

VZC 2025: Session: 4: COACH evaluation sheet for TEAM: ZN

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

Teamleadmeeting @

The listed starttimes are indicative!

Coaches: Van Dooren Glenn

Coaches: Vervoort Tinne HEADCOACH

Coaches: Neiryndck Jan

Coaches: Wouters Ivan

PB => Personal Best time

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

Event number: 30: 100M BREASTSTROKE WOMEN 15+ Heat:10, starttime: 14:18

Heat: 10/11 Lane : 1 Athlete: VANHAESEBROECK MARIE-ELINE Q-time: 01:26:65

PB (50m pool): 1:31.01 Antwerp 2 Feb 2025 PB (25m pool): 1:26.65 SB: 01:31.01 Antwerp 02/02/2025

	5 0 M	1 0 0 M	
PB	42.86	1:31.01	
	42.86	48.15	
	

Coach feedback:

Event number: 32: 200M MEDLEY WOMEN 11-12 Heat:1, starttime: 14:44

Heat: 1/10 Lane : 2 Athlete: CROONEN LIZE Q-time: 03:54:78

PB (50m pool): 3:54.78 Antwerpen 13 Jul 2024 PB (25m pool): 4:16.24 SB: no time

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	56.66	2:01.44	3:01.86	3:54.78	
	56.66	1:04.78	1:00.42	52.92	
	

Coach feedback:

Event number: 32: 200M MEDLEY WOMEN 11-12 Heat:1, starttime: 14:44

Heat: 1/10 Lane : 8 Athlete: VAN GINKEL KAAT Q-time: 04:05:24

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:

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Event number: 32: 200M MEDLEY WOMEN 11-12					Heat:3, starttime: 14:52
Heat: 3/10 Lane : 7 Athlete: DILLEN HANNE					Q-time: 03:35:28
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:

Event number: 32: 200M MEDLEY WOMEN 11-12					Heat:5, starttime: 15:00
Heat: 5/10 Lane : 7 Athlete: DILLEN LOTTE					Q-time: 03:25:48
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:

Event number: 32: 200M MEDLEY WOMEN 11-12					Heat:8, starttime: 15:11
Heat: 8/10 Lane : 5 Athlete: DIRICKX FINNE					Q-time: 03:11:87
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:

Event number: 34: 100M FREESTYLE MEN 13-14					Heat:5, starttime: 16:08
Heat: 5/17 Lane : 7 Athlete: GISCA DANIIL					Q-time: 01:15:30
PB (50m pool): 1:23.16 Antwerp 1 Feb 2025			PB (25m pool): 1:15.30 SB: 01:23.16 Antwerp 02/02/2025		
	5 0 M	1 0 0 M			
PB	39.26	1:23.16			
	39.26	43.90			
			

Coach feedback:

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Event number: 36: 100M FREESTYLE WOMEN 11-12			Heat:1, starttime: 16:40
Heat: 1/13 Lane : 4 Athlete: VAN GINKEL KAAT			Q-time: 01:39:05
PB (50m pool): 1:47.74 Antwerp 1 Feb 2025			PB (25m pool): 1:39.05 SB: 01:47.74 Antwerp 02/02/2025
	5 0 M	1 0 0 M	
PB	50.56	1:47.74	
	50.56	57.18	
	

Coach feedback:

Event number: 36: 100M FREESTYLE WOMEN 11-12			Heat:1, starttime: 16:40
Heat: 1/13 Lane : 5 Athlete: VAN GINKEL LOES			Q-time: 01:40:97
PB (50m pool): 1:46.96 Antwerp 1 Feb 2025			PB (25m pool): 1:40.97 SB: 01:46.96 Antwerp 02/02/2025
	5 0 M	1 0 0 M	
PB	48.96	1:46.96	
	48.96	58.00	
	

Coach feedback:

Event number: 36: 100M FREESTYLE WOMEN 11-12			Heat:3, starttime: 16:44
Heat: 3/13 Lane : 1 Athlete: CLAES SIEN			Q-time: 01:33:11
PB (50m pool):			PB (25m pool): No time SB: no time
	5 0 M	1 0 0 M	
PB			
	

Coach feedback:

Event number: 36: 100M FREESTYLE WOMEN 11-12			Heat:4, starttime: 16:46
Heat: 4/13 Lane : 5 Athlete: DILLEN LOTTE			Q-time: 01:28:91
PB (50m pool): 1:33.39 Antwerp 1 Feb 2025			PB (25m pool): 1:29.94 SB: 01:33.39 Antwerp 02/02/2025
	5 0 M	1 0 0 M	
PB	44.10	1:33.39	
	44.10	49.29	
	

Coach feedback:

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Event number: 36: 100M FREESTYLE WOMEN 11-12			Heat:5, starttime: 16:48
Heat: 5/13 Lane : 5 Athlete: DILLEN HANNE			Q-time: 01:25:65
PB (50m pool): 1:32.41 Antwerp 1 Feb 2025			PB (25m pool): 1:25.42 SB: 01:32.41 Antwerp 02/02/2025
	5 0 M	1 0 0 M	
PB	43.13	1:32.41	
	43.13	49.28	
	

Coach feedback:

Event number: 36: 100M FREESTYLE WOMEN 11-12			Heat:5, starttime: 16:48
Heat: 5/13 Lane : 8 Athlete: KEKEC JENNA			Q-time: 01:28:63
PB (50m pool): 1:39.38 Antwerp 3 Feb 2024			PB (25m pool): 1:28.63 SB: no time
	5 0 M	1 0 0 M	
PB	46.49	1:39.38	
	46.49	52.89	
	

Coach feedback:

Event number: 36: 100M FREESTYLE WOMEN 11-12			Heat:10, starttime: 16:57
Heat: 10/13 Lane : 1 Athlete: CROONEN LIZE			Q-time: 01:19:91
PB (50m pool): 1:33.19 Antwerp 1 Feb 2025			PB (25m pool): 1:19.91 SB: 01:33.19 Antwerp 02/02/2025
	5 0 M	1 0 0 M	
PB	41.92	1:33.19	
	41.92	51.27	
	

Coach feedback:

Event number: 36: 100M FREESTYLE WOMEN 11-12			Heat:12, starttime: 17:00
Heat: 12/13 Lane : 7 Athlete: DIRICKX FINNE			Q-time: 01:17:33
PB (50m pool): 1:26.08 Antwerp 1 Feb 2025			PB (25m pool): 1:17.33 SB: 01:26.08 Antwerp 02/02/2025
	5 0 M	1 0 0 M	
PB	41.01	1:26.08	
	41.01	45.07	
	

Coach feedback:

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Event number: 37: 100M BREASTSTROKE WOMEN 13-14			Heat:2, starttime: 17:06
Heat: 2/16 Lane : 3 Athlete: CLAES JADE			Q-time: 01:56:07
PB (50m pool): 1:56.07 Antwerpen 14 Jul 2024			PB (25m pool): 2:05.78 SB: no time
	5 0 M	1 0 0 M	
PB	53.91	1:56.07	
	53.91	1:02.16	
	

Coach feedback:

Event number: 37: 100M BREASTSTROKE WOMEN 13-14			Heat:13, starttime: 17:29
Heat: 13/16 Lane : 8 Athlete: GEELEN GUUSJE			Q-time: 01:33:20
PB (50m pool): 1:35.75 Antwerp 1 Feb 2025			PB (25m pool): 1:33.20 SB: 01:35.75 Antwerp 02/02/2025
	5 0 M	1 0 0 M	
PB	44.73	1:35.75	
	44.73	51.02	
	

Coach feedback:

Event number: 39: 50M BUTTERFLY MEN 15+			Heat:7, starttime: 18:01
Heat: 7/13 Lane : 4 Athlete: JONCKHEERE JOPPE			Q-time: 00:31:37
PB (50m pool): 32.65 Antwerpen 15 Jul 2023			PB (25m pool): 31.37 SB: no time
	5 0 M		
PB	32.65		
	32.65		
		

Coach feedback:

Event number: 39: 50M BUTTERFLY MEN 15+			Heat:8, starttime: 18:02
Heat: 8/13 Lane : 6 Athlete: KEKEC SAMIR			Q-time: 00:31:19
PB (50m pool): 32.68 Antwerpen 12 Jul 2024			PB (25m pool): 31.19 SB: no time
	5 0 M		
PB	32.68		
	32.68		
		

Coach feedback:

VZC 2025: Session: 4: COACH evaluation sheet for TEAM: ZN

Event number: 39: 50M BUTTERFLY MEN 15+						Heat:11, starttime: 18:05	
Heat: 11/13 Lane : 4 Athlete: LAMBRECHTS IAN						Q-time: 00:29:89	
PB (50m pool): 32.64 Eindhoven (NED) 23 Mar 2024						PB (25m pool): 29.89 SB: no time	
	5 0 M						
PB	32.64						
	32.64						
						

Coach feedback:

Event number: 40: 50M FREESTYLE WOMEN 15+										Heat:16, starttime: 18:21																																							
Heat: 16/18										Lane : 1										Athlete: VANHAESEBROECK MARIE-ELINE										Q-time: 00:29:97																			
PB (50m pool): 31.21										Antwerpen										13 Jul 2024										PB (25m pool): 29.97										SB: no time									
		5 0 M																																															
PB		31.21																																															
		31.21																																															
																																																

Coach feedback: