

# VZC 2025: Session: 5: COACH evaluation sheet for TEAM: KAZS

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

Teamleadmeeting @

The listed starttimes are indicative!

Coaches: Geelen Sofie

Coaches: Heylen Hilde

Coaches: Fobelets Jos HEADCOACH

PB => Personal Best time

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

Event number: 42: 100M FREESTYLE MEN 15+			Heat:1, starttime: 08:52
Heat: 1/21 Lane : 5 Athlete: LEMBRECHTS LARS			Q-time: 01:15:34
PB (50m pool): 1:15.34 Oostende 29 May 2025			PB (25m pool): 1:13.73 SB: 01:15.34 Zwembad Brigitte Becue 30/05/2025
PB	5 0 M	1 0 0 M	
	35.06	1:15.34	
	35.06	40.28	
	. . . . .	. . . . .	

Coach feedback:

Event number: 42: 100M FREESTYLE MEN 15+			Heat:9, starttime: 09:05
Heat: 9/21 Lane : 6 Athlete: WOUTERS HANNES			Q-time: 01:03:69
PB (50m pool): 1:03.69 Antwerp 2 Feb 2025			PB (25m pool): 1:02.12 SB: 01:03.69 Antwerp 02/02/2025
PB	5 0 M	1 0 0 M	
	30.88	1:03.69	
	30.88	32.81	
	. . . . .	. . . . .	

Coach feedback:

Event number: 42: 100M FREESTYLE MEN 15+			Heat:16, starttime: 09:14
Heat: 16/21 Lane : 5 Athlete: WILLEM ARTHUR			Q-time: 01:00:12
PB (50m pool): 1:00.12 Eindhoven (NED) 14 Mar 2025			PB (25m pool): 59.59 SB: 01:00.12 Eindhoven 16/03/2025
PB	5 0 M	1 0 0 M	
	29.44	1:00.12	
	29.44	30.68	
	. . . . .	. . . . .	

Coach feedback:

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Event number: 44: 200M FREESTYLE WOMEN 13-14					Heat:8, starttime: 10:09
Heat: 8/15 Lane : 6 Athlete: MEURRENS LINA					Q-time: 02:41:42
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:9, starttime: 10:12
Heat: 9/15 Lane : 4 Athlete: GERARD CARYS					Q-time: 02:38:91
PB (50m pool): 2:38.91 Eindhoven (NED) 15 Mar 2025					PB (25m pool): 2:33.40 SB: 02:38.91 Eindhoven 16/03/2025
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	35.81	1:17.36	2:00.21	2:38.91	
	35.81	41.55	42.85	38.70	
	. . . . .	. . . . .	. . . . .	. . . . .	

Coach feedback:

Event number: 44: 200M FREESTYLE WOMEN 13-14					Heat:12, starttime: 10:21
Heat: 12/15 Lane : 2 Athlete: VANSINA ELLE					Q-time: 02:33:38
PB (50m pool): 2:33.38 Eindhoven (NED) 15 Mar 2025					PB (25m pool): 2:31.06 SB: 02:33.38 Eindhoven 16/03/2025
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	34.61	1:14.07	1:55.24	2:33.38	
	34.61	39.46	41.17	38.14	
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Coach feedback:

Event number: 45: 200M BREASTSTROKE MEN 13-14					Heat:2, starttime: 10:37
Heat: 2/8 Lane : 5 Athlete: DE BACKER AUDRIC					Q-time: 03:33:97
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: 5: COACH evaluation sheet for TEAM: KAZS

Event number: 46: 50M BACKSTROKE MEN 15+										Heat:10, starttime: 11:13	
Heat: 10/12   Lane : 6   Athlete: WILLEM ARTHUR										Q-time: 00:32:35	
PB (50m pool): 32.35   Oostende 28 May 2025										PB (25m pool): 32.52   SB: 00:32.35   Zwembad Brigitte Becue   30/05/2025	
	5 0 M										
PB	32.35										
	32.35										
	. . . . .										

Coach feedback:

Event number: 47: 100M BACKSTROKE WOMEN 13-14							Heat:8, starttime: 11:30		
Heat: 8/14    Lane : 1    Athlete: GERARD CARYS							Q-time: 01:26:40		
PB (50m pool): 1:26.40    Oostende 30 May 2025							PB (25m pool): 1:22.91    SB: 01:26.40    Zwembad Brigitte Becue    30/05/2025		
	5 0 M		1 0 0 M						
PB	43.33		1:26.40						
	43.33		43.07						
	. . . . .		. . . . .						

Coach feedback:

Event number: 47: 100M BACKSTROKE WOMEN 13-14							Heat:11, starttime: 11:36		
Heat: 11/14    Lane : 4    Athlete: VANSINA ELLE							Q-time: 01:20:72		
PB (50m pool): 1:20.72    Antwerp    24 Jan 2025							PB (25m pool): 1:18.55    SB: 01:20.72    Antwerp    26/01/2025		
	5 0 M		1 0 0 M						
PB	39.77		1:20.72						
	39.77		40.95						
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Coach feedback:

Event number: 50: 4x50M FREESTYLE MEN 11-14					Heat:3, starttime: 12:19		
Heat: 3/3 Lane : 3 Athlete: TEAM KAZS					Q-time: 02:05:30		
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: