

# VZC 2025: Session: 1: COACH evaluation sheet for TEAM: BRABO

Coachinfo: Warming up from: 07:15 untill 08:15.

Teamleadmeeting @

The listed starttimes are indicative!

Coaches: El Yousfi Yassin HEADCOACH

PB => Personal Best time

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

Event number: 1: 200M FREESTYLE WOMEN 15+					Heat:2, starttime: 08:35
Heat: 2/11 Lane : 3 Athlete: MARCKX LORE					Q-time: 02:43:22
PB (50m pool): 2:43.22 Antwerp 23 Mar 2024					PB (25m pool): 2:39.53 SB: no time Olympic Pool Wezenberg Antwerp
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	38.82	1:19.96	2:02.83	2:43.22	
	38.82	41.14	42.87	40.39	
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Coach feedback:

Event number: 1: 200M FREESTYLE WOMEN 15+					Heat:2, starttime: 08:35
Heat: 2/11 Lane : 3 Athlete: MARCKX LORE					Q-time: 02:43:22
PB (50m pool): 2:43.22 Antwerp 23 Mar 2024					PB (25m pool): 2:39.53 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	38.82	1:19.96	2:02.83	2:43.22	
	38.82	41.14	42.87	40.39	
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Coach feedback:

Event number: 1: 200M FREESTYLE WOMEN 15+					Heat:3, starttime: 08:38
Heat: 3/11 Lane : 6 Athlete: HOUVENAGHEL ELIEN					Q-time: 02:40:62
PB (50m pool): 2:40.62 Antwerpen 14 Jul 2024					PB (25m pool): 2:32.31 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	36.86	1:17.91	1:59.51	2:40.62	
	36.86	41.05	41.60	41.11	
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Coach feedback:

# VZC 2025: Session: 1: COACH evaluation sheet for TEAM: BRABO

Event number: 1: 200M FREESTYLE WOMEN 15+					Heat:6, starttime: 08:47
Heat: 6/11 Lane : 5 Athlete: BALAJI YOUSRA					Q-time: 02:32:24
PB (50m pool): 2:32.24 Antwerp 29 Mar 2025			PB (25m pool): 2:30.09 SB: 01:52.39 Olympic Pool Wezenberg Antwerp		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	34.14	1:12.96	1:52.39	2:32.24	
	34.14	38.82	39.43	39.85	
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Coach feedback:

Event number: 1: 200M FREESTYLE WOMEN 15+					Heat:6, starttime: 08:47
Heat: 6/11 Lane : 5 Athlete: BALAJI YOUSRA					Q-time: 02:32:24
PB (50m pool): 2:32.24 Antwerp 29 Mar 2025			PB (25m pool): 2:30.09 SB: 01:52.39 Olympic Pool Wezenberg Antwerp		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	34.14	1:12.96	1:52.39	2:32.24	
	34.14	38.82	39.43	39.85	
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Coach feedback:

Event number: 1: 200M FREESTYLE WOMEN 15+					Heat:7, starttime: 08:50
Heat: 7/11 Lane : 6 Athlete: VISSERS LOTTA					Q-time: 02:30:13
PB (50m pool): 2:30.13 Aalst 11 May 2025			PB (25m pool): 2:24.49 SB: 02:30.13 Aalst 11/05/2025		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	32.97	1:11.72	1:51.90	2:30.13	
	32.97	38.75	40.18	38.23	
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Coach feedback:

Event number: 1: 200M FREESTYLE WOMEN 15+					Heat:11, starttime: 09:01
Heat: 11/11 Lane : 5 Athlete: MOREELS NINA					Q-time: 02:16:81
PB (50m pool): 2:16.81 Antwerp 20 Apr 2025			PB (25m pool): 2:16.30 SB: 02:16.81 Antwerpen 20/04/2025		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	30.68	1:04.84	1:40.82	2:16.81	
	30.68	34.16	35.98	35.99	
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Coach feedback:

# VZC 2025: Session: 1: COACH evaluation sheet for TEAM: BRABO

Event number: 3: 100M BUTTERFLY MEN 11-12			Heat:4, starttime: 09:28
Heat: 4/6 Lane : 3 Athlete: TIEST FALCO			Q-time: 01:42:04
PB (50m pool): 1:42.04 Antwerp 29 Mar 2025			PB (25m pool): No time SB: 00:43.18 Olympic Pool Wezenberg Antwerp
	5 0 M	1 0 0 M	
PB	43.18	1:42.04	
	43.18	58.86	
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Coach feedback:

Event number: 3: 100M BUTTERFLY MEN 11-12			Heat:4, starttime: 09:28
Heat: 4/6 Lane : 3 Athlete: TIEST FALCO			Q-time: 01:42:04
PB (50m pool): 1:42.04 Antwerp 29 Mar 2025			PB (25m pool): No time SB: 00:43.18 Olympic Pool Wezenberg Antwerp
	5 0 M	1 0 0 M	
PB	43.18	1:42.04	
	43.18	58.86	
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Coach feedback:

Event number: 3: 100M BUTTERFLY MEN 11-12			Heat:6, starttime: 09:32
Heat: 6/6 Lane : 5 Athlete: BORKOVSKIY MARK			Q-time: 01:22:73
PB (50m pool): 1:22.73 Antwerp 29 Mar 2025			PB (25m pool): No time SB: 00:36.98 Olympic Pool Wezenberg Antwerp
	5 0 M	1 0 0 M	
PB	36.98	1:22.73	
	36.98	45.75	
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Coach feedback:

Event number: 3: 100M BUTTERFLY MEN 11-12			Heat:6, starttime: 09:32
Heat: 6/6 Lane : 5 Athlete: BORKOVSKIY MARK			Q-time: 01:22:73
PB (50m pool): 1:22.73 Antwerp 29 Mar 2025			PB (25m pool): No time SB: 00:36.98 Olympic Pool Wezenberg Antwerp
	5 0 M	1 0 0 M	
PB	36.98	1:22.73	
	36.98	45.75	
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Coach feedback:

# VZC 2025: Session: 1: COACH evaluation sheet for TEAM: BRABO

Event number: 3: 100M BUTTERFLY MEN 11-12						Heat:6, starttime: 09:32	
Heat: 6/6    Lane : 6    Athlete: VERCAMMEN MAGNUS					Q-time: 01:25:52		
PB (50m pool): 1:25.52    Antwerp 29 Mar 2025				PB (25m pool): 1:25.85    SB: 00:39.75    Olympic Pool Wezenberg    Antwerp			
	5 0 M	1 0 0 M					
PB	39.75	1:25.52					
	39.75	45.77					
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Coach feedback:

Event number: 3: 100M BUTTERFLY MEN 11-12							Heat:6, starttime: 09:32		
Heat: 6/6    Lane : 6    Athlete: VERCAMMEN MAGNUS							Q-time: 01:25:52		
PB (50m pool): 1:25.52    Antwerp 29 Mar 2025							PB (25m pool): 1:25.85    SB: 00:39.75    Olympic Pool Wezenberg    Antwerp		
	5 0 M		1 0 0 M						
PB	39.75		1:25.52						
	39.75		45.77						
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Coach feedback:

Event number: 4: 200M MEDLEY MEN 13-14				Heat:3, starttime: 09:42	
Heat: 3/12 Lane : 1 Athlete: SNOECKX GUILLAUME				Q-time: 03:16:44	
PB (50m pool): 3:16.44 Oostende 30 May 2025				PB (25m pool): No time SB: 03:16.44 Zwembad Brigitte Becue 30/05/2025	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	43.83	1:33.18	2:35.90	3:16.44	
	43.83	49.35	1:02.72	40.54	
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Coach feedback:

Event number: 4: 200M MEDLEY MEN 13-14				Heat:9, starttime: 10:03	
Heat: 9/12 Lane : 2 Athlete: SHIRVILL CASPER				Q-time: 02:51:28	
PB (50m pool): 2:51.28 Antwerp 13 Apr 2024				PB (25m pool): 2:48.25 SB: no time	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	39.14	1:21.31	2:13.56	2:51.28	
	39.14	42.17	52.25	37.72	
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Coach feedback:

# VZC 2025: Session: 1: COACH evaluation sheet for TEAM: BRABO

Event number: 6: 50M BREASTSTROKE MEN 15+										Heat:3, starttime: 10:47																				
Heat: 3/8 Lane : 6 Athlete: ROOSEN THOMAS																				Q-time: 00:39:04										
PB (50m pool): 39.04 Wezenberg 5 Jan 2025										PB (25m pool): 39.51 SB: 00:39.04 Wezenberg 05/01/2025																				
	5 0 M																													
PB	39.04																													
	39.04																													
	. . . . .																													

Coach feedback:

Event number: 6: 50M BREASTSTROKE MEN 15+										Heat:4, starttime: 10:48																				
Heat: 4/8 Lane : 8 Athlete: CLOCKAERTS MATHIS																				Q-time: 00:37:94										
PB (50m pool): 37.94 Oostende 28 May 2025										PB (25m pool): 36.02 SB: 00:37.94 Zwembad Brigitte Becue 30/05/2025																				
	5 0 M																													
PB	37.94																													
	37.94																													
	. . . . .																													

Coach feedback:

Event number: 6: 50M BREASTSTROKE MEN 15+										Heat:5, starttime: 10:49																				
Heat: 5/8    Lane : 3    Athlete: DE KONING RUBEN																				Q-time: 00:36:45										
PB (50m pool): 36.45    Wezenberg    5 Jan 2025										PB (25m pool): 34.79    SB: 00:36.45    Wezenberg    05/01/2025																				
	5 0 M																													
PB	36.45																													
	36.45																													
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Coach feedback:

Event number: 6: 50M BREASTSTROKE MEN 15+										Heat:6, starttime: 10:50																				
Heat: 6/8    Lane : 1    Athlete: VAN DEN BOSSCHE STAN																				Q-time: 00:35:80										
PB (50m pool): 35.80    Wezenberg    5 Jan 2025										PB (25m pool): 33.54    SB: 00:35.80    Wezenberg    05/01/2025																				
	5 0 M																													
PB	35.80																													
	35.80																													
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Coach feedback:

# VZC 2025: Session: 1: COACH evaluation sheet for TEAM: BRABO

Event number: 6: 50M BREASTSTROKE MEN 15+							Heat:6, starttime: 10:50		
Heat: 6/8    Lane : 8    Athlete: BEERSMANS THIBEAU							Q-time: 00:36:13		
PB (50m pool): 36.13    Antwerp   2 Feb 2025							PB (25m pool): 35.56    SB: 00:36.13    Antwerp   02/02/2025		
	5 0 M								
PB	36.13								
	36.13								
	. . . . .								

Coach feedback:

Event number: 7: 200M FREESTYLE MEN 11-12					Heat:3, starttime: 11:01
Heat: 3/8 Lane : 5 Athlete: ROOSEN MATHIJS					Q-time: 03:05:39
PB (50m pool):					PB (25m pool): No time SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB					
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Coach feedback:

Event number: 7: 200M FREESTYLE MEN 11-12					Heat:5, starttime: 11:08
Heat: 5/8 Lane : 6 Athlete: TSERING WANGCHUK LHAKSAM					Q-time: 02:55:94
PB (50m pool): 2:55.94 Gent 3 May 2025					PB (25m pool): No time SB: 02:55.94 Lago Gent Rozebroeken 04/05/2025
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	40.60	1:25.87	2:12.53	2:55.94	
	40.60	45.27	46.66	43.41	
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Coach feedback:

Event number: 7: 200M FREESTYLE MEN 11-12					Heat:7, starttime: 11:15
Heat: 7/8 Lane : 5 Athlete: VERSCHEURE SAM					Q-time: 02:48:70
PB (50m pool): 2:48.70 Gent 3 May 2025					PB (25m pool): No time SB: 02:48.70 Lago Gent Rozebroeken 04/05/2025
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	37.17	1:20.42	2:04.69	2:48.70	
	37.17	43.25	44.27	44.01	
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Coach feedback:

# VZC 2025: Session: 1: COACH evaluation sheet for TEAM: BRABO

Event number: 7: 200M FREESTYLE MEN 11-12					Heat:7, starttime: 11:15
Heat: 7/8 Lane : 6 Athlete: VAN CAMPFORT OLIVIER					Q-time: 02:49:34
PB (50m pool):					PB (25m pool): No time SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB					
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Coach feedback:

Event number: 7: 200M FREESTYLE MEN 11-12					Heat:8, starttime: 11:18
Heat: 8/8 Lane : 4 Athlete: BORKOVSKIY MARK					Q-time: 02:35:15
PB (50m pool): 2:35.15 Gent 3 May 2025					PB (25m pool): No time SB: 02:35.15 Lago Gent Rozebroeken 04/05/2025
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	35.42	1:12.45	1:54.16	2:35.15	
	35.42	37.03	41.71	40.99	
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Coach feedback:

Event number: 8: 4x50M MEDLEY MEN 11-14					Heat:1, starttime: 11:21
Heat: 1/2 Lane : 4 Athlete: TEAM BRABO					Q-time: 02:36:29
PB (50m pool):					PB (25m pool): No time SB:
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB					
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Coach feedback:

Event number: 9: 4x50M FREESTYLE MEN 15+					Heat:2, starttime: 11:30
Heat: 2/2 Lane : 4 Athlete: TEAM BRABO					Q-time: 01:50:18
PB (50m pool):					PB (25m pool): No time SB:
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB					
	. . . . .	. . . . .	. . . . .	. . . . .	

Coach feedback: