

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

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

Coaches: Mous Phlippe HEADCOACH

Coaches: Van den Bossche Laure

Coaches: De Paepe Inge

Coaches: Geeroms Kristel

Coaches: Rauw Mathis

PB => Personal Best time

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

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:4, starttime: 10:08	
Heat: 4/10 Lane : 4 Athlete: MOXHET TESS							Q-time: 02:54:11	
PB (25m pool): 02:54.11 Zaventem 08/02/2026							PB (50m pool): 03:04.48 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		00:40.32		no time		no time		02:54.11
	00:40.32							
								

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:4, starttime: 10:08	
Heat: 4/10 Lane : 7 Athlete: DE WILDE MARGOT							Q-time: 02:56:06	
PB (25m pool): 02:56.06 Dendermonde 22/11/2025							PB (50m pool): 02:54.05 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		00:37.72		no time		no time		02:56.06
	00:37.72							
								

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:9, starttime: 10:25	
Heat: 9/10 Lane : 7 Athlete: VERHERSTRAETEN LORE							Q-time: 02:35:99	
PB (25m pool): 02:35.99 Sint-Pieters-Leeuw 01/03/2026							PB (50m pool): 02:39.39 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		00:33.50		no time		no time		02:35.99
	00:33.50							
								

Coach feedback:

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Event number: 5: 200M BACKSTROKE WOMEN 13+							Heat:2, starttime: 11:09	
Heat: 2/5 Lane : 6 Athlete: MOXHET TESS							Q-time: 02:44:47	
PB (25m pool): 02:44.47 Dilbeek 10/05/2026				PB (50m pool): 02:51.48 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		00:39.09		01:21.53		no time		02:44.47
	00:39.09		00:42.44					
								

Coach feedback:

Event number: 8: 50M BACKSTROKE MEN 13+							Heat:2, starttime: 12:17	
Heat: 2/4 Lane : 3 Athlete: VERHERSTRAETEN KOBE							Q-time: 00:32:57	
PB (25m pool): 00:32.57 Leuven 12/10/2025				PB (50m pool): 00:33.52 SB: no time				
	2 5 M		5 0 M					
PB			00:32.57					
			00:32.57					
								

Coach feedback: