

# vjk korte baan25: Session: 3: COACH evaluation sheet for TEAM: ZGEEL

Coachinfo: Warming up from: untill 09:15. Teamleadmeeting @ Relay line-up input: The listed starttimes are indicative!

Coaches: Jansens Tinne HEADCOACH

Coaches: Vereecken Sven

Coaches: Dillen Toon

PB => Personal Best time

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

**Event number: 15: 200M FREESTYLE MEN 13-14** **Heat:7, starttime: 10:13**

**Heat: 7/8 Lane : 3 Athlete: BEGUE MILANN** **Q-time: 02:07:60**

**PB (25m pool): 02:07.60 Antwerpen 12/10/2025** **PB (50m pool): 02:10.24 SB: 02:07.60 Antwerpen 12/10/2025**

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:28.59		01:01.04		01:34.45		02:07.60
	00:28.59		00:32.45		00:33.41		00:33.15	
	.....	.....	.....	.....	.....	.....	.....	.....

Coach feedback:

**Event number: 17: 200M BREASTSTROKE MEN 13-14** **Heat:3, starttime: 10:30**

**Heat: 3/3 Lane : 8 Athlete: HUFKENS ILIAN** **Q-time: 02:44:89**

**PB (25m pool): 02:54.34 Aarschot 28/04/2024** **PB (50m pool): 02:44.89 SB: no time**

	25 M	50 M	75 M	100	125	150	175	200 M
PB		no time		no time		no time		02:54.34
	no time							
	.....	.....	.....	.....	.....	.....	.....	.....

Coach feedback:

**Event number: 18: 200M FREESTYLE WOMEN 13-14** **Heat:2, starttime: 10:37**

**Heat: 2/8 Lane : 2 Athlete: LEYSEN IMKE** **Q-time: 02:26:24**

**PB (25m pool): 02:26.24 Kapellen 01/06/2025** **PB (50m pool): 02:29.10 SB: 02:30.30 Antwerpen 12/10/2025**

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:33.31		01:09.53		no time		02:26.24
	00:33.31		00:36.22					
	.....	.....	.....	.....	.....	.....	.....	.....

Coach feedback:

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<b>Event number: 18: 200M FREESTYLE WOMEN 13-14</b>							<b>Heat:2, starttime: 10:37</b>	
<b>Heat: 2/8 Lane : 5 Athlete: BOOGERS NOOR</b>							<b>Q-time: 02:25:96</b>	
PB (25m pool): 02:25.96 Antwerpen 12/10/2025				PB (50m pool): 02:33.52 SB: 02:25.96 Antwerpen 12/10/2025				
	<b>25 M</b>	<b>50 M</b>	<b>75 M</b>	<b>100</b>	<b>125</b>	<b>150</b>	<b>175</b>	<b>200 M</b>
PB		00:33.41		01:11.21		01:49.56		02:25.96
		00:33.41		00:37.80		00:38.35		00:36.40
	.....	.....	.....	.....	.....	.....	.....	.....

Coach feedback:

<b>Event number: 18: 200M FREESTYLE WOMEN 13-14</b>							<b>Heat:2, starttime: 10:37</b>	
<b>Heat: 2/8 Lane : 7 Athlete: BRAEKEN CHARLOTTE</b>							<b>Q-time: 02:26:45</b>	
PB (25m pool): 02:26.45 Pelt 05/10/2025				PB (50m pool): 02:32.74 SB: 02:26.45 Pelt 05/10/2025				
	<b>25 M</b>	<b>50 M</b>	<b>75 M</b>	<b>100</b>	<b>125</b>	<b>150</b>	<b>175</b>	<b>200 M</b>
PB		00:34.84		01:12.07		no time		02:26.45
		00:34.84		00:37.23				
	.....	.....	.....	.....	.....	.....	.....	.....

Coach feedback:

<b>Event number: 18: 200M FREESTYLE WOMEN 13-14</b>							<b>Heat:4, starttime: 10:43</b>	
<b>Heat: 4/8 Lane : 4 Athlete: VANLOMME LUISA VALENTINA</b>							<b>Q-time: 02:21:65</b>	
PB (25m pool): 02:21.65 Antwerpen 12/10/2025				PB (50m pool): 02:30.10 SB: 02:21.65 Antwerpen 12/10/2025				
	<b>25 M</b>	<b>50 M</b>	<b>75 M</b>	<b>100</b>	<b>125</b>	<b>150</b>	<b>175</b>	<b>200 M</b>
PB		00:32.86		01:09.43		01:46.77		02:21.65
		00:32.86		00:36.57		00:37.34		00:34.88
	.....	.....	.....	.....	.....	.....	.....	.....

Coach feedback:

<b>Event number: 22: 50M BREASTSTROKE WOMEN 13-14</b>			<b>Heat:1, starttime: 11:29</b>					
<b>Heat: 1/5 Lane : 3 Athlete: BRAEKEN CHARLOTTE</b>			<b>Q-time: 00:44:79</b>					
PB (25m pool): 00:44.79 Stedelijk Zwembad Geel 16/02/2025			PB (50m pool): 00:51.32 SB: no time					
	<b>25 M</b>	<b>50 M</b>						
PB		00:44.79						
		00:44.79						
	.....	.....						

Coach feedback:

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<b>Event number: 22: 50M BREASTSTROKE WOMEN 13-14</b>		<b>Heat:1, starttime: 11:29</b>
<b>Heat: 1/5 Lane : 4 Athlete: BOOGERS NOOR</b>		<b>Q-time: 00:43:60</b>
PB (25m pool): 00:43.60 Stedelijk Zwembad Geel 16/02/2025 PB (50m pool): 00:47.74 SB: no time		
	<b>25 M</b>	<b>50 M</b>
PB		00:43.60
	00:43.60	
	.....	.....

Coach feedback:

<b>Event number: 22: 50M BREASTSTROKE WOMEN 13-14</b>		<b>Heat:3, starttime: 11:31</b>
<b>Heat: 3/5 Lane : 5 Athlete: LEYSEN IMKE</b>		<b>Q-time: 00:40:45</b>
PB (25m pool): 00:40.45 Stedelijk Zwembad Geel 16/02/2025 PB (50m pool): 00:43.57 SB: no time		
	<b>25 M</b>	<b>50 M</b>
PB		00:40.45
	00:40.45	
	.....	.....

Coach feedback:

<b>Event number: 24: 50M BUTTERFLY WOMEN 13-14</b>		<b>Heat:5, starttime: 11:42</b>
<b>Heat: 5/10 Lane : 5 Athlete: VANLOMME LUISA VALENTINA</b>		<b>Q-time: 00:34:19</b>
PB (25m pool): 00:34.19 Herentals 17/05/2025 PB (50m pool): 00:36.12 SB: 00:34.34 Antwerpen 12/10/2025		
	<b>25 M</b>	<b>50 M</b>
PB		00:34.19
	00:34.19	
	.....	.....

Coach feedback:

<b>Event number: 25: 50M BREASTSTROKE MEN 13-14</b>		<b>Heat:5, starttime: 11:53</b>
<b>Heat: 5/5 Lane : 6 Athlete: BEGUE MILANN</b>		<b>Q-time: 00:35:47</b>
PB (25m pool): 00:35.47 Antwerpen 12/10/2025 PB (50m pool): 00:41.85 SB: 00:35.47 Antwerpen 12/10/2025		
	<b>25 M</b>	<b>50 M</b>
PB		00:35.47
	00:35.47	
	.....	.....

Coach feedback:

# vjk korte baan25: Session: 3: COACH evaluation sheet for TEAM: ZGEEL

<b>Event number: 27: 50M BUTTERFLY MEN 13-14</b>		<b>Heat:5, starttime: 12:01</b>
<b>Heat: 5/7 Lane : 4 Athlete: HUFKENS ILIAN</b>		<b>Q-time: 00:31:03</b>
PB (25m pool): 00:31.03 Sinbad 22/07/2025		PB (50m pool): 00:32.01 SB: no time
	<b>25 M</b>	<b>50 M</b>
PB		00:31.03
		00:31.03
	.....	.....

Coach feedback: