

CVB BSB 05/26: Session: 4: COACH evaluation sheet for TEAM: KVZP

Coachinfo: Warming up from: 12:45 until 14:00. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: De Backer Nele HEADCOACH

Coaches: Egée Damien

PB => Personal Best time

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

Event number: 3: 200M MEDLEY WOMEN 11+ Heat:1, starttime: 14:33

Heat: 1/5 Lane : 2 Athlete: VANBELLINGEN VERMEERE LANI Q-time: 99:99:99

PB (25m pool): no time PB (50m pool): no time SB: no time

	25 M	50 M	75 M	100	125	150	175	200 M
PB		no time		no time		no time		no time
	<i>no time</i>							

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+ Heat:4, starttime: 14:46

Heat: 4/5 Lane : 1 Athlete: VAN DEN TROOST AMY Q-time: 02:58:81

PB (25m pool): 02:58.81 Vilvoorde 26/04/2026 PB (50m pool): 03:16.96 SB: 02:58.81 Vilvoorde 26/04/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:40.57		no time		no time		02:58.81
	<i>00:40.57</i>							

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+ Heat:4, starttime: 14:46

Heat: 4/5 Lane : 2 Athlete: EL AOUIRI LINA Q-time: 02:56:66

PB (25m pool): 02:56.66 Zaventem 08/02/2026 PB (50m pool): 03:02.90 SB: 02:56.66 Zaventem 08/02/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:41.31		no time		no time		02:56.66
	<i>00:41.31</i>							

Coach feedback:

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Event number: 3: 200M MEDLEY WOMEN 11+							Heat:4, starttime: 14:46	
Heat: 4/5 Lane : 4 Athlete: VAN HOYLANDT JULIE							Q-time: 02:52:41	
PB (25m pool): 02:52.41 Vilvoorde 01/03/2026				PB (50m pool): 03:03.29 SB: 02:52.41 Vilvoorde 01/03/2026				
	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:36.44		no time		no time		02:52.41
	00:36.44							

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:4, starttime: 14:46	
Heat: 4/5 Lane : 5 Athlete: BOROWSKA LENA							Q-time: 02:57:56	
PB (25m pool): 02:57.56 Vilvoorde 05/10/2025				PB (50m pool): 03:01.79 SB: 02:57.56 Vilvoorde 05/10/2025				
	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:35.84		no time		no time		02:57.56
	00:35.84							

Coach feedback:

Event number: 4: 100M FREESTYLE MIXED 10-9							Heat:1, starttime: 14:54	
Heat: 1/2 Lane : 3 Athlete: VAN DOREN YINTE							Q-time: 99:99:99	
PB (25m pool): no time				PB (50m pool): no time SB: no time				
	25 M	50 M	75 M	100 M				
PB		no time		no time				
	no time							
				

Coach feedback:

Event number: 4: 100M FREESTYLE MIXED 10-9							Heat:2, starttime: 14:57	
Heat: 2/2 Lane : 3 Athlete: RUDI ADRIAN							Q-time: 01:25:74	
PB (25m pool): 01:25.74 Vilvoorde 01/03/2026				PB (50m pool): no time SB: 01:25.74 Vilvoorde 01/03/2026				
	25 M	50 M	75 M	100 M				
PB		00:39.90		01:25.74				
	00:39.90			00:45.84				
				

Coach feedback:

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Event number: 5: 50M BACKSTROKE MEN 11+		Heat:2, starttime: 15:02
Heat: 2/6 Lane : 4 Athlete: BOROWSKI ALAN		Q-time: 00:42:95
PB (25m pool): 00:42.95 Mons 26/10/2025		PB (50m pool): no time SB: 00:42.95 Mons 26/10/2025
	25 M	50 M
PB		00:42.95
	00:42.95	

Coach feedback:

Event number: 5: 50M BACKSTROKE MEN 11+		Heat:3, starttime: 15:04
Heat: 3/6 Lane : 5 Athlete: PIERART VITO		Q-time: 00:41:43
PB (25m pool): 00:41.43 LEUVEN 23/11/2025		PB (50m pool): 00:39.72 SB: 00:41.43 LEUVEN 23/11/2025
	25 M	50 M
PB		00:41.43
	00:41.43	

Coach feedback:

Event number: 5: 50M BACKSTROKE MEN 11+		Heat:5, starttime: 15:07
Heat: 5/6 Lane : 1 Athlete: VAN STEENWINKEL WOUT		Q-time: 00:38:05
PB (25m pool): 00:38.05 LEUVEN 23/11/2025		PB (50m pool): 00:38.37 SB: 00:38.05 LEUVEN 23/11/2025
	25 M	50 M
PB		00:38.05
	00:38.05	

Coach feedback:

Event number: 7: 50M BUTTERFLY MIXED 10-9		Heat:1, starttime: 15:18
Heat: 1/1 Lane : 4 Athlete: EGÉE SAMUEL		Q-time: 99:99:99
PB (25m pool): no time		PB (50m pool): no time SB: no time
	25 M	50 M
PB		no time
	no time	

Coach feedback:

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Event number: 8: 100M FREESTYLE MEN 11+				Heat:4, starttime: 15:42	
Heat: 4/8 Lane : 1 Athlete: BOROWSKI ALAN				Q-time: 01:16:63	
PB (25m pool): 01:16.63 LEUVEN 22/02/2026			PB (50m pool): 01:20.40 SB: 01:16.63 LEUVEN 22/02/2026		
	25 M	50 M	75 M	100 M	
PB		no time		01:16.63	
	<i>no time</i>				
	

Coach feedback:

Event number: 8: 100M FREESTYLE MEN 11+				Heat:4, starttime: 15:42	
Heat: 4/8 Lane : 6 Athlete: PIERART VITO				Q-time: 01:17:07	
PB (25m pool): 01:17.07 Zaventem 08/02/2026			PB (50m pool): 01:19.17 SB: 01:17.07 Zaventem 08/02/2026		
	25 M	50 M	75 M	100 M	
PB		00:37.49		01:17.07	
	<i>00:37.49</i>		<i>00:39.58</i>		
	

Coach feedback:

Event number: 9: 100M FREESTYLE WOMEN 11+				Heat:1, starttime: 15:52	
Heat: 1/8 Lane : 2 Athlete: BALAUR MARIA				Q-time: 99:99:99	
PB (25m pool): no time			PB (50m pool): no time SB: no time		
	25 M	50 M	75 M	100 M	
PB		no time		no time	
	<i>no time</i>				
	

Coach feedback:

Event number: 9: 100M FREESTYLE WOMEN 11+				Heat:3, starttime: 15:57	
Heat: 3/8 Lane : 4 Athlete: VANBELLINGEN VERMEERE LANI				Q-time: 01:24:68	
PB (25m pool): 01:24.68 Vilvoorde 05/10/2025			PB (50m pool): 01:24.24 SB: 01:24.68 Vilvoorde 05/10/2025		
	25 M	50 M	75 M	100 M	
PB		00:40.75		01:24.68	
	<i>00:40.75</i>		<i>00:43.93</i>		
	

Coach feedback:

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Event number: 9: 100M FREESTYLE WOMEN 11+				Heat:5, starttime: 16:01	
Heat: 5/8 Lane : 5 Athlete: VAN DEN TROOST AMY				Q-time: 01:14:51	
PB (25m pool): 01:12.02 Ciney 29/03/2026			PB (50m pool): 01:14.22 SB: 01:12.02 Ciney 29/03/2026		
	25 M	50 M	75 M	100 M	
PB		00:35.01		01:12.02	
	00:35.01		00:37.01		
	

Coach feedback:

Event number: 9: 100M FREESTYLE WOMEN 11+				Heat:6, starttime: 16:03	
Heat: 6/8 Lane : 1 Athlete: VAN HOYLANDT JULIE				Q-time: 01:11:88	
PB (25m pool): 01:11.88 Vilvoorde 01/03/2026			PB (50m pool): 01:18.35 SB: 01:11.88 Vilvoorde 01/03/2026		
	25 M	50 M	75 M	100 M	
PB		00:34.15		01:11.88	
	00:34.15		00:37.73		
	

Coach feedback:

Event number: 9: 100M FREESTYLE WOMEN 11+				Heat:6, starttime: 16:03	
Heat: 6/8 Lane : 4 Athlete: BOROWSKA LENA				Q-time: 01:10:50	
PB (25m pool): 01:10.50 Woluwe-St-Lambert 29/05/2025			PB (50m pool): 01:13.78 SB: 01:12.72 LEUVEN 22/02/2026		
	25 M	50 M	75 M	100 M	
PB		00:33.83		01:10.50	
	00:33.83		00:36.67		
	

Coach feedback:

Event number: 9: 100M FREESTYLE WOMEN 11+				Heat:6, starttime: 16:03	
Heat: 6/8 Lane : 5 Athlete: EL AOUIRI LINA				Q-time: 01:11:04	
PB (25m pool): 01:11.04 LEUVEN 22/02/2026			PB (50m pool): 01:11.98 SB: 01:11.04 LEUVEN 22/02/2026		
	25 M	50 M	75 M	100 M	
PB		00:34.48		01:11.04	
	00:34.48		00:36.56		
	

Coach feedback:

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Event number: 10: 100M BACKSTROKE MIXED 10-9				Heat:1, starttime: 16:09	
Heat: 1/3 Lane : 6 Athlete: VAN DOREN YINTE				Q-time: 99:99:99	
PB (25m pool): no time		PB (50m pool): no time		SB: no time	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		no time	
	<i>no time</i>				
	

Coach feedback:

Event number: 10: 100M BACKSTROKE MIXED 10-9				Heat:3, starttime: 16:16	
Heat: 3/3 Lane : 2 Athlete: RUDI ADRIAN				Q-time: 01:42:91	
PB (25m pool): 01:42.91 Vilvoorde 01/03/2026		PB (50m pool): no time		SB: 01:42.91 Vilvoorde 01/03/2026	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:50.94		01:42.91	
	<i>00:50.94</i>		<i>00:51.97</i>		
	

Coach feedback:

Event number: 10: 100M BACKSTROKE MIXED 10-9				Heat:3, starttime: 16:16	
Heat: 3/3 Lane : 6 Athlete: EGÉ SAMUEL				Q-time: 01:47:42	
PB (25m pool): 01:47.42 Vilvoorde 01/03/2026		PB (50m pool): no time		SB: 01:47.42 Vilvoorde 01/03/2026	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:53.37		01:47.42	
	<i>00:53.37</i>		<i>00:54.05</i>		
	

Coach feedback:

Event number: 12: 50M BACKSTROKE WOMEN 11+			Heat:2, starttime: 16:28		
Heat: 2/6 Lane : 1 Athlete: VANBELLINGEN VERMEERE LANI			Q-time: 00:49:83		
PB (25m pool): 00:49.83 Mons 26/10/2025		PB (50m pool): 00:44.05		SB: 00:49.83 Mons 26/10/2025	
	2 5 M	5 0 M			
PB		00:49.83			
	<i>00:49.83</i>				
			

Coach feedback:

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Event number: 12: 50M BACKSTROKE WOMEN 11+		Heat:2, starttime: 16:28
Heat: 2/6 Lane : 4 Athlete: VAN DEN TROOST AMY		Q-time: 00:46:76
PB (25m pool): 00:46.76 Hannuit 18/01/2025		PB (50m pool): no time SB: no time
	25 M	50 M
PB		00:46.76
	00:46.76	

Coach feedback:

Event number: 12: 50M BACKSTROKE WOMEN 11+		Heat:4, starttime: 16:32
Heat: 4/6 Lane : 2 Athlete: EL AOUIRI LINA		Q-time: 00:41:29
PB (25m pool): 00:41.29 Hannuit 18/01/2025		PB (50m pool): 00:38.60 SB: no time
	25 M	50 M
PB		00:41.29
	00:41.29	

Coach feedback:

Event number: 12: 50M BACKSTROKE WOMEN 11+		Heat:5, starttime: 16:34
Heat: 5/6 Lane : 6 Athlete: VAN HOYLANDT JULIE		Q-time: 00:37:36
PB (25m pool): 00:37.36 Mons 26/10/2025		PB (50m pool): 00:38.63 SB: 00:37.36 Mons 26/10/2025
	25 M	50 M
PB		00:37.36
	00:37.36	

Coach feedback:

Event number: 12: 50M BACKSTROKE WOMEN 11+		Heat:6, starttime: 16:36
Heat: 6/6 Lane : 4 Athlete: BOROWSKA LENA		Q-time: 00:34:46
PB (25m pool): 00:34.46 Leuven 12/10/2025		PB (50m pool): 00:34.06 SB: 00:34.46 Leuven 12/10/2025
	25 M	50 M
PB		00:34.46
	00:34.46	

Coach feedback:

CVB BSB 05/26: Session: 4: COACH evaluation sheet for TEAM: KVZP

Event number: 13: 200M MEDLEY MEN 11+							Heat:3, starttime: 16:46	
Heat: 3/5 Lane : 1 Athlete: PIERART VITO							Q-time: 03:06:13	
PB (25m pool): 03:06.13 Vilvoorde 26/04/2026			PB (50m pool): no time			SB: 03:06.13 Vilvoorde 26/04/2026		
	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:40.92		no time		no time		03:06.13
	00:40.92							

Coach feedback:

Event number: 13: 200M MEDLEY MEN 11+							Heat:3, starttime: 16:46	
Heat: 3/5 Lane : 3 Athlete: VAN STEENWINKEL WOUT							Q-time: 02:56:81	
PB (25m pool): 02:56.81 Vilvoorde 26/04/2026			PB (50m pool): 03:06.99			SB: 02:56.81 Vilvoorde 26/04/2026		
	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:40.24		no time		no time		02:56.81
	00:40.24							

Coach feedback:

Event number: 13: 200M MEDLEY MEN 11+							Heat:3, starttime: 16:46	
Heat: 3/5 Lane : 6 Athlete: BOROWSKI ALAN							Q-time: 03:15:37	
PB (25m pool): 03:15.37 Zaventem 08/02/2026			PB (50m pool): no time			SB: 03:15.37 Zaventem 08/02/2026		
	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:45.96		no time		no time		03:15.37
	00:45.96							

Coach feedback:

Event number: 14: 200M BREASTSTROKE WOMEN 11+							Heat:1, starttime: 16:57	
Heat: 1/5 Lane : 2 Athlete: BALAUR MARIA							Q-time: 99:99:99	
PB (25m pool): no time			PB (50m pool): no time			SB: no time		
	25 M	50 M	75 M	100	125	150	175	200 M
PB		no time		no time		no time		no time
	no time							

Coach feedback: