

VZC 2025: Session: 2: COACH evaluation sheet for TEAM: ZNA

Coachinfo: Warming up from: 12:45 untill 13:45.

Teamleadmeeting @

The listed starttimes are indicative!

Coaches: Kindt Joachim HEADCOACH

Coaches: Devrieze Maud

Coaches: Van Pelt Marie

PB => Personal Best time

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

Event number: 10: 200M FREESTYLE MEN 15+					Heat:3, starttime: 14:06
Heat: 3/11 Lane : 1 Athlete: CETIN ENES					Q-time: 02:28:32
PB (50m pool): 2:40.46 Aalst 24 Jun 2023			PB (25m pool): 2:28.32 SB: no time		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	35.88	1:17.30	1:59.91	2:40.46	
	35.88	41.42	42.61	40.55	
	

Coach feedback:

Event number: 10: 200M FREESTYLE MEN 15+					Heat:9, starttime: 14:23
Heat: 9/11 Lane : 4 Athlete: AHALLAL ADAM					Q-time: 02:12:92
PB (50m pool): 2:41.76 Gent 6 May 2023			PB (25m pool): 2:12.92 SB: no time		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	34.38	1:15.89	1:59.05	2:41.76	
	34.38	41.51	43.16	42.71	
	

Coach feedback:

Event number: 10: 200M FREESTYLE MEN 15+					Heat:10, starttime: 14:25
Heat: 10/11 Lane : 2 Athlete: CAUDRON XIBE					Q-time: 02:12:34
PB (50m pool): 2:12.34 Gent 3 May 2025			PB (25m pool): 2:07.22 SB: 02:12.34 Lago Gent Rozebroeken 04/05/2025		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	30.26	1:02.98	1:37.48	2:12.34	
	30.26	32.72	34.50	34.86	
	

Coach feedback:

VZC 2025: Session: 2: COACH evaluation sheet for TEAM: ZNA

Event number: 11: 200M BACKSTROKE WOMEN 15+					Heat:2, starttime: 14:36
Heat: 2/7 Lane : 5 Athlete: OSSELAER KATO					Q-time: 02:54:19
PB (50m pool): 2:54.19 Aalst 21 Dec 2024					PB (25m pool): 2:45.64 SB: 02:54.19 Aalst 21/12/2024
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	40.83	1:24.89	2:10.09	2:54.19	
	40.83	44.06	45.20	44.10	
	

Coach feedback:

Event number: 11: 200M BACKSTROKE WOMEN 15+					Heat:4, starttime: 14:43
Heat: 4/7 Lane : 2 Athlete: RUYSSINCK DIEDE					Q-time: 02:48:74
PB (50m pool): 2:48.74 Antwerpen 20 Jul 2024					PB (25m pool): 2:42.93 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	40.36	1:23.08	2:06.48	2:48.74	
	40.36	42.72	43.40	42.26	
	

Coach feedback:

Event number: 12: 100M BUTTERFLY WOMEN 11-12					Heat:8, starttime: 15:12
Heat: 8/8 Lane : 8 Athlete: DENEFF ELLA					Q-time: 01:34:21
PB (50m pool): 1:34.21 Aalst 11 May 2025					PB (25m pool): No time SB: 01:34.21 Aalst 11/05/2025
	5 0 M	1 0 0 M			
PB	43.07	1:34.21			
	43.07	51.14			
			

Coach feedback:

Event number: 13: 200M MEDLEY WOMEN 13-14					Heat:2, starttime: 15:18
Heat: 2/14 Lane : 2 Athlete: BADIDI CHAHD					Q-time: 03:29:33
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					
	

Coach feedback:

VZC 2025: Session: 2: COACH evaluation sheet for TEAM: ZNA

Event number: 13: 200M MEDLEY WOMEN 13-14					Heat:4, starttime: 15:26
Heat: 4/14 Lane : 5 Athlete: KEMSEKE JENNE					Q-time: 03:15:14
PB (50m pool): 3:21.04 Antwerpen 12 Jul 2024					PB (25m pool): 3:15.14 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	49.74	1:42.80	2:35.53	3:21.04	
	49.74	53.06	52.73	45.51	
	

Coach feedback:

Event number: 13: 200M MEDLEY WOMEN 13-14					Heat:7, starttime: 15:36
Heat: 7/14 Lane : 4 Athlete: VAN NIEUWENHUYSE LOTTE					Q-time: 03:06:23
PB (50m pool): 3:34.45 Aalst 22 Jun 2024					PB (25m pool): 3:06.23 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	54.68	1:50.79	2:44.86	3:34.45	
	54.68	56.11	54.07	49.59	
	

Coach feedback:

Event number: 13: 200M MEDLEY WOMEN 13-14					Heat:11, starttime: 15:50
Heat: 11/14 Lane : 5 Athlete: LEGRAND ALICIA					Q-time: 02:57:23
PB (50m pool): 3:12.47 Antwerpen 13 Jul 2024					PB (25m pool): 2:57.23 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	47.11	1:35.81	2:27.65	3:12.47	
	47.11	48.70	51.84	44.82	
	

Coach feedback:

Event number: 13: 200M MEDLEY WOMEN 13-14					Heat:13, starttime: 15:57
Heat: 13/14 Lane : 4 Athlete: OSSELAER GEIKE					Q-time: 02:52:64
PB (50m pool): 2:52.64 Aalst 11 May 2025					PB (25m pool): 2:52.85 SB: 02:52.64 Aalst 11/05/2025
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	38.75	1:23.86	2:13.75	2:52.64	
	38.75	45.11	49.89	38.89	
	

Coach feedback:

VZC 2025: Session: 2: COACH evaluation sheet for TEAM: ZNA

Event number: 13: 200M MEDLEY WOMEN 13-14					Heat:14, starttime: 16:00
Heat: 14/14 Lane : 6 Athlete: VAN DORPE ADA					Q-time: 02:49:55
PB (50m pool): 3:08.31 Antwerpen 12 Jul 2024					PB (25m pool): 2:49.55 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	43.03	1:30.81	2:24.53	3:08.31	
	43.03	47.78	53.72	43.78	
	

Coach feedback:

Event number: 14: 200M MEDLEY MEN 15+					Heat:8, starttime: 16:26
Heat: 8/10 Lane : 3 Athlete: VAN DEN BROECK LUKAS					Q-time: 02:31:78
PB (50m pool): 2:31.78 Aalst 11 May 2025					PB (25m pool): 2:25.80 SB: 02:31.78 Aalst 11/05/2025
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	32.63	1:14.13	1:57.90	2:31.78	
	32.63	41.50	43.77	33.88	
	

Coach feedback:

Event number: 14: 200M MEDLEY MEN 15+					Heat:10, starttime: 16:31
Heat: 10/10 Lane : 2 Athlete: CATRY GAETAN					Q-time: 02:25:51
PB (50m pool): 2:32.29 Antwerpen 13 Jul 2024					PB (25m pool): 2:25.51 SB: 02:38.42 Aalst 11/05/2025
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	31.60	1:12.65	1:55.42	2:32.29	
	31.60	41.05	42.77	36.87	
	

Coach feedback:

Event number: 14: 200M MEDLEY MEN 15+					Heat:10, starttime: 16:31
Heat: 10/10 Lane : 4 Athlete: VIDTS BRECHT					Q-time: 02:21:91
PB (50m pool): 2:29.67 Charleroi 12 May 2024					PB (25m pool): 2:21.91 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	32.37	1:12.53	1:56.46	2:29.67	
	32.37	40.16	43.93	33.21	
	

Coach feedback:

VZC 2025: Session: 2: COACH evaluation sheet for TEAM: ZNA

Event number: 15: 50M BREASTSTROKE WOMEN 15+										Heat:8, starttime: 16:42	
Heat: 8/10 Lane : 5 Athlete: REYCHLER JINNE										Q-time: 00:39:26	
PB (50m pool): 39.26 Aalst 11 May 2025										PB (25m pool): 40.16 SB: 00:39.26 Aalst 11/05/2025	
	5 0 M										
PB	39.26										
	39.26										
										

Coach feedback:

Event number: 15: 50M BREASTSTROKE WOMEN 15+										Heat:10, starttime: 16:44																			
Heat: 10/10 Lane : 5 Athlete: PEETERS BIRTHE																				Q-time: 00:37:70									
PB (50m pool): 38.39 Charleroi 28 Jul 2019										PB (25m pool): 37.14 SB: no time																			
	5 0 M																												
PB	38.39																												
	38.39																												
																												

Coach feedback:

Event number: 15: 50M BREASTSTROKE WOMEN 15+										Heat:10, starttime: 16:44																			
Heat: 10/10 Lane : 7 Athlete: ROELANDT SIEN																				Q-time: 00:38:58									
PB (50m pool): 38.58 Aalst 11 May 2025										PB (25m pool): 37.28 SB: 00:38.58 Aalst 11/05/2025																			
	5 0 M																												
PB	38.58																												
	38.58																												
																												

Coach feedback:

Event number: 16: 200M FREESTYLE WOMEN 11-12				Heat:3, starttime: 16:53	
Heat: 3/11 Lane : 1 Athlete: VELLEMAN'S LORE				Q-time: 03:25:33	
PB (50m pool): 3:13.44 Aalst 28 Jun 2025				PB (25m pool): No time SB: 03:13.44 Aalst 28/06/2025	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	43.40	1:34.46	2:24.66	3:13.44	
	43.40	51.06	50.20	48.78	
	

Coach feedback:

VZC 2025: Session: 2: COACH evaluation sheet for TEAM: ZNA

Event number: 16: 200M FREESTYLE WOMEN 11-12					Heat:7, starttime: 17:08
Heat: 7/11 Lane : 7 Athlete: JACOB EMMA					Q-time: 02:59:04
PB (50m pool): 2:59.04 Aalst 11 May 2025			PB (25m pool): 2:56.39 SB: 02:59.04 Aalst 11/05/2025		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	40.98	1:29.87	2:16.10	2:59.04	
	40.98	48.89	46.23	42.94	
	

Coach feedback:

Event number: 17: 4x50M MEDLEY WOMEN 11-14					Heat:1, starttime: 17:24
Heat: 1/3 Lane : 4 Athlete: TEAM ZNA 2					Q-time: 02:50:76
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:

Event number: 17: 4x50M MEDLEY WOMEN 11-14					Heat:3, starttime: 17:31
Heat: 3/3 Lane : 2 Athlete: TEAM ZNA 1					Q-time: 02:35:38
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:

Event number: 18: 4x50M FREESTYLE WOMEN 15+					Heat:2, starttime: 17:36
Heat: 2/2 Lane : 5 Athlete: TEAM ZNA					Q-time: 02:01:92
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: