Vita ScheldeCup 2026: Session: 1: COACH Evaluation sheet for TEAM: LZV

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

Coaches: Jacobs Ella

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

Event number: 2: 100M BACKSTROKE WOMEN 11+ Heat:1, starttime: 14:07

Heat: 1/3 Lane : 5 Athlete: BOGAERT TIRZA **Q-time: 01:38:81**

PB (25m pool): 01:38.81 Temse 21/12/2025 **PB (50m pool):** 01:40.95 **SB:** 01:41.85 Sint-Amandsberg 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:47.14		01:38.81	
		00:47.14		*00:51.67*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 3: 100M FREESTYLE MEN 11+ Heat:2, starttime: 14:16

Heat: 2/9 Lane : 7 Athlete: VAN DEN BORRE AARON **Q-time: 01:20:24**

PB (25m pool): 01:20.24 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 01:34.05 **SB:** 01:20.24 Sint-Amandsberg 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:36.63		01:20.24	
		00:36.63		*00:43.61*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+ Heat:1, starttime: 14:29

Heat: 1/10 Lane : 4 Athlete: DE WILDE JANNE **Q-time: 01:25:93**

PB (25m pool): 01:25.93 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 01:37.87 **SB:** 01:25.93 Sint-Amandsberg 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:40.24		01:25.93	
		00:40.24		*00:45.69*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Vita ScheldeCup 2026: Session: 1: COACH Evaluation sheet for TEAM: LZV

Event number: 4: 100M FREESTYLE WOMEN 11+ — Heat:1, starttime: 14:29

Heat: 1/10 Lane : 5 Athlete: ZAIMI NOOR — **Q-time: 99:99:99**

PB (25m pool): **PB (50m pool):** **SB:**

	25 M	50 M	75 M	100 M	
PB					
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+ — Heat:2, starttime: 14:31

Heat: 2/10 Lane : 3 Athlete: LAMMENS YELISA — **Q-time: 01:21:86**

PB (25m pool): 01:21.86 Durmehal 27/09/2026 **PB (50m pool):** 01:25.44 **SB:** 01:21.86 Durmehal 27/09/2026

	25 M	50 M	75 M	100 M	
PB		00:39.59		01:21.86	
		00:39.59		*00:42.27*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+ — Heat:2, starttime: 14:31

Heat: 2/10 Lane : 4 Athlete: NEETESONNE LOTTE — **Q-time: 01:18:54**

PB (25m pool): 01:25.60 Eeklo 06/04/2026 **PB (50m pool):** 01:26.81 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:38.90		01:25.60	
		00:38.90		*00:46.70*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 8: 100M BREASTSTROKE MEN 11+ — Heat:2, starttime: 15:28

Heat: 2/5 Lane : 6 Athlete: VAN DEN BORRE AARON — **Q-time: 01:49:28**

PB (25m pool): no time **PB (50m pool):** 01:49.28 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		no time		no time	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Vita ScheldeCup 2026: Session: 1: COACH Evaluation sheet for TEAM: LZV

Event number: 9: 100M BREASTSTROKE WOMEN 11+ — Heat:1, starttime: 15:36

Heat: 1/5 Lane : 4 Athlete: BOGAERT TIRZA — **Q-time: 01:56:14**

PB (25m pool): 01:56.14 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 01:54.60 **SB:** 01:56.14 Sint-Amandsberg 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:52.78		01:56.14	
		00:52.78		*01:03.36*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 9: 100M BREASTSTROKE WOMEN 11+ — Heat:1, starttime: 15:36

Heat: 1/5 Lane : 6 Athlete: ZAIMI NOOR — **Q-time: 99:99:99**

PB (25m pool): **PB (50m pool):** **SB:**

	25 M	50 M	75 M	100 M	
PB					
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 9: 100M BREASTSTROKE WOMEN 11+ — Heat:2, starttime: 15:39

Heat: 2/5 Lane : 3 Athlete: DE WILDE JANNE — **Q-time: 01:48:52**

PB (25m pool): 01:48.52 Durmehal 28/02/2026 **PB (50m pool):** 01:58.70 **SB:** 01:50.18 Durmehal 27/09/2026

	25 M	50 M	75 M	100 M	
PB		00:51.05		01:48.52	
		00:51.05		*00:57.47*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 9: 100M BREASTSTROKE WOMEN 11+ — Heat:2, starttime: 15:39

Heat: 2/5 Lane : 4 Athlete: LAMMENS YELISA — **Q-time: 01:42:18**

PB (25m pool): 01:42.18 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 01:50.53 **SB:** 01:42.18 Sint-Amandsberg 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:49.72		01:42.18	
		00:49.72		*00:52.46*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Vita ScheldeCup 2026: Session: 1: COACH Evaluation sheet for TEAM: LZV

Event number: 9: 100M BREASTSTROKE WOMEN 11+ — Heat:2, starttime: 15:39

Heat: 2/5 Lane : 7 Athlete: NEETESONNE LOTTE — **Q-time: 01:53:84**

PB (25m pool): no time **PB (50m pool):** 01:53.84 **SB:** no time

	25M	50M	75M	100M	
PB		no time		no time	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 13: 100M MEDLEY MEN 11+ — Heat:2, starttime: 16:11

Heat: 2/8 Lane : 4 Athlete: VAN DEN BORRE AARON — **Q-time: 99:99:99**

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

	25M	50M	75M	100M	
PB		no time		no time	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 14: 100M MEDLEY WOMEN 11+ — Heat:2, starttime: 16:26

Heat: 2/8 Lane : 4 Athlete: NEETESONNE LOTTE — **Q-time: 99:99:99**

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

	25M	50M	75M	100M	
PB		no time		no time	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 14: 100M MEDLEY WOMEN 11+ — Heat:2, starttime: 16:26

Heat: 2/8 Lane : 6 Athlete: BOGAERT TIRZA — **Q-time: 99:99:99**

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

	25M	50M	75M	100M	
PB		no time		no time	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Vita ScheldeCup 2026: Session: 1: COACH Evaluation sheet for TEAM: LZV

Event number: 14: 100M MEDLEY WOMEN 11+ **Heat:3, starttime: 16:29**

Heat: 3/8 Lane : 4 Athlete: DE WILDE JANNE **Q-time: 01:44:86**

PB (25m pool): 01:44.86 TEMSE 30/03/2025 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:49.97		01:44.86	
		00:49.97		*00:54.89*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 14: 100M MEDLEY WOMEN 11+ **Heat:3, starttime: 16:29**

Heat: 3/8 Lane : 6 Athlete: LAMMENS YELISA **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	
PB		no time		no time	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 14: 100M MEDLEY WOMEN 11+ **Heat:3, starttime: 16:29**

Heat: 3/8 Lane : 7 Athlete: ZAIMI NOOR **Q-time: 99:99:99**

PB (25m pool): **PB (50m pool):** **SB:**

	25 M	50 M	75 M	100 M	
PB					
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback: