

VZC 2025: Session: 5: COACH evaluation sheet for TEAM: AZL

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

Teamleadmeeting @

The listed starttimes are indicative!

Coaches: Schepers Jérôme

Coaches: De Smedt Leny HEADCOACH

PB => Personal Best time

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

Event number: 42: 100M FREESTYLE MEN 15+

Heat:4, starttime: 08:57

Heat: 4/21 Lane : 7 Athlete: DE COCK MATZ

Q-time: 01:07:98

PB (50m pool): 1:07.98 Antwerp 2 Feb 2025

PB (25m pool): 1:07.11 SB: 01:07.98 Antwerp 02/02/2025

	50 M	100 M	
PB	33.07	1:07.98	
	33.07	34.91	
	

Coach feedback:

Event number: 42: 100M FREESTYLE MEN 15+

Heat:5, starttime: 08:59

Heat: 5/21 Lane : 1 Athlete: BOONE FELIX

Q-time: 01:06:88

PB (50m pool): 1:06.46 Aalst 28 Jun 2025

PB (25m pool): 1:06.67 SB: 01:06.46 Aalst 28/06/2025

	50 M	100 M	
PB	32.30	1:06.46	
	32.30	34.16	
	

Coach feedback:

Event number: 42: 100M FREESTYLE MEN 15+

Heat:12, starttime: 09:09

Heat: 12/21 Lane : 8 Athlete: VERHULST MEINDERT

Q-time: 01:02:32

PB (50m pool): 1:02.32 Gent 4 May 2025

PB (25m pool): 1:01.19 SB: 01:02.32 Lago Gent Rozebroeken 04/05/2025

	50 M	100 M	
PB	30.60	1:02.32	
	30.60	31.72	
	

Coach feedback:

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Event number: 42: 100M FREESTYLE MEN 15+							Heat:20, starttime: 09:20		
Heat: 20/21 Lane : 3 Athlete: VERHULST LENNERT							Q-time: 00:58:25		
PB (50m pool): 58.25 Antwerpen 14 Jul 2024				PB (25m pool): 57.07		SB: 00:59.54		Lago Gent Rozebroeken 04/05/2025	
	5 0 M		1 0 0 M						
PB	27.72		58.25						
	27.72		30.53						
						

Coach feedback:

Event number: 43: 100M BACKSTROKE MEN 11-12							Heat:9, starttime: 09:40	
Heat: 9/11 Lane : 6 Athlete: BOEL ELIAS							Q-time: 01:28:10	
PB (50m pool): 1:28.10 Antwerp 25 Jan 2025				PB (25m pool): 1:25.15 SB: 01:28.10 Antwerp 26/01/2025				
	5 0 M	1 0 0 M						
PB	43.96	1:28.10						
	43.96	44.14						
						

Coach feedback:

Event number: 44: 200M FREESTYLE WOMEN 13-14				Heat:5, starttime: 09:59	
Heat: 5/15 Lane : 4 Athlete: HEYLEN ROOS				Q-time: 02:49:06	
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: 44: 200M FREESTYLE WOMEN 13-14				Heat:13, starttime: 10:24	
Heat: 13/15 Lane : 1 Athlete: VANDER MIJNSBRUGGE LORE				Q-time: 02:32:63	
PB (50m pool): 2:32.63 Gent 4 May 2025		PB (25m pool): 2:37.42 SB: 02:32.63		Lago Gent Rozebroeken 04/05/2025	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	34.34	1:13.72	1:54.67	2:32.63	
	34.34	39.38	40.95	37.96	
	

Coach feedback:

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Event number: 45: 200M BREASTSTROKE MEN 13-14					Heat:4, starttime: 10:45
Heat: 4/8 Lane : 3 Athlete: VAN DEN EEDE ELIAS					Q-time: 03:23:45
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: 45: 200M BREASTSTROKE MEN 13-14					Heat:8, starttime: 11:00
Heat: 8/8 Lane : 2 Athlete: POPPE WARRE					Q-time: 02:59:48
PB (50m pool): 2:58.16 Aalst 28 Jun 2025					PB (25m pool): 2:50.16 SB: 02:58.16 Aalst 28/06/2025
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	40.51	1:25.05	2:11.67	2:58.16	
	40.51	44.54	46.62	46.49	
	

Coach feedback:

Event number: 46: 50M BACKSTROKE MEN 15+					Heat:3, starttime: 11:06
Heat: 3/12 Lane : 4 Athlete: BOONE FELIX					Q-time: 00:37:78
PB (50m pool): 37.78 Antwerpen 14 Jul 2024					PB (25m pool): No time SB: no time
	5 0 M				
PB	37.78				
	37.78				
				

Coach feedback:

Event number: 46: 50M BACKSTROKE MEN 15+					Heat:7, starttime: 11:10
Heat: 7/12 Lane : 5 Athlete: VAN DE WINKEL MILAN					Q-time: 00:34:07
PB (50m pool): 33.79 Aalst 28 Jun 2025					PB (25m pool): 32.88 SB: 00:33.79 Aalst 28/06/2025
	5 0 M				
PB	33.79				
	33.79				
				

Coach feedback:

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Event number: 47: 100M BACKSTROKE WOMEN 13-14			Heat:4, starttime: 11:23		
Heat: 4/14 Lane : 5 Athlete: HEYLEN ROOS			Q-time: 01:31:44		
PB (50m pool):			PB (25m pool): No time SB: no time		
	5 0 M	1 0 0 M			
PB					
			

Coach feedback:

Event number: 47: 100M BACKSTROKE WOMEN 13-14			Heat:13, starttime: 11:40		
Heat: 13/14 Lane : 8 Athlete: VANDER MIJNSBRUGGE LORE			Q-time: 01:19:59		
PB (50m pool): Gent 4 May 2025			PB (25m pool): 1:19.21 SB: 01:19.59 Lago Gent Rozebroeken 04/05/2025		
	5 0 M	1 0 0 M			
PB					
			

Coach feedback:

Event number: 48: 100M BREASTSTROKE MEN 11-12			Heat:10, starttime: 12:03		
Heat: 10/11 Lane : 2 Athlete: BOEL ELIAS			Q-time: 01:38:74		
PB (50m pool): 1:38.74 Antwerp 26 Jan 2025			PB (25m pool): 1:36.13 SB: 01:38.74 Antwerp 26/01/2025		
	5 0 M	1 0 0 M			
PB	46.97	1:38.74			
	46.97	51.77			
			

Coach feedback:

Event number: 50: 4x50M FREESTYLE MEN 11-14			Heat:3, starttime: 12:19		
Heat: 3/3 Lane : 6 Athlete: TEAM AZL			Q-time: 02:06:47		
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: