19 Nijlen 16/11/2025				PB (50m pool): no time SB: no time	
	2 5 M	5 0 M			
PB		00:42.19			
	00:42.19				
					

Coach feedback:

Event number: 5: 50M BACKSTROKE MEN 11+				Heat:2, starttime: 14:37	
Heat: 2/7 Lane : 3 Athlete: GODTS TRISTAN				Q-time: 99:99:99	
PB (25m pool): no time		PB (50m pool): no time SB: no time			
	2 5 M	5 0 M			
PB		no time			
	no time				
					

Coach feedback:

Event number: 7: 100M MEDLEY WOMEN 11+					Heat:1, starttime: 15:08
Heat: 1/10 Lane : 5 Athlete: DEKELVER SAKURA				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:

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Event number: 7: 100M MEDLEY WOMEN 11+					Heat:2, starttime: 15:10
Heat: 2/10 Lane : 4 Athlete: BRAEM ARIELLA ESE					Q-time: 01:41:37
PB (25m pool): 01:41.37 Aarschot 26/04/2026 PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:49.82		01:41.37	
	00:49.82		00:51.55		
					

Coach feedback:

Event number: 7: 100M MEDLEY WOMEN 11+					Heat:2, starttime: 15:10
Heat: 2/10 Lane : 6 Athlete: VETTERS GLUZA NINA					Q-time: 01:48:49
PB (25m pool): 01:48.49 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:52.00		01:48.49	
	00:52.00		00:56.49		
					

Coach feedback:

Event number: 7: 100M MEDLEY WOMEN 11+					Heat:4, starttime: 15:15
Heat: 4/10 Lane : 6 Athlete: VERBEEK FENNA					Q-time: 01:33:88
PB (25m pool): 01:33.88 Heist-op-den-Berg 10/01/2026 PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:33.88	
	no time				
					

Coach feedback:

Event number: 8: 100M MEDLEY MEN 11+					Heat:1, starttime: 15:29
Heat: 1/6 Lane : 1 Athlete: GOVARTS RUNE					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:

HoZT SPRINT 26: Session: 1: COACH evaluation sheet for TEAM: HEST

Event number: 8: 100M MEDLEY MEN 11+					Heat:1, starttime: 15:29
Heat: 1/6 Lane : 2 Athlete: GODTS TRISTAN					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: 8: 100M MEDLEY MEN 11+					Heat:1, starttime: 15:29
Heat: 1/6 Lane : 3 Athlete: BERVOETS VIC					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: 11: 50M BREASTSTROKE WOMEN 11+					Heat:1, starttime: 16:10
Heat: 1/9 Lane : 3 Athlete: DEKELVER SAKURA					Q-time: 99:99:99
PB (25m pool): no time PB (50m pool): no time SB: no time					
	2 5 M	5 0 M			
PB		no time			
	no time				
					

Coach feedback:

Event number: 11: 50M BREASTSTROKE WOMEN 11+					Heat:3, starttime: 16:13
Heat: 3/9 Lane : 1 Athlete: VETTERS GLUZA NINA					Q-time: 00:53:44
PB (25m pool): 00:53.91 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): no time SB: no time					
	2 5 M	5 0 M			
PB		00:53.91			
	00:53.91				
					

Coach feedback:

HoZT SPRINT 26: Session: 1: COACH evaluation sheet for TEAM: HEST

Event number: 11: 50M BREASTSTROKE WOMEN 11+			Heat:4, starttime: 16:15
Heat: 4/9 Lane : 1 Athlete: BRAEM ARIELLA ESE			Q-time: 00:50:38
PB (25m pool): 00:50.38 Herentals 09/05/2026			PB (50m pool): no time SB: no time
	2 5 M	5 0 M	
PB		00:50.38	
		00:50.38	
			

Coach feedback:

Event number: 12: 50M BREASTSTROKE MEN 11+			Heat:1, starttime: 16:23
Heat: 1/9 Lane : 4 Athlete: GODTS TRISTAN			Q-time: 99:99:99
PB (25m pool): no time			PB (50m pool): no time SB: no time
	2 5 M	5 0 M	
PB		no time	
		no time	
			

Coach feedback:

Event number: 12: 50M BREASTSTROKE MEN 11+			Heat:3, starttime: 16:25
Heat: 3/9 Lane : 2 Athlete: GOVARTS RUNE			Q-time: 00:50:03
PB (25m pool): 00:50.03 Herentals 09/05/2026			PB (50m pool): no time SB: no time
	2 5 M	5 0 M	
PB		00:50.03	
		00:50.03	
			

Coach feedback:

Event number: 14: 50M FREESTYLE WOMEN 11+			Heat:3, starttime: 16:41
Heat: 3/11 Lane : 1 Athlete: VERBEEK FENNA			Q-time: 00:39:25
PB (25m pool): 00:39.90 Herentals 17/05/2025			PB (50m pool): no time SB: no time
	2 5 M	5 0 M	
PB		00:39.90	
		00:39.90	
			

Coach feedback:

HoZT SPRINT 26: Session: 1: COACH evaluation sheet for TEAM: HEST

Event number: 15: 50M FREESTYLE MEN 11+			Heat:1, starttime: 16:51		
Heat: 1/10 Lane : 2 Athlete: BERVOETS VIC			Q-time: 99:99:99		
PB (25m pool): no time			PB (50m pool): no time SB: no time		
	2 5 M	5 0 M			
PB		no time			
	no time				
					

Coach feedback:

Event number: 15: 50M FREESTYLE MEN 11+			Heat:1, starttime: 16:51		
Heat: 1/10 Lane : 4 Athlete: GOVARTS RUNE			Q-time: 99:99:99		
PB (25m pool): no time			PB (50m pool): no time SB: no time		
	2 5 M	5 0 M			
PB		no time			
	no time				
					

Coach feedback:

Event number: 16: 4x50M MEDLEY MIXED					Heat:2, starttime: 17:25			
Heat: 2/3 Lane : 5 Athlete: TEAM HEST 1					Q-time: 99:99:99			
PB (25m pool):		PB (50m pool):			SB:			
	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								
								

Coach feedback: