

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

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

Teamleadmeeting @

The listed starttimes are indicative!

Coaches: Van Biervliet Kristof

Coaches: Herreman Kurt

Coaches: Hoet Mieke HEADCOACH

Coaches: Coudron Annelies

PB => Personal Best time

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

## Event number: 41: 200M BREASTSTROKE WOMEN 15+

Heat:4, starttime: 08:42

Heat: 4/6 Lane : 6 Athlete: VERHAEGHE MARTHE

Q-time: 03:11:07

PB (50m pool): 3:13.92 Antwerpen 14 Jul 2024

PB (25m pool): 3:11.07 SB: 03:19.94 Kortrijk 26/12/2024

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	42.90	1:31.74	2:23.33	3:13.92	
	42.90	48.84	51.59	50.59	
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Coach feedback:

## Event number: 42: 100M FREESTYLE MEN 15+

Heat:14, starttime: 09:12

Heat: 14/21 Lane : 3 Athlete: LAMBERT LIAM

Q-time: 01:01:15

PB (50m pool): 1:01.15 Kortrijk 4 May 2025

PB (25m pool): 1:06.22 SB: 01:01.15 Kortrijk 04/05/2025

	5 0 M	1 0 0 M	
PB	29.54	1:01.15	
	29.54	31.61	
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Coach feedback:

## Event number: 42: 100M FREESTYLE MEN 15+

Heat:14, starttime: 09:12

Heat: 14/21 Lane : 4 Athlete: BAEYENS SIEMEN

Q-time: 01:01:02

PB (50m pool): 1:01.07 Antwerp 2 Feb 2025

PB (25m pool): 1:01.02 SB: 01:01.07 Antwerp 02/02/2025

	5 0 M	1 0 0 M	
PB	29.35	1:01.07	
	29.35	31.72	
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Coach feedback:

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

Event number: 42: 100M FREESTYLE MEN 15+			Heat:14, starttime: 09:12
Heat: 14/21 Lane : 6 Athlete: SABBE LOUIS			Q-time: 01:01:19
PB (50m pool): 1:02.68 Antwerp 19 Apr 2025			PB (25m pool): 1:01.19 SB: 01:02.68 Antwerpen 20/04/2025
	5 0 M	1 0 0 M	
PB	30.07	1:02.68	
	30.07	32.61	
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Coach feedback:

Event number: 42: 100M FREESTYLE MEN 15+			Heat:15, starttime: 09:13
Heat: 15/21 Lane : 6 Athlete: LANDUYT MAURICE			Q-time: 01:00:72
PB (50m pool): 1:00.72 Antwerp 2 Feb 2025			PB (25m pool): 59.21 SB: 01:00.72 Antwerp 02/02/2025
	5 0 M	1 0 0 M	
PB	30.29	1:00.72	
	30.29	30.43	
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Coach feedback:

Event number: 42: 100M FREESTYLE MEN 15+			Heat:15, starttime: 09:13
Heat: 15/21 Lane : 7 Athlete: VAN BIERVLIET CAMIEL			Q-time: 01:00:84
PB (50m pool): 1:01.98 Antwerp 19 Apr 2025			PB (25m pool): 1:00.84 SB: 01:01.98 Antwerpen 20/04/2025
	5 0 M	1 0 0 M	
PB	29.85	1:01.98	
	29.85	32.13	
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Coach feedback:

Event number: 42: 100M FREESTYLE MEN 15+			Heat:16, starttime: 09:14
Heat: 16/21 Lane : 8 Athlete: BAERT WARRE			Q-time: 01:00:61
PB (50m pool): 1:00.61 Kortrijk 4 May 2025			PB (25m pool): 58.54 SB: 01:00.61 Kortrijk 04/05/2025
	5 0 M	1 0 0 M	
PB	29.35	1:00.61	
	29.35	31.26	
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Coach feedback:

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Event number: 42: 100M FREESTYLE MEN 15+			Heat:17, starttime: 09:16
Heat: 17/21 Lane : 6 Athlete: BRUYNEEL FERRE			Q-time: 00:59:76
PB (50m pool): 59.76 Kortrijk 4 May 2025			PB (25m pool): 58.47 SB: 00:59.76 Kortrijk 04/05/2025
	5 0 M	1 0 0 M	
PB	28.65	59.76	
	28.65	31.11	
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Coach feedback:

Event number: 42: 100M FREESTYLE MEN 15+			Heat:21, starttime: 09:21
Heat: 21/21 Lane : 3 Athlete: PICKAVET JOACHIM			Q-time: 00:57:39
PB (50m pool): 58.21 Antwerpen 14 Jul 2024			PB (25m pool): 57.39 SB: 00:59.39 Kortrijk 04/05/2025
	5 0 M	1 0 0 M	
PB	28.17	58.21	
	28.17	30.04	
	. . . . .	. . . . .	

Coach feedback:

Event number: 43: 100M BACKSTROKE MEN 11-12			Heat:5, starttime: 09:32
Heat: 5/11 Lane : 4 Athlete: STRYNCKX DAAN			Q-time: 01:35:06
PB (50m pool): 1:35.06 Antwerp 1 Feb 2025			PB (25m pool): No time SB: 01:35.06 Antwerp 02/02/2025
	5 0 M	1 0 0 M	
PB	44.72	1:35.06	
	44.72	50.34	
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Coach feedback:

Event number: 43: 100M BACKSTROKE MEN 11-12			Heat:7, starttime: 09:36
Heat: 7/11 Lane : 6 Athlete: BEYAERT SANDER			Q-time: 01:32:25
PB (50m pool): 1:32.25 Kortrijk 16 Feb 2025			PB (25m pool): No time SB: 01:32.25 Kortrijk 16/02/2025
	5 0 M	1 0 0 M	
PB	45.49	1:32.25	
	45.49	46.76	
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Coach feedback:

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

Event number: 43: 100M BACKSTROKE MEN 11-12							Heat:11, starttime: 09:43		
Heat: 11/11 Lane : 7 Athlete: WILLEMS KORBEN							Q-time: 01:25:95		
PB (50m pool): 1:37.40 Antwerp 1 Feb 2025							PB (25m pool): 1:25.95 SB: 01:37.40 Antwerp 02/02/2025		
	5 0 M		1 0 0 M						
PB	46.90		1:37.40						
	46.90		50.50						
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Coach feedback:

Event number: 45: 200M BREASTSTROKE MEN 13-14					Heat:3, starttime: 10:41	
Heat: 3/8 Lane : 1 Athlete: LANDUYT MARCEL					Q-time: 03:33:50	
PB (50m pool): 3:38.74 Kortrijk 26 Dec 2024					PB (25m pool): 3:33.50 SB: 03:38.74 Kortrijk 26/12/2024	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	51.17	1:48.00	2:45.61	3:38.74		
	51.17	56.83	57.61	53.13		
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Coach feedback:

Event number: 45: 200M BREASTSTROKE MEN 13-14					Heat:3, starttime: 10:41	
Heat: 3/8 Lane : 5 Athlete: DEMASURE YORDI					Q-time: 03:29:96	
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: 45: 200M BREASTSTROKE MEN 13-14					Heat:7, starttime: 10:57	
Heat: 7/8 Lane : 4 Athlete: WILLEMS JERKE					Q-time: 03:08:00	
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:

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

Event number: 46: 50M BACKSTROKE MEN 15+										Heat:7, starttime: 11:10																				
Heat: 7/12   Lane : 2   Athlete: LAMBERT LIAM																				Q-time: 00:34:38										
PB (50m pool): 34.38   Antwerp   2 Feb 2025										PB (25m pool): 37.80   SB: 00:34.38   Antwerp   02/02/2025																				
	5 0 M																													
PB	34.38																													
	34.38																													
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Coach feedback:

Event number: 46: 50M BACKSTROKE MEN 15+										Heat:8, starttime: 11:11																													
Heat: 8/12																				Lane : 1					Athlete: PICKAVET JOACHIM										Q-time: 00:33:92				
PB (50m pool): 33.92										Brugge					23 Feb 2025					PB (25m pool): 37.92					SB: 00:33.92					Brugge					23/02/2025				
		5 0 M																																					
PB		33.92																																					
		33.92																																					
		. . . . .																																					

Coach feedback:

Event number: 46: 50M BACKSTROKE MEN 15+										Heat:10, starttime: 11:13																													
Heat: 10/12																				Lane : 4					Athlete: BAERT WARRE										Q-time: 00:32:18				
PB (50m pool): 32.18										Brugge					23 Feb 2025					PB (25m pool): 35.72					SB: 00:32.18					Brugge					23/02/2025				
	5 0 M																																						
PB	32.18																																						
	32.18																																						
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Coach feedback:

Event number: 46: 50M BACKSTROKE MEN 15+										Heat:11, starttime: 11:14																													
Heat: 11/12																				Lane : 1					Athlete: LANDUYT MAURICE										Q-time: 00:32:07				
PB (50m pool): 33.88										Brugge					23 Feb 2025					PB (25m pool): 32.07					SB: 00:33.88					Brugge					23/02/2025				
		5 0 M																																					
PB		33.88																																					
		33.88																																					
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Coach feedback:

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

Event number: 46: 50M BACKSTROKE MEN 15+										Heat:11, starttime: 11:14										
Heat: 11/12 Lane : 5 Athlete: BRUYNEEL FERRE															Q-time: 00:31:45					
PB (50m pool): 31.45 Kortrijk 3 May 2025										PB (25m pool): 31.53 SB: 00:31.45 Kortrijk 04/05/2025										
	5 0 M																			
PB	31.45																			
	31.45																			
	. . . . .																			

Coach feedback:

Event number: 48: 100M BREASTSTROKE MEN 11-12										Heat:3, starttime: 11:48	
Heat: 3/11    Lane : 5    Athlete: WILLEMS KORBEN									Q-time: 01:53:37		
PB (50m pool):					PB (25m pool): No time    SB: no time						
	5 0 M		1 0 0 M								
PB											
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Coach feedback:

Event number: 48: 100M BREASTSTROKE MEN 11-12										Heat:9, starttime: 12:01	
Heat: 9/11    Lane : 1    Athlete: STRYNCKX DAAN									Q-time: 01:42:50		
PB (50m pool):					PB (25m pool): No time    SB: no time						
	5 0 M		1 0 0 M								
PB											
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Coach feedback:

Event number: 50: 4x50M FREESTYLE MEN 11-14					Heat:2, starttime: 12:16				
Heat: 2/3 Lane : 4 Athlete: TEAM TIME					Q-time: 02:10:53				
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: