Vita ScheldeCup 2026: Session: 1: COACH evaluation sheet for TEAM: ZVW

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

Coaches: Daelman Rudy

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

Event number: 3: 100M FREESTYLE MEN 11+ Heat:1, starttime: 14:14

Heat: 1/9 Lane : 7 Athlete: EYLENBOSCH LOWIE **Q-time: 99:99:99**

PB (25m pool): 01:32.04 Zwembad De Treffer 06/04/2026 **PB (50m pool):** no time **SB:** no time

	25M	50M	75M	100M	
PB		00:42.75		01:32.04	
		00:42.75		*00:49.29*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 2/9 Lane : 2 Athlete: KINAUPENNE SEBE **Q-time: 01:18:87**

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

Heat: 2/9 Lane : 3 Athlete: COPPENS NAND **Q-time: 01:17:46**

PB (25m pool): 01:17.46 Liedekerke 11/11/2025 **PB (50m pool):** 01:38.03 **SB:** no time

	25M	50M	75M	100M	
PB		00:36.27		01:17.46	
		00:36.27		*00:41.19*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Vita ScheldeCup 2026: Session: 1: COACH evaluation sheet for TEAM: ZVW

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

Heat: 2/9 Lane : 5 Athlete: BOCKSTAELE LIAN — **Q-time: 01:16:40**

PB (25m pool): 01:16.40 Liedekerke 11/11/2025 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:35.41		01:16.40	
		00:35.41		*00:40.99*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 3: 100M FREESTYLE MEN 11+ — Heat:3, starttime: 14:18

Heat: 3/9 Lane : 3 Athlete: DE GROOTE TIMON — **Q-time: 01:11:70**

PB (25m pool): 01:11.70 Zwembad De Treffer 06/04/2026 **PB (50m pool):** 01:34.97 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:33.38		01:11.70	
		00:33.38		*00:38.32*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 3: 100M FREESTYLE MEN 11+ — Heat:3, starttime: 14:18

Heat: 3/9 Lane : 4 Athlete: PAUWELS MAXIME — **Q-time: 01:10:56**

PB (25m pool): 01:10.56 Liedekerke 11/11/2025 **PB (50m pool):** 01:21.06 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:35.21		01:10.56	
		00:35.21		*00:35.35*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 3: 100M FREESTYLE MEN 11+ — Heat:4, starttime: 14:20

Heat: 4/9 Lane : 3 Athlete: VEREECKE WOUT — **Q-time: 01:07:98**

PB (25m pool): 01:06.30 Liedekerke 01/05/2022 **PB (50m pool):** 01:08.33 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		no time		01:06.30	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Vita ScheldeCup 2026: Session: 1: COACH evaluation sheet for TEAM: ZVW

Event number: 3: 100M FREESTYLE MEN 11+ — Heat:7, starttime: 14:25

Heat: 7/9 Lane : 2 Athlete: ERAUW LEANDRO — **Q-time: 00:59:40**

PB (25m pool): 00:59.40 Liedekerke 11/11/2025 **PB (50m pool):** 01:05.12 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:28.35		00:59.40	
		00:28.35		*00:31.05*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 3: 100M FREESTYLE MEN 11+ — Heat:7, starttime: 14:25

Heat: 7/9 Lane : 5 Athlete: ERAUW DIEGO — **Q-time: 00:59:06**

PB (25m pool): 01:01.03 Liedekerke 11/11/2022 **PB (50m pool):** 01:04.73 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		no time		01:01.03	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 1/10 Lane : 3 Athlete: EDIERS JADE — **Q-time: 99:99:99**

PB (25m pool): 01:15.82 Zwembad De Treffer 06/04/2026 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:35.78		01:15.82	
		00:35.78		*00:40.04*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+ — Heat:3, starttime: 14:33

Heat: 3/10 Lane : 2 Athlete: BRAVO YASEMIN — **Q-time: 01:18:20**

PB (25m pool): 01:17.91 WAREGEM 01/04/2024 **PB (50m pool):** 01:24.79 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		no time		01:17.91	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Vita ScheldeCup 2026: Session: 1: COACH evaluation sheet for TEAM: ZVW

Event number: 4: 100M FREESTYLE WOMEN 11+ — Heat:6, starttime: 14:39

Heat: 6/10 Lane : 7 Athlete: DE GROOTE ULRIKE — **Q-time: 01:09:02**

PB (25m pool): 01:08.48 Temse 22/12/2024 **PB (50m pool):** no time **SB:** no time

	25M	50M	75M	100M	
PB		00:33.29		01:08.48	
		00:33.29		*00:35.19*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 6: 200M MEDLEY MEN 11+ — Heat:1, starttime: 14:54

Heat: 1/4 Lane : 6 Athlete: VAN DEN BORRE SAM — **Q-time: 99:99:99**

PB (25m pool): 02:36.18 Sinbad 26/03/2023 **PB (50m pool):** 02:43.98 **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		no time		no time		no time		02:36.18
		no time						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 7: 200M MEDLEY WOMEN 11+ — Heat:1, starttime: 15:07

Heat: 1/5 Lane : 3 Athlete: DE GROOTE ULRIKE — **Q-time: 99:99:99**

PB (25m pool): 03:06.84 Sinbad 26/03/2023 **PB (50m pool):** 03:15.03 **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		no time		no time		no time		03:06.84
		no time						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 8: 100M BREASTSTROKE MEN 11+ — Heat:1, starttime: 15:25

Heat: 1/5 Lane : 3 Athlete: EYLENBOSCH LOWIE — **Q-time: 99:99:99**

PB (25m pool): 01:35.77 Zwembad De Treffer 06/04/2026 **PB (50m pool):** no time **SB:** no time

	25M	50M	75M	100M	
PB		00:46.03		01:35.77	
		00:46.03		*00:49.74*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Vita ScheldeCup 2026: Session: 1: COACH evaluation sheet for TEAM: ZVW

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

Heat: 2/5 Lane : 3 Athlete: BOCKSTAELE LIAN — **Q-time: 01:42:97**

PB (25m pool): 01:42.97 WAREGEM 21/04/2025 **PB (50m pool):** 02:13.69 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:49.60		01:42.97	
		00:49.60		*00:53.37*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 2/5 Lane : 4 Athlete: KINAUPENNE SEBE — **Q-time: 01:40:23**

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

Heat: 1/5 Lane : 2 Athlete: EDIERS JADE — **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: 9: 100M BREASTSTROKE WOMEN 11+ — Heat:4, starttime: 15:43

Heat: 4/5 Lane : 5 Athlete: PLUQUET LENA — **Q-time: 01:29:06**

PB (25m pool): 01:29.06 Liedekerke 11/11/2025 **PB (50m pool):** 01:38.40 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:41.22		01:29.06	
		00:41.22		*00:47.84*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Vita ScheldeCup 2026: Session: 1: COACH evaluation sheet for TEAM: ZVW

Event number: 10: 100M BUTTERFLY MEN 11+ — Heat:1, starttime: 15:48

Heat: 1/4 Lane : 6 Athlete: COPPENS NAND — **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: 10: 100M BUTTERFLY MEN 11+ — Heat:2, starttime: 15:50

Heat: 2/4 Lane : 3 Athlete: VEREECKE WOUT — **Q-time: 01:17:14**

PB (25m pool): 01:14.40 Liedekerke 11/11/2022 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		no time		01:14.40	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 10: 100M BUTTERFLY MEN 11+ — Heat:3, starttime: 15:52

Heat: 3/4 Lane : 4 Athlete: ERAUW DIEGO — **Q-time: 01:10:29**

PB (25m pool): 01:08.16 Liedekerke 11/11/2022 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		no time		01:08.16	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 10: 100M BUTTERFLY MEN 11+ — Heat:4, starttime: 15:53

Heat: 4/4 Lane : 7 Athlete: VAN DEN BORRE SAM — **Q-time: 01:08:12**

PB (25m pool): 01:08.12 WAREGEM 21/04/2025 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:32.59		01:08.12	
	00:32.59		*00:35.53*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Vita ScheldeCup 2026: Session: 1: COACH evaluation sheet for TEAM: ZVW

Event number: 13: 100M MEDLEY MEN 11+ — Heat:1, starttime: 16:09

Heat: 1/8 Lane : 5 Athlete: ERAUW DIEGO — **Q-time: 99:99:99**

PB (25m pool): 01:11.77 Ternat 11/11/2021 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		no time		01:11.77	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 13: 100M MEDLEY MEN 11+ — Heat:3, starttime: 16:13

Heat: 3/8 Lane : 3 Athlete: DE GROOTE TIMON — **Q-time: 01:30:87**

PB (25m pool): 01:30.87 Liedekerke 01/05/2025 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		no time		01:30.87	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 13: 100M MEDLEY MEN 11+ — Heat:4, starttime: 16:15

Heat: 4/8 Lane : 3 Athlete: PAUWELS MAXIME — **Q-time: 01:21:94**

PB (25m pool): 01:21.94 Liedekerke 11/11/2025 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		no time		01:21.94	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 13: 100M MEDLEY MEN 11+ — Heat:6, starttime: 16:19

Heat: 6/8 Lane : 2 Athlete: ERAUW LEANDRO — **Q-time: 01:12:71**

PB (25m pool): 01:12.71 Liedekerke 11/11/2025 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		no time		01:12.71	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Vita ScheldeCup 2026: Session: 1: COACH evaluation sheet for TEAM: ZVW

Event number: 13: 100M MEDLEY MEN 11+ — Heat:7, starttime: 16:20

Heat: 7/8 Lane : 6 Athlete: VAN DEN BORRE SAM — **Q-time: 01:09:07**

PB (25m pool): 01:09.07 Liedekerke 01/05/2025 **PB (50m pool):** no time **SB:** no time

	25M	50M	75M	100M	
PB		no time		01:09.07	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 3/8 Lane : 3 Athlete: BRAVO YASEMIN — **Q-time: 99:99:99**

PB (25m pool): 01:30.55 Temse 22/12/2024 **PB (50m pool):** no time **SB:** no time

	25M	50M	75M	100M	
PB		00:43.13		01:30.55	
	00:43.13		*00:47.42*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 14: 100M MEDLEY WOMEN 11+ — Heat:4, starttime: 16:31

Heat: 4/8 Lane : 3 Athlete: PLUQUET LENA — **Q-time: 01:25:84**

PB (25m pool): 01:25.84 Liedekerke 11/11/2025 **PB (50m pool):** no time **SB:** no time

	25M	50M	75M	100M	
PB		no time		01:25.84	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 15: 4x50M MEDLEY MIXED 11+ — Heat:1, starttime: 16:41

Heat: 1/2 Lane : 3 Athlete: TEAM ZVW 1 — **Q-time: 99:99:99**

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

	25M	50M	75M	100	125	150	175	200M
PB								
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Vita ScheldeCup 2026: Session: 1: COACH evaluation sheet for TEAM: ZVW

Event number: 15: 4x50M MEDLEY MIXED 11+ **Heat:1, starttime: 16:41**

Heat: 1/2 Lane : 5 Athlete: TEAM ZVW 2 **Q-time: 99:99:99**

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

	25M	50M	75M	100	125	150	175	200M
PB								
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback: