

VZC 2025: Session: 6: COACH evaluation sheet for TEAM: GZVN

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

Teamleadmeeting @

The listed starttimes are indicative!

Coaches: Gavrilakis Melanie

Coaches: Smeets Mirthe HEADCOACH

PB => Personal Best time

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

Event number: 52: 100M FREESTYLE WOMEN 15+ Heat:13, starttime: 14:46

Heat: 13/19		Lane : 6	Athlete: HABRAKEN AMBER		Q-time: 01:08:01
PB (50m pool): 1:08.01 Antwerp 2 Feb 2025			PB (25m pool): 1:06.53 SB: 01:08.01 Antwerp 02/02/2025		
	5 0 M	1 0 0 M			
PB	32.64	1:08.01			
	32.64	35.37			
			

Coach feedback:

Event number: 52: 100M FREESTYLE WOMEN 15+ Heat:14, starttime: 14:48

Heat: 14/19		Lane : 8	Athlete: CUYPERS LINNE		Q-time: 01:07:63
PB (50m pool): Genk 15 Mar 2025			PB (25m pool): 1:05.59 SB: 01:07.63 SportinGenk Park 15/03/2025		
	5 0 M	1 0 0 M			
PB					
			

Coach feedback:

Event number: 52: 100M FREESTYLE WOMEN 15+ Heat:16, starttime: 14:51

Heat: 16/19		Lane : 3	Athlete: TORDEUR LUCIE		Q-time: 01:06:12
PB (50m pool): 1:06.12 Genk 1 Apr 2024			PB (25m pool): 1:05.25 SB: 01:06.99 SportinGenk Park 21/04/2025		
	5 0 M	1 0 0 M			
PB	32.12	1:06.12			
	32.12	34.00			
			

Coach feedback:

VZC 2025: Session: 6: COACH evaluation sheet for TEAM: GZVN

Event number: 53: 100M BACKSTROKE WOMEN 11-12				Heat:2, starttime: 14:59	
Heat: 2/13 Lane : 3 Athlete: VANHAEN ALISSIA				Q-time: 01:47:83	
PB (50m pool): 1:47.83 Genk 21 Apr 2025				PB (25m pool): 1:47.05 SB: 01:47.83 SportinGenk Park 21/04/2025	
	5 0 M	1 0 0 M			
PB	50.94	1:47.83			
	50.94	56.89			
			

Coach feedback:

Event number: 53: 100M BACKSTROKE WOMEN 11-12				Heat:9, starttime: 15:14	
Heat: 9/13 Lane : 7 Athlete: BERGHMANS LAUREN				Q-time: 01:33:62	
PB (50m pool): 1:33.62 Genk 21 Apr 2025				PB (25m pool): 1:34.82 SB: 01:33.62 SportinGenk Park 21/04/2025	
	5 0 M	1 0 0 M			
PB	45.93	1:33.62			
	45.93	47.69			
			

Coach feedback:

Event number: 53: 100M BACKSTROKE WOMEN 11-12				Heat:10, starttime: 15:16	
Heat: 10/13 Lane : 8 Athlete: RATSITSKA IRINI				Q-time: 01:32:28	
PB (50m pool): 1:32.28 Antwerp 1 Feb 2025				PB (25m pool): 1:30.19 SB: 01:32.28 Antwerp 02/02/2025	
	5 0 M	1 0 0 M			
PB	44.42	1:32.28			
	44.42	47.86			
			

Coach feedback:

Event number: 54: 200M FREESTYLE MEN 13-14					Heat:13, starttime: 16:02	
Heat: 13/15 Lane : 8 Athlete: TORDEUR ILIAS					Q-time: 02:27:53	
PB (50m pool): 2:27.53 Genk 1 Mar 2025					PB (25m pool): 2:35.17 SB: 02:27.53 SportinGenk Park 01/03/2025	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB		1:10.86		2:27.53		
		1:10.86		1:16.67		
		

Coach feedback:

VZC 2025: Session: 6: COACH evaluation sheet for TEAM: GZVN

Event number: 55: 200M BREASTSTROKE WOMEN 13-14					Heat:1, starttime: 16:10
Heat: 1/8 Lane : 2 Athlete: DREESSEN LYANA					Q-time: 03:52:08
PB (50m pool): 3:52.08 Moenchengladbach&nbs 16 Mar 2024 PB (25m pool): 3:35.11 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB		1:50.90		3:52.08	
		1:50.90		2:01.18	
	

Coach feedback:

Event number: 56: 50M BACKSTROKE WOMEN 15+					Heat:7, starttime: 16:48
Heat: 7/12 Lane : 1 Athlete: CUYPERS LINNE					Q-time: 00:37:71
PB (50m pool): 37.71 Genk 21 Apr 2025 PB (25m pool): 35.79 SB: 00:37.71 SportinGenk Park 21/04/2025					
	5 0 M				
PB	37.71				
	37.71				
				

Coach feedback:

Event number: 56: 50M BACKSTROKE WOMEN 15+					Heat:11, starttime: 16:53
Heat: 11/12 Lane : 2 Athlete: TORDEUR LUCIE					Q-time: 00:35:32
PB (50m pool): 35.32 Genk 21 Apr 2025 PB (25m pool): 34.89 SB: 00:35.32 SportinGenk Park 21/04/2025					
	5 0 M				
PB	35.32				
	35.32				
				

Coach feedback:

Event number: 57: 100M BACKSTROKE MEN 13-14					Heat:12, starttime: 17:16
Heat: 12/13 Lane : 8 Athlete: TORDEUR ILIAS					Q-time: 01:17:57
PB (50m pool): 1:17.57 Antwerpen 14 Jul 2024 PB (25m pool): 1:15.49 SB: 01:18.22 Antwerp 02/02/2025					
	5 0 M	1 0 0 M			
PB	37.87	1:17.57			
	37.87	39.70			
			

Coach feedback:

VZC 2025: Session: 6: COACH evaluation sheet for TEAM: GZVN

Event number: 58: 100M BREASTSTROKE WOMEN 11-12		Heat:3, starttime: 17:24	
Heat: 3/13 Lane : 5 Athlete: BERGHMANS LAUREN		Q-time: 01:56:44	
PB (50m pool): Genk 21 Apr 2025		PB (25m pool): No time SB: 01:56.44 SportinGenk Park 21/04/2025	
	5 0 M	1 0 0 M	
PB			
	

Coach feedback:

Event number: 58: 100M BREASTSTROKE WOMEN 11-12		Heat:3, starttime: 17:24	
Heat: 3/13 Lane : 8 Athlete: VANHAEN ALISSIA		Q-time: 01:58:54	
PB (50m pool): Genk 21 Apr 2025		PB (25m pool): No time SB: 01:58.54 SportinGenk Park 21/04/2025	
	5 0 M	1 0 0 M	
PB			
	

Coach feedback:

Event number: 58: 100M BREASTSTROKE WOMEN 11-12		Heat:11, starttime: 17:42	
Heat: 11/13 Lane : 5 Athlete: RATSITSKA IRINI		Q-time: 01:41:06	
PB (50m pool): Genk 1 Mar 2025		PB (25m pool): 1:39.47 SB: 01:41.06 SportinGenk Park 01/03/2025	
	5 0 M	1 0 0 M	
PB			
	

Coach feedback: