# Hasseltse 200m 2026: Session: 1: COACH evaluation sheet for TEAM: ZCT

**Coachinfo: Warming up from: 07:30 untill 08:20. Teamleadmeeting @ The listed starttimes are indicative!**

**Coaches: Janssen Koen**

**Coaches: Van Looy Jelske**

**Coaches: Mertens Tijl**

**Coaches: Loeman Efjennia**

**Coaches: Horemans Nathalie HEADCOACH**

**Coaches: Verbinnen Nadine**

**Coaches: Callebaut Joris**

**Coaches: Claes Lieselotte**

**Coaches: Moons Lincy**

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

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## Event number: 1: 200M MEDLEY MIXED 10-9 — Heat:2, starttime: 08:34

**Heat: 2/3 Lane : 2 Athlete: SLAGMOLEN PIM** — **Q-time: 99:99:99**

**PB (25m pool):** no time **PB (50m pool):** no time **SB:** no time

| | 25M | 50M | 75M | 100 | 125 | 150 | 175 | 200M |
|---|---|---|---|---|---|---|---|---|
| PB | | no time | | no time | | no time | | no time |
| | *no time* | | | | | | | |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . |

Coach feedback:

## Event number: 1: 200M MEDLEY MIXED 10-9 — Heat:2, starttime: 08:34

**Heat: 2/3 Lane : 6 Athlete: VAN DEN BROECK BABETTE** — **Q-time: 99:99:99**

**PB (25m pool):** no time **PB (50m pool):** no time **SB:** no time

| | 25M | 50M | 75M | 100 | 125 | 150 | 175 | 200M |
|---|---|---|---|---|---|---|---|---|
| PB | | no time | | no time | | no time | | no time |
| | *no time* | | | | | | | |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . |

Coach feedback:

## Event number: 1: 200M MEDLEY MIXED 10-9 — Heat:2, starttime: 08:34

**Heat: 2/3 Lane : 8 Athlete: ROCKELé ANNABEL** — **Q-time: 99:99:99**

**PB (25m pool):** no time **PB (50m pool):** no time **SB:** no time

| | 25M | 50M | 75M | 100 | 125 | 150 | 175 | 200M |
|---|---|---|---|---|---|---|---|---|
| PB | | no time | | no time | | no time | | no time |
| | *no time* | | | | | | | |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . |

Coach feedback:

# Hasseltse 200m 2026: Session: 1: COACH evaluation sheet for TEAM: ZCT

## Event number: 1: 200M MEDLEY MIXED 10-9 — Heat:3, starttime: 08:39

**Heat: 3/3 Lane : 5 Athlete: VANDEPOEL JEF** — **Q-time: 03:21:44**

**PB (25m pool):** 03:21.44 Aarschot 26/04/2026 **PB (50m pool):** no time **SB:** no time

| | 25M | 50M | 75M | 100 | 125 | 150 | 175 | 200M |
|---|---|---|---|---|---|---|---|---|
| PB | | 00:43.35 | | 01:33.00 | | 02:33.03 | | 03:21.44 |
| | | *00:43.35* | | *00:49.65* | | *01:00.03* | | *00:48.41* |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . |

Coach feedback:

## Event number: 2: 200M BREASTSTROKE WOMEN 11+ — Heat:7, starttime: 09:13

**Heat: 7/13 Lane : 2 Athlete: SALAETS TESS** — **Q-time: 03:36:53**

**PB (25m pool):** 03:36.53 Aarschot 26/04/2026 **PB (50m pool):** no time **SB:** no time

| | 25M | 50M | 75M | 100 | 125 | 150 | 175 | 200M |
|---|---|---|---|---|---|---|---|---|
| PB | | 00:46.98 | | 01:41.91 | | 02:39.32 | | 03:36.53 |
| | | *00:46.98* | | *00:54.93* | | *00:57.41* | | *00:57.21* |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . |

Coach feedback:

## Event number: 2: 200M BREASTSTROKE WOMEN 11+ — Heat:8, starttime: 09:17

**Heat: 8/13 Lane : 5 Athlete: BOND MAYA** — **Q-time: 03:24:50**

**PB (25m pool):** 03:24.50 Parklaan 58, Turnhout 29/03/2026 **PB (50m pool):** no time **SB:** no time

| | 25M | 50M | 75M | 100 | 125 | 150 | 175 | 200M |
|---|---|---|---|---|---|---|---|---|
| PB | | 00:47.24 | | 01:39.60 | | no time | | 03:24.50 |
| | | *00:47.24* | | *00:52.36* | | | | |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . |

Coach feedback:

## Event number: 2: 200M BREASTSTROKE WOMEN 11+ — Heat:9, starttime: 09:21

**Heat: 9/13 Lane : 2 Athlete: BELIAEV EMILY** — **Q-time: 03:19:66**

**PB (25m pool):** 03:19.66 Aarschot 26/04/2026 **PB (50m pool):** 03:22.87 **SB:** no time

| | 25M | 50M | 75M | 100 | 125 | 150 | 175 | 200M |
|---|---|---|---|---|---|---|---|---|
| PB | | 00:46.33 | | 01:38.33 | | 02:30.86 | | 03:19.66 |
| | | *00:46.33* | | *00:52.00* | | *00:52.53* | | *00:48.80* |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . |

Coach feedback:

# Hasseltse 200m 2026: Session: 1: COACH evaluation sheet for TEAM: ZCT

## Event number: 2: 200M BREASTSTROKE WOMEN 11+ Heat:10, starttime: 09:25

**Heat: 10/13 Lane : 6 Athlete: PISCAER STANSE** **Q-time: 03:12:02**

**PB (25m pool): 03:12.02 Parklaan 58, Turnhout 29/03/2026** **PB (50m pool):** 03:27.00 **SB:** no time

| | 25M | 50M | 75M | 100 | 125 | 150 | 175 | 200M |
|---|---|---|---|---|---|---|---|---|
| PB | | 00:43.00 | | 01:32.88 | | no time | | 03:12.02 |
| | | *00:43.00* | | *00:49.88* | | | | |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . |

Coach feedback:

## Event number: 2: 200M BREASTSTROKE WOMEN 11+ Heat:13, starttime: 09:36

**Heat: 13/13 Lane : 3 Athlete: VERELST LAURA** **Q-time: 02:48:10**

**PB (25m pool): 02:48.10 Leuven 12/10/2025** **PB (50m pool):** 02:49.63 **SB:** 02:50.13 Leuven 04/10/2026

| | 25M | 50M | 75M | 100 | 125 | 150 | 175 | 200M |
|---|---|---|---|---|---|---|---|---|
| PB | | 00:39.36 | | 01:22.70 | | 02:05.30 | | 02:48.10 |
| | | *00:39.36* | | *00:43.34* | | *00:42.60* | | *00:42.80* |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . |

Coach feedback:

## Event number: 2: 200M BREASTSTROKE WOMEN 11+ Heat:13, starttime: 09:36

**Heat: 13/13 Lane : 4 Athlete: UYTTERHOEVEN FLO** **Q-time: 02:46:81**

**PB (25m pool): 02:46.81 Aarschot 27/07/2026** **PB (50m pool):** 02:48.66 **SB:** 02:48.92 Leuven 04/10/2026

| | 25M | 50M | 75M | 100 | 125 | 150 | 175 | 200M |
|---|---|---|---|---|---|---|---|---|
| PB | | 00:37.33 | | 01:20.58 | | no time | | 02:46.81 |
| | | *00:37.33* | | *00:43.25* | | | | |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . |

Coach feedback:

## Event number: 2: 200M BREASTSTROKE WOMEN 11+ Heat:13, starttime: 09:36

**Heat: 13/13 Lane : 7 Athlete: UYTTERHOEVEN FIEBE** **Q-time: 02:53:58**

**PB (25m pool): 02:53.58 Aarschot 26/04/2026** **PB (50m pool):** 03:00.03 **SB:** 02:56.48 Leuven 04/10/2026

| | 25M | 50M | 75M | 100 | 125 | 150 | 175 | 200M |
|---|---|---|---|---|---|---|---|---|
| PB | | 00:39.40 | | 01:23.79 | | 02:09.18 | | 02:53.58 |
| | | *00:39.40* | | *00:44.39* | | *00:45.39* | | *00:44.40* |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . |

Coach feedback:

# Hasseltse 200m 2026: Session: 1: COACH evaluation sheet for TEAM: ZCT

## Event number: 3: 200M BREASTSTROKE MEN 11+ — Heat:5, starttime: 10:01

**Heat: 5/9 Lane : 5 Athlete: SOENS JACK** — **Q-time: 03:30:78**

**PB (25m pool): 03:30.78 Parklaan 58, Turnhout 29/03/2026** **PB (50m pool):** no time **SB:** no time

| | 25 M | 50 M | 75 M | 100 | 125 | 150 | 175 | 200 M |
|---|---|---|---|---|---|---|---|---|
| PB | | 00:49.74 | | 01:42.99 | | no time | | 03:30.78 |
| | | *00:49.74* | | *00:53.25* | | | | |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . |

Coach feedback:

## Event number: 4: 400M FREESTYLE MIXED 10-9 — Heat:1, starttime: 10:20

**Heat: 1/3 Lane : 3 Athlete: MARTENS VANDERPER JULIA** — **Q-time: 99:99:99**

**PB (25m pool): no time** **PB (50m pool):** no time **SB:** no time

| | 25 M | 50 M | 75 M | 100 M | 125 M | 150 M | 175 M | 200 M |
|---|---|---|---|---|---|---|---|---|
| PB | | no time | | no time | | no time | | no time |
| | | *no time* | | | | | | |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . |
| | **225 M** | **250 M** | **275 M** | **300** | **325** | **350** | **375** | **400 M** |
| PB | | no time | | no time | | no time | | no time |
| | | | | | | | | |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . |

Coach feedback:

## Event number: 4: 400M FREESTYLE MIXED 10-9 — Heat:2, starttime: 10:28

**Heat: 2/3 Lane : 2 Athlete: SCHOLZ ZOé** — **Q-time: 99:99:99**

**PB (25m pool): no time** **PB (50m pool):** no time **SB:** no time

| | 25 M | 50 M | 75 M | 100 M | 125 M | 150 M | 175 M | 200 M |
|---|---|---|---|---|---|---|---|---|
| PB | | no time | | no time | | no time | | no time |
| | | *no time* | | | | | | |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . |
| | **225 M** | **250 M** | **275 M** | **300** | **325** | **350** | **375** | **400 M** |
| PB | | no time | | no time | | no time | | no time |
| | | | | | | | | |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . |

Coach feedback:

# Hasseltse 200m 2026: Session: 1: COACH evaluation sheet for TEAM: ZCT

## Event number: 4: 400M FREESTYLE MIXED 10-9 — Heat:2, starttime: 10:28

**Heat: 2/3 Lane : 6 Athlete: SCHURMANS MALOU** — **Q-time: 99:99:99**

**PB (25m pool): no time** — **PB (50m pool):** no time **SB:** no time

| | 25M | 50M | 75M | 100M | 125M | 150M | 175M | 200M |
|---|---|---|---|---|---|---|---|---|
| PB | | no time | | no time | | no time | | no time |
| | *no time* | | | | | | | |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . |

| | 225M | 250M | 275M | 300 | 325 | 350 | 375 | 400M |
|---|---|---|---|---|---|---|---|---|
| PB | | no time | | no time | | no time | | no time |
| | | | | | | | | |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . |

Coach feedback:

## Event number: 4: 400M FREESTYLE MIXED 10-9 — Heat:3, starttime: 10:36

**Heat: 3/3 Lane : 5 Athlete: SWEECK ISE** — **Q-time: 06:41:27**

**PB (25m pool): 06:41.27 Tremelo 24/05/2026** — **PB (50m pool):** no time **SB:** no time

| | 25M | 50M | 75M | 100M | 125M | 150M | 175M | 200M |
|---|---|---|---|---|---|---|---|---|
| PB | | no time | | 01:36.17 | | no time | | 03:20.10 |
| | *no time* | | | | | | | |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . |

| | 225M | 250M | 275M | 300 | 325 | 350 | 375 | 400M |
|---|---|---|---|---|---|---|---|---|
| PB | | no time | | no time | | no time | | 06:41.27 |
| | | | | | | | | |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . |

Coach feedback:

## Event number: 5: 200M MEDLEY WOMEN 11+ — Heat:8, starttime: 11:22

**Heat: 8/12 Lane : 2 Athlete: DECALUWé ELOUISE** — **Q-time: 02:47:45**

**PB (25m pool): 02:44.83 Leuven 04/10/2026** — **PB (50m pool):** 02:51.62 **SB:** 02:44.83 Leuven 04/10/2026

| | 25M | 50M | 75M | 100 | 125 | 150 | 175 | 200M |
|---|---|---|---|---|---|---|---|---|
| PB | | 00:36.95 | | 01:18.13 | | 02:07.29 | | 02:44.83 |
| | *00:36.95* | | *00:41.18* | | *00:49.16* | | *00:37.54* | |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . |

Coach feedback:

# Hasseltse 200m 2026: Session: 1: COACH evaluation sheet for TEAM: ZCT

## Event number: 5: 200M MEDLEY WOMEN 11+ — Heat:8, starttime: 11:22

**Heat: 8/12 Lane : 3 Athlete: PISCAER STANSE** — **Q-time: 02:46:38**

**PB (25m pool): 02:46.38 Parklaan 58, Turnhout 29/03/2026** **PB (50m pool):** 02:47.97 **SB:** no time

| | 25M | 50M | 75M | 100 | 125 | 150 | 175 | 200M |
|---|---|---|---|---|---|---|---|---|
| PB | | 00:36.53 | | no time | | no time | | 02:46.38 |
| | | *00:36.53* | | | | | | |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . |

Coach feedback:

## Event number: 5: 200M MEDLEY WOMEN 11+ — Heat:8, starttime: 11:22

**Heat: 8/12 Lane : 5 Athlete: VERVLOET LIN** — **Q-time: 02:46:15**

**PB (25m pool): 02:46.15 Sportoase De Watermolen 21/07/2026 PB (50m pool):** 02:55.52 **SB:** 02:49.55 Leuven 04/10/2026

| | 25M | 50M | 75M | 100 | 125 | 150 | 175 | 200M |
|---|---|---|---|---|---|---|---|---|
| PB | | 00:37.52 | | 01:18.43 | | 02:09.37 | | 02:46.15 |
| | | *00:37.52* | | *00:40.91* | | *00:50.94* | | *00:36.78* |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . |

Coach feedback:

## Event number: 5: 200M MEDLEY WOMEN 11+ — Heat:9, starttime: 11:25

**Heat: 9/12 Lane : 6 Athlete: JANSSEN LUCY** — **Q-time: 02:42:42**

**PB (25m pool): 02:42.42 Parklaan 58, Turnhout 29/03/2026 PB (50m pool):** 02:49.14 **SB:** 02:44.40 Leuven 04/10/2026

| | 25M | 50M | 75M | 100 | 125 | 150 | 175 | 200M |
|---|---|---|---|---|---|---|---|---|
| PB | | 00:34.46 | | no time | | no time | | 02:42.42 |
| | | *00:34.46* | | | | | | |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . |

Coach feedback:

## Event number: 5: 200M MEDLEY WOMEN 11+ — Heat:10, starttime: 11:28

**Heat: 10/12 Lane : 4 Athlete: VELDHUIS VICTORIA** — **Q-time: 02:38:08**

**PB (25m pool): 02:33.34 Leuven 20/10/2024** **PB (50m pool):** 02:40.92 **SB:** no time

| | 25M | 50M | 75M | 100 | 125 | 150 | 175 | 200M |
|---|---|---|---|---|---|---|---|---|
| PB | | 00:34.03 | | 01:13.86 | | 01:58.04 | | 02:33.34 |
| | | *00:34.03* | | *00:39.83* | | *00:44.18* | | *00:35.30* |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . |

Coach feedback:

# Hasseltse 200m 2026: Session: 1: COACH evaluation sheet for TEAM: ZCT

## Event number: 5: 200M MEDLEY WOMEN 11+ — Heat:10, starttime: 11:28

**Heat: 10/12 Lane : 7 Athlete: THIJS MAAIKE** — **Q-time: 02:40:64**

**PB (25m pool): 02:40.64 Sinbad 16/03/2025** — **PB (50m pool):** 02:41.37 **SB:** no time

| | 25 M | 50 M | 75 M | 100 | 125 | 150 | 175 | 200 M |
|---|---|---|---|---|---|---|---|---|
| PB | | 00:34.23 | | no time | | no time | | 02:40.64 |
| | | *00:34.23* | | | | | | |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . |

Coach feedback:

## Event number: 5: 200M MEDLEY WOMEN 11+ — Heat:11, starttime: 11:31

**Heat: 11/12 Lane : 2 Athlete: UYTTERHOEVEN FLO** — **Q-time: 02:36:20**

**PB (25m pool): 02:36.20 Aarschot 27/07/2026** — **PB (50m pool):** 02:42.07 **SB:** 02:36.56 Leuven 04/10/2026

| | 25 M | 50 M | 75 M | 100 | 125 | 150 | 175 | 200 M |
|---|---|---|---|---|---|---|---|---|
| PB | | 00:35.07 | | no time | | no time | | 02:36.20 |
| | | *00:35.07* | | | | | | |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . |

Coach feedback:

## Event number: 5: 200M MEDLEY WOMEN 11+ — Heat:11, starttime: 11:31

**Heat: 11/12 Lane : 5 Athlete: BOHMER JANNE** — **Q-time: 02:35:63**

**PB (25m pool): 02:35.15 Leuven 04/10/2026** — **PB (50m pool):** 02:35.55 **SB:** 02:35.15 Leuven 04/10/2026

| | 25 M | 50 M | 75 M | 100 | 125 | 150 | 175 | 200 M |
|---|---|---|---|---|---|---|---|---|
| PB | | 00:34.14 | | 01:13.15 | | 01:59.75 | | 02:35.15 |
| | | *00:34.14* | | *00:39.01* | | *00:46.60* | | *00:35.40* |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . |

Coach feedback:

## Event number: 5: 200M MEDLEY WOMEN 11+ — Heat:11, starttime: 11:31

**Heat: 11/12 Lane : 6 Athlete: DECALUWé HELENA** — **Q-time: 02:36:02**

**PB (25m pool): 02:36.02 Aarschot 27/07/2026** — **PB (50m pool):** 02:41.95 **SB:** 02:36.08 Leuven 04/10/2026

| | 25 M | 50 M | 75 M | 100 | 125 | 150 | 175 | 200 M |
|---|---|---|---|---|---|---|---|---|
| PB | | 00:34.10 | | no time | | no time | | 02:36.02 |
| | | *00:34.10* | | | | | | |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . |

Coach feedback:

# Hasseltse 200m 2026: Session: 1: COACH evaluation sheet for TEAM: ZCT

## Event number: 5: 200M MEDLEY WOMEN 11+ — Heat:11, starttime: 11:31

**Heat: 11/12 Lane : 8 Athlete: UYTTERHOEVEN FIEBE** — **Q-time: 02:37:66**

**PB (25m pool): 02:37.66 Aarschot 26/04/2026** **PB (50m pool):** 02:42.56 **SB:** 02:40.53 Leuven 04/10/2026

| | 25 M | 50 M | 75 M | 100 | 125 | 150 | 175 | 200 M |
|---|---|---|---|---|---|---|---|---|
| PB | | 00:34.32 | | 01:15.29 | | 02:00.62 | | 02:37.66 |
| | | *00:34.32* | | *00:40.97* | | *00:45.33* | | *00:37.04* |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . |

Coach feedback:

## Event number: 5: 200M MEDLEY WOMEN 11+ — Heat:12, starttime: 11:35

**Heat: 12/12 Lane : 6 Athlete: VERELST LAURA** — **Q-time: 02:29:81**

**PB (25m pool): 02:29.81 Aarschot 27/07/2026** **PB (50m pool):** 02:32.61 **SB:** 02:34.08 Leuven 04/10/2026

| | 25 M | 50 M | 75 M | 100 | 125 | 150 | 175 | 200 M |
|---|---|---|---|---|---|---|---|---|
| PB | | 00:33.49 | | no time | | no time | | 02:29.81 |
| | | *00:33.49* | | | | | | |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . |

Coach feedback:

## Event number: 6: 200M MEDLEY MEN 11+ — Heat:3, starttime: 11:47

**Heat: 3/8 Lane : 4 Athlete: ROCKELé LOWIE** — **Q-time: 02:48:30**

**PB (25m pool): 02:48.30 Parklaan 58, Turnhout 29/03/2026** **PB (50m pool):** 02:58.02 **SB:** no time

| | 25 M | 50 M | 75 M | 100 | 125 | 150 | 175 | 200 M |
|---|---|---|---|---|---|---|---|---|
| PB | | 00:32.36 | | no time | | no time | | 02:48.30 |
| | | *00:32.36* | | | | | | |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . |

Coach feedback:

## Event number: 6: 200M MEDLEY MEN 11+ — Heat:4, starttime: 11:50

**Heat: 4/8 Lane : 3 Athlete: SCHEPENS TOOR** — **Q-time: 02:40:30**

**PB (25m pool): 02:32.45 Leuven 04/10/2026** **PB (50m pool):** 02:56.79 **SB:** 02:32.45 Leuven 04/10/2026

| | 25 M | 50 M | 75 M | 100 | 125 | 150 | 175 | 200 M |
|---|---|---|---|---|---|---|---|---|
| PB | | 00:33.09 | | 01:12.82 | | 01:58.55 | | 02:32.45 |
| | | *00:33.09* | | *00:39.73* | | *00:45.73* | | *00:33.90* |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . |

Coach feedback:

# Hasseltse 200m 2026: Session: 1: COACH evaluation sheet for TEAM: ZCT

## Event number: 6: 200M MEDLEY MEN 11+ — Heat:5, starttime: 11:53

**Heat: 5/8 Lane : 7 Athlete: MERTENS LANDER** — **Q-time: 02:36:59**

**PB (25m pool): 02:35.29 Leuven 04/10/2026** — **PB (50m pool):** 02:39.62 **SB:** 02:35.29 Leuven 04/10/2026

| | 25M | 50M | 75M | 100 | 125 | 150 | 175 | 200M |
|---|---|---|---|---|---|---|---|---|
| PB | | 00:33.38 | | 01:12.28 | | 01:59.52 | | 02:35.29 |
| | | *00:33.38* | | *00:38.90* | | *00:47.24* | | *00:35.77* |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . |

Coach feedback:

## Event number: 6: 200M MEDLEY MEN 11+ — Heat:6, starttime: 11:57

**Heat: 6/8 Lane : 2 Athlete: DECALUWé GEORGES** — **Q-time: 02:28:50**

**PB (25m pool): 02:26.16 Leuven 20/10/2024** — **PB (50m pool):** 02:30.26 **SB:** no time

| | 25M | 50M | 75M | 100 | 125 | 150 | 175 | 200M |
|---|---|---|---|---|---|---|---|---|
| PB | | 00:30.92 | | 01:06.76 | | 01:51.43 | | 02:26.16 |
| | | *00:30.92* | | *00:35.84* | | *00:44.67* | | *00:34.73* |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . |

Coach feedback:

## Event number: 6: 200M MEDLEY MEN 11+ — Heat:7, starttime: 12:00

**Heat: 7/8 Lane : 5 Athlete: VAN GRUNDERBEECK BAS** — **Q-time: 02:21:75**

**PB (25m pool): 02:21.75 Leuven 12/10/2025** — **PB (50m pool):** 02:25.47 **SB:** 02:21.81 Leuven 04/10/2026

| | 25M | 50M | 75M | 100 | 125 | 150 | 175 | 200M |
|---|---|---|---|---|---|---|---|---|
| PB | | 00:30.25 | | 01:06.48 | | 01:49.56 | | 02:21.75 |
| | | *00:30.25* | | *00:36.23* | | *00:43.08* | | *00:32.19* |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . |

Coach feedback: