Hasseltse 200m 2026: Session: 2: COACH evaluation sheet for TEAM: ZCT

Coachinfo: Warming up from: 13:00 untill 13:50. 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.**

Event number: 7: 200M FREESTYLE WOMEN 11+ Heat:8, starttime: 14:26

Heat: 8/12 Lane : 6 Athlete: VERVLOET LIN **Q-time: 02:31:98**

PB (25m pool): 02:31.98 Aarschot 26/04/2026 **PB (50m pool):** 02:38.52 **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:35.33		01:14.99		01:54.80		02:31.98
		00:35.33		*00:39.66*		*00:39.81*		*00:37.18*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 7: 200M FREESTYLE WOMEN 11+ Heat:9, starttime: 14:29

Heat: 9/12 Lane : 2 Athlete: DECALUWé ELOUISE **Q-time: 02:28:08**

PB (25m pool): 02:28.08 Tremelo 24/05/2026 **PB (50m pool):** 02:38.23 **SB:** 02:28.71 Leuven 04/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:33.83		01:12.12		no time		02:28.08
		00:33.83		*00:38.29*				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 7: 200M FREESTYLE WOMEN 11+ Heat:9, starttime: 14:29

Heat: 9/12 Lane : 7 Athlete: DECALUWé HELENA **Q-time: 02:29:06**

PB (25m pool): 02:29.06 Sinbad 16/03/2025 **PB (50m pool):** 02:28.18 **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:34.25		01:12.35		no time		02:29.06
		00:34.25		*00:38.10*				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Hasseltse 200m 2026: Session: 2: COACH evaluation sheet for TEAM: ZCT

Event number: 7: 200M FREESTYLE WOMEN 11+ — Heat:10, starttime: 14:32

Heat: 10/12 Lane : 3 Athlete: UYTTERHOEVEN FIEBE — **Q-time: 02:21:87**

PB (25m pool): 02:21.87 Parklaan 58, Turnhout 29/03/2026 **PB (50m pool):** 02:25.55 **SB:** 02:23.62 Leuven 04/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:32.98		01:09.16		no time		02:21.87
		00:32.98		*00:36.18*				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 7: 200M FREESTYLE WOMEN 11+ — Heat:11, starttime: 14:35

Heat: 11/12 Lane : 1 Athlete: UYTTERHOEVEN FLO — **Q-time: 02:20:11**

PB (25m pool): 02:20.11 LEUVEN 21/12/2025 **PB (50m pool):** 02:21.15 **SB:** 02:20.15 Leuven 04/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:33.10		01:09.38		01:45.51		02:20.11
		00:33.10		*00:36.28*		*00:36.13*		*00:34.60*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 7: 200M FREESTYLE WOMEN 11+ — Heat:11, starttime: 14:35

Heat: 11/12 Lane : 3 Athlete: VERELST LAURA — **Q-time: 02:18:86**

PB (25m pool): 02:18.86 Leuven 12/10/2025 **PB (50m pool):** 02:16.99 **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:32.79		01:08.92		01:44.66		02:18.86
		00:32.79		*00:36.13*		*00:35.74*		*00:34.20*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 7: 200M FREESTYLE WOMEN 11+ — Heat:12, starttime: 14:38

Heat: 12/12 Lane : 7 Athlete: VELDHUIS VICTORIA — **Q-time: 02:14:78**

PB (25m pool): 02:14.48 Leuven 20/10/2024 **PB (50m pool):** 02:19.25 **SB:** 02:19.25 Leuven 04/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:31.84		01:05.68		01:40.36		02:14.48
		00:31.84		*00:33.84*		*00:34.68*		*00:34.12*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Hasseltse 200m 2026: Session: 2: COACH evaluation sheet for TEAM: ZCT

Event number: 8: 200M FREESTYLE MEN 11+ — Heat:3, starttime: 14:50

Heat: 3/11 Lane : 5 Athlete: TORDOIR MILAS — **Q-time: 03:04:72**

PB (25m pool): 03:04.72 LEUVEN 23/11/2025 **PB (50m pool):** no time **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:43.38		01:30.87		02:19.87		03:04.72
		00:43.38		*00:47.49*		*00:49.00*		*00:44.85*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 8: 200M FREESTYLE MEN 11+ — Heat:3, starttime: 14:50

Heat: 3/11 Lane : 6 Athlete: WINDEY LOUIS — **Q-time: 03:12:46**

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: 8: 200M FREESTYLE MEN 11+ — Heat:8, starttime: 15:07

Heat: 8/11 Lane : 1 Athlete: MERTENS LANDER — **Q-time: 02:19:35**

PB (25m pool): 02:18.18 Leuven 04/10/2026 **PB (50m pool):** 02:34.20 **SB:** 02:18.18 Leuven 04/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:31.28		01:06.43		01:43.01		02:18.18
		00:31.28		*00:35.15*		*00:36.58*		*00:35.17*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 8: 200M FREESTYLE MEN 11+ — Heat:10, starttime: 15:13

Heat: 10/11 Lane : 4 Athlete: DECALUWé GEORGES — **Q-time: 02:05:70**

PB (25m pool): 02:03.75 Leuven 04/10/2026 **PB (50m pool):** 02:07.54 **SB:** 02:03.75 Leuven 04/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:28.16		00:59.27		01:31.58		02:03.75
		00:28.16		*00:31.11*		*00:32.31*		*00:32.17*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Hasseltse 200m 2026: Session: 2: COACH evaluation sheet for TEAM: ZCT

Event number: 8: 200M FREESTYLE MEN 11+ — Heat:11, starttime: 15:15

Heat: 11/11 Lane : 1 Athlete: VAN GRUNDERBEECK BAS — **Q-time: 02:02:83**

PB (25m pool): 02:02.83 LEUVEN 23/11/2025 — **PB (50m pool):** 02:07.05 **SB:** 02:03.90 Leuven 04/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:27.81		00:58.48		01:30.86		02:02.83
		00:27.81		*00:30.67*		*00:32.38*		*00:31.97*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 9: 200M BUTTERFLY WOMEN 11+ — Heat:1, starttime: 15:28

Heat: 1/3 Lane : 3 Athlete: BOND MAYA — **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: 9: 200M BUTTERFLY WOMEN 11+ — Heat:1, starttime: 15:28

Heat: 1/3 Lane : 4 Athlete: SALAETS TESS — **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: 9: 200M BUTTERFLY WOMEN 11+ — Heat:3, starttime: 15:36

Heat: 3/3 Lane : 4 Athlete: THIJS MAAIKE — **Q-time: 02:33:91**

PB (25m pool): 02:33.91 Aarschot 27/07/2026 — **PB (50m pool):** 02:41.60 **SB:** 02:45.51 Leuven 04/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:34.25		01:12.57		no time		02:33.91
		00:34.25		*00:38.32*				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Hasseltse 200m 2026: Session: 2: COACH evaluation sheet for TEAM: ZCT

Event number: 9: 200M BUTTERFLY WOMEN 11+ — Heat:3, starttime: 15:36

Heat: 3/3 Lane : 7 Athlete: BOHMER JANNE — **Q-time: 02:50:36**

PB (25m pool): no time **PB (50m pool):** 02:50.36 **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: 10: 200M BUTTERFLY MEN 11+ — Heat:1, starttime: 15:40

Heat: 1/2 Lane : 2 Athlete: SCHEPENS TOOR — **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: 10: 200M BUTTERFLY MEN 11+ — Heat:2, starttime: 15:44

Heat: 2/2 Lane : 1 Athlete: ROCKELé LOWIE — **Q-time: 03:04:36**

PB (25m pool): 03:04.36 Aarschot 26/04/2026 **PB (50m pool):** no time **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:35.52		01:19.83		02:05.49		03:04.36
		00:35.52		*00:44.31*		*00:45.66*		*00:58.87*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 11: 200M BACKSTROKE WOMEN 11+ — Heat:3, starttime: 15:58

Heat: 3/8 Lane : 5 Athlete: BELIAEV EMILY — **Q-time: 03:03:77**

PB (25m pool): 03:03.77 LEUVEN 23/11/2025 **PB (50m pool):** no time **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:43.38		01:31.35		02:18.51		03:03.77
		00:43.38		*00:47.97*		*00:47.16*		*00:45.26*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Hasseltse 200m 2026: Session: 2: COACH evaluation sheet for TEAM: ZCT

Event number: 11: 200M BACKSTROKE WOMEN 11+ Heat:5, starttime: 16:07

Heat: 5/8 Lane : 7 Athlete: PISCAER STANSE **Q-time: 02:44:83**

PB (25m pool): 02:43.52 Leuven 04/10/2026 **PB (50m pool):** 02:43.44 **SB:** 02:43.52 Leuven 04/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:37.08		01:18.10		02:00.22		02:43.52
		00:37.08		*00:41.02*		*00:42.12*		*00:43.30*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 11: 200M BACKSTROKE WOMEN 11+ Heat:6, starttime: 16:11

Heat: 6/8 Lane : 8 Athlete: VERVLOET LIN **Q-time: 02:43:61**

PB (25m pool): 02:40.04 Leuven 04/10/2026 **PB (50m pool):** 02:43.64 **SB:** 02:40.04 Leuven 04/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:37.83		01:19.03		02:00.10		02:40.04
		00:37.83		*00:41.20*		*00:41.07*		*00:39.94*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 11: 200M BACKSTROKE WOMEN 11+ Heat:7, starttime: 16:15

Heat: 7/8 Lane : 2 Athlete: JANSSEN LUCY **Q-time: 02:39:79**

PB (25m pool): 02:36.13 Leuven 04/10/2026 **PB (50m pool):** 02:41.57 **SB:** 02:36.13 Leuven 04/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:36.55		01:16.13		01:56.45		02:36.13
		00:36.55		*00:39.58*		*00:40.32*		*00:39.68*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 12: 200M BACKSTROKE MEN 11+ Heat:2, starttime: 16:27

Heat: 2/8 Lane : 4 Athlete: WINDEY LOUIS **Q-time: 03:18:41**

PB (25m pool): 03:18.41 Tremelo 24/05/2026 **PB (50m pool):** no time **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:48.57		01:40.21		no time		03:18.41
		00:48.57		*00:51.64*				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Hasseltse 200m 2026: Session: 2: COACH evaluation sheet for TEAM: ZCT

Event number: 12: 200M BACKSTROKE MEN 11+ Heat:2, starttime: 16:27

Heat: 2/8 Lane : 8 Athlete: TORDOIR MILAS **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	125	150	175	200 M
PB		no time		no time		no time		no time
		no time						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 12: 200M BACKSTROKE MEN 11+ Heat:4, starttime: 16:36

Heat: 4/8 Lane : 7 Athlete: SOENS JACK **Q-time: 02:46:32**

PB (25m pool): 02:46.32 LEUVEN 22/02/2026 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:40.39		01:23.66		no time		02:46.32
		00:40.39		*00:43.27*				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 12: 200M BACKSTROKE MEN 11+ Heat:6, starttime: 16:43

Heat: 6/8 Lane : 7 Athlete: MERTENS LANDER **Q-time: 02:27:39**

PB (25m pool): 02:27.22 Leuven 04/10/2026 **PB (50m pool):** 02:35.66 **SB:** 02:27.22 Leuven 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:34.62		01:12.56		01:50.67		02:27.22
		00:34.62		*00:37.94*		*00:38.11*		*00:36.55*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 12: 200M BACKSTROKE MEN 11+ Heat:8, starttime: 16:50

Heat: 8/8 Lane : 2 Athlete: DECALUWé GEORGES **Q-time: 02:19:47**

PB (25m pool): 02:19.47 Aarschot 28/07/2025 **PB (50m pool):** 02:26.00 **SB:** 02:20.84 Leuven 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:32.35		01:07.10		no time		02:19.47
		00:32.35		*00:34.75*				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback: