

PL VLB & B 26: Session: 1: COACH evaluation sheet for TEAM: BEST

Coachinfo: Warming up from: 08:20 untill 09:25. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Roosbeek Stefanie HEADCOACH

PB => Personal Best time

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

Event number: 2: 100M FREESTYLE MEN 11+					Heat:2, starttime: 09:39
Heat: 2/12 Lane : 5 Athlete: VANGENECHTEN MATTHIAS					Q-time: 01:14:62
PB (25m pool): 01:15.97 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 01:14.62 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.42		01:15.97	
	00:37.42		00:38.55		
					

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:1, starttime: 09:57	
Heat: 1/10 Lane : 1 Athlete: BERTOLAZZI MONA							Q-time: 03:22:00	
PB (25m pool): 03:22.05 Aarschot 26/04/2026							PB (50m pool): 03:22.00SB: no time	
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:48.36		01:38.79		02:36.68		03:22.05
	00:48.36		00:50.43		00:57.89		00:45.37	
								

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:1, starttime: 09:57	
Heat: 1/10 Lane : 2 Athlete: VANGENECHTEN ANNA							Q-time: 03:14:06	
PB (25m pool): 03:20.93 Tremelo 18/01/2026							PB (50m pool): 03:14.06SB: no time	
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:49.68		no time		no time		03:20.93
	00:49.68							
								

Coach feedback:

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Event number: 3: 200M MEDLEY WOMEN 11+							Heat:6, starttime: 10:15	
Heat: 6/10 Lane : 8 Athlete: GHOOS KATO							Q-time: 02:47:39	
PB (25m pool): 02:47.39 Aarschot 26/04/2026				PB (50m pool): 02:48.11 SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:31.17		01:20.05		02:09.57		02:47.39
	00:31.17		00:48.88		00:49.52		00:37.82	
								

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:7, starttime: 10:18	
Heat: 7/10 Lane : 4 Athlete: KERCKHOFS NIENKE							Q-time: 02:41:12	
PB (25m pool): 02:41.12 Leuven 12/10/2025				PB (50m pool): 02:42.85 SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:35.54		01:16.79		02:04.30		02:41.12
	00:35.54		00:41.25		00:47.51		00:36.82	
								

Coach feedback:

Event number: 4: 100M BREASTSTROKE MEN 13+					Heat:4, starttime: 10:37
Heat: 4/5 Lane : 6 Athlete: VAN HOOFF COBE				Q-time: 01:11:01	
PB (25m pool): 01:11.01 LEUVEN 23/11/2025			PB (50m pool): 01:13.81 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.17		01:11.01	
	00:33.17		00:37.84		
					

Coach feedback:

Event number: 5: 200M BACKSTROKE WOMEN 13+							Heat:4, starttime: 11:15	
Heat: 4/5 Lane : 1 Athlete: KERCKHOFS NIENKE							Q-time: 02:34:76	
PB (25m pool): 02:34.76 Temse 17/11/2025				PB (50m pool): 02:41.59SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:36.16		01:15.57		01:56.02		02:34.76
	00:36.16		00:39.41		00:40.45		00:38.74	
								

Coach feedback:

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Event number: 5: 200M BACKSTROKE WOMEN 13+							Heat:5, starttime: 11:19	
Heat: 5/5 Lane : 7 Athlete: VANDERLINDEN PAULIEN							Q-time: 02:27:39	
PB (25m pool): 02:27.39 Sportoase De Watermolen 21/07/2026 PB (50m pool): 02:34.04SB: no time								
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:35.06		01:12.55		01:50.89		02:27.39
	00:35.06		00:37.49		00:38.34		00:36.50	
								

Coach feedback:

Event number: 6: 400M FREESTYLE MEN 13+							Heat:2, starttime: 11:27	
Heat: 2/4 Lane : 6 Athlete: PROUVé VIKTOR							Q-time: 04:45:79	
PB (25m pool): 04:45.79 LEUVEN 21/12/2025				PB (50m pool): 04:46.80SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		00:31.80		01:07.43		01:44.24		02:21.11
	00:31.80		00:35.63		00:36.81		00:36.87	
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		02:57.85		03:34.09		04:10.41		04:45.79
	00:36.74		00:36.24		00:36.32		00:35.38	
								

Coach feedback:

Event number: 6: 400M FREESTYLE MEN 13+							Heat:4, starttime: 11:38	
Heat: 4/4 Lane : 1 Athlete: VAN HOOFF COBE							Q-time: 04:24:24	
PB (25m pool): 04:24.24 Leuven 12/10/2025				PB (50m pool): 04:31.63SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		00:29.58		01:02.26		01:35.61		02:09.69
	00:29.58		00:32.68		00:33.35		00:34.08	
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		02:43.73		03:17.87		03:52.20		04:24.24
	00:34.04		00:34.14		00:34.33		00:32.04	
								

Coach feedback:

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Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:1, starttime: 12:03
Heat: 1/11 Lane : 3 Athlete: BERTOLAZZI MONA			Q-time: 00:45:58
PB (25m pool): 00:45.58 Aarschot 26/04/2026			PB (50m pool): 00:48.22 SB: no time
	2 5 M	5 0 M	
PB		00:45.58	
		00:45.58	
			

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:2, starttime: 12:05
Heat: 2/11 Lane : 7 Athlete: VANGENECHTEN ANNA			Q-time: 00:42:66
PB (25m pool): 00:45.72 Tremelo 18/01/2026			PB (50m pool): 00:42.66 SB: no time
	2 5 M	5 0 M	
PB		00:45.72	
		00:45.72	
			

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:4, starttime: 12:07
Heat: 4/11 Lane : 5 Athlete: GHOOS KATO			Q-time: 00:35:64
PB (25m pool): 00:35.64 Stedelijk Zwembad Geel 15/02/2026			PB (50m pool): 00:35.71 SB: no time
	2 5 M	5 0 M	
PB		00:35.64	
		00:35.64	
			

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:9, starttime: 12:13
Heat: 9/11 Lane : 6 Athlete: VANDERLINDEN PAULIEN			Q-time: 00:31:27
PB (25m pool): 00:31.27 Temse 17/11/2025			PB (50m pool): 00:31.90 SB: no time
	2 5 M	5 0 M	
PB		00:31.27	
		00:31.27	
			

Coach feedback:

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Event number: 8: 50M BACKSTROKE MEN 13+			Heat:2, starttime: 12:17
Heat: 2/4 Lane : 2 Athlete: PROUVÉ VIKTOR			Q-time: 00:33:63
PB (25m pool): 00:33.63 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 00:34.14 SB: no time			
	2 5 M	5 0 M	
PB		00:33.63	
		00:33.63	
			

Coach feedback: