

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

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

Coaches: Geelen Sofie HEADCOACH

PB => Personal Best time

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

Event number: 2: 100M FREESTYLE MEN 11+					Heat:5, starttime: 09:44
Heat: 5/12 Lane : 3 Athlete: GYPEN THOMAS					Q-time: 01:01:27
PB (25m pool): 01:01.27 Aarschot 27/07/2026					PB (50m pool): 01:02.83 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:29.60		01:01.27	
	00:29.60		00:31.67		
					

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+					Heat:7, starttime: 09:47
Heat: 7/12 Lane : 4 Athlete: ASSCHERICKX SEBASTIAAN					Q-time: 00:58:55
PB (25m pool): 00:58.55 Aarschot 27/07/2026					PB (50m pool): 01:00.83 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		00:58.55	
	no time				
					

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+					Heat:7, starttime: 09:47
Heat: 7/12 Lane : 7 Athlete: VERVLOESSEM FRITS					Q-time: 00:59:40
PB (25m pool): 00:59.40 Aarschot 27/07/2026					PB (50m pool): 01:00.49 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:28.48		00:59.40	
	00:28.48		00:30.92		
					

Coach feedback:

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Event number: 2: 100M FREESTYLE MEN 11+					Heat:8, starttime: 09:49
Heat: 8/12 Lane : 8 Athlete: VETS WANNES					Q-time: 00:58:55
PB (25m pool): 00:58.55 Aarschot 26/04/2026 PB (50m pool): 00:59.14 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:28.74		00:58.55	
	00:28.74		00:29.81		
					

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+					Heat:9, starttime: 09:51
Heat: 9/12 Lane : 5 Athlete: WILLEM ARTHUR					Q-time: 00:56:88
PB (25m pool): 00:56.88 Aarschot 26/04/2026 PB (50m pool): 00:58.08 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:26.78		00:56.88	
	00:26.78		00:30.10		
					

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+					Heat:10, starttime: 09:52
Heat: 10/12 Lane : 1 Athlete: VOET LARS					Q-time: 00:56:57
PB (25m pool): 00:56.57 LEUVEN 23/11/2025 PB (50m pool): 00:57.27 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:26.72		00:56.57	
	00:26.72		00:29.85		
					

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+					Heat:10, starttime: 09:52
Heat: 10/12 Lane : 4 Athlete: VETS SIEBE					Q-time: 00:55:56
PB (25m pool): 00:55.56 Aarschot 27/07/2026 PB (50m pool): 00:57.05 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:26.96		00:55.56	
	00:26.96		00:28.60		
					

Coach feedback:

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Event number: 2: 100M FREESTYLE MEN 11+					Heat:10, starttime: 09:52
Heat: 10/12 Lane : 5 Athlete: DE WITTE LEO					Q-time: 00:55:70
PB (25m pool): 00:51.25 Leuven 16/10/2022					PB (50m pool): 00:56.83 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		00:51.25	
	no time				
					

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+					Heat:10, starttime: 09:52
Heat: 10/12 Lane : 6 Athlete: DELEN KOBE					Q-time: 00:55:87
PB (25m pool): 00:55.87 Aarschot 27/07/2026					PB (50m pool): 00:58.20 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		00:55.87	
	no time				
					

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+					Heat:12, starttime: 09:55
Heat: 12/12 Lane : 8 Athlete: RAES DRIES					Q-time: 00:53:18
PB (25m pool): 00:53.18 Aarschot 27/07/2026					PB (50m pool): 00:55.62 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:25.28		00:53.18	
	00:25.28		00:27.90		
					

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:1, starttime: 09:57	
Heat: 1/10 Lane : 3 Athlete: SMEKENS ELLA							Q-time: 03:10:66	
PB (25m pool): 03:13.27 Zwembad De Motte 20/06/2026							PB (50m pool): 03:10.66SB: 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		00:41.61		no time		no time		03:13.27
	00:41.61							
								

Coach feedback:

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Event number: 3: 200M MEDLEY WOMEN 11+							Heat:2, starttime: 10:01	
Heat: 2/10 Lane : 1 Athlete: DEXTERS MILA							Q-time: 03:06:36	
PB (25m pool): 03:06.36 Aarschot 26/04/2026				PB (50m pool): 03:14.39SB: 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		00:42.40		01:29.49		02:25.18		03:06.36
	00:42.40		00:47.09		00:55.69		00:41.18	
								

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:2, starttime: 10:01	
Heat: 2/10 Lane : 8 Athlete: LEMBRECHTS KAAT							Q-time: 03:09:50	
PB (25m pool): 03:09.50 Zwembad De Motte 20/06/2026				PB (50m pool): 03:13.57SB: 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		00:44.83		no time		no time		03:09.50
	00:44.83							
								

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:6, starttime: 10:15	
Heat: 6/10 Lane : 1 Athlete: DEVUE ROSALIE							Q-time: 02:46:83	
PB (25m pool): 02:46.83 Sportoase De Watermolen 21/07/2026 PB (50m pool): 02:48.84SB: 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		00:36.80		01:19.71		02:07.61		02:46.83
	00:36.80		00:42.91		00:47.90		00:39.22	
								

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:6, starttime: 10:15	
Heat: 6/10 Lane : 2 Athlete: VANSINA ELLE							Q-time: 02:46:01	
PB (25m pool): 02:46.01 Heist-op-den-Berg 10/01/2026				PB (50m pool): 02:50.21 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		00:36.01		no time		no time		02:46.01
	00:36.01							
								

Coach feedback:

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Event number: 3: 200M MEDLEY WOMEN 11+							Heat:6, starttime: 10:15	
Heat: 6/10 Lane : 4 Athlete: SILVERANS MILA							Q-time: 02:44:01	
PB (25m pool): 02:44.01 Aarschot 26/04/2026				PB (50m pool): 02:49.19SB: 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		00:34.27		01:17.29		02:07.53		02:44.01
	00:34.27		00:43.02		00:50.24		00:36.48	
								

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:8, starttime: 10:22	
Heat: 8/10 Lane : 1 Athlete: WOUTERS STIEN							Q-time: 02:39:66	
PB (25m pool): 02:39.66 Leuven 12/10/2025				PB (50m pool): 02:42.45SB: 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		00:34.64		01:15.48		02:02.51		02:39.66
	00:34.64		00:40.84		00:47.03		00:37.15	
								

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:10, starttime: 10:28	
Heat: 10/10 Lane : 1 Athlete: MEYER THYRVI							Q-time: 02:30:18	
PB (25m pool): 02:30.18 LEUVEN 23/11/2025				PB (50m pool): 02:33.60SB: 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		00:32.13		01:10.72		01:56.59		02:30.18
	00:32.13		00:38.59		00:45.87		00:33.59	
								

Coach feedback:

Event number: 4: 100M BREASTSTROKE MEN 13+					Heat:2, starttime: 10:33			
Heat: 2/5 Lane : 8 Athlete: VERBRUGGEN MATS					Q-time: 01:19:64			
PB (25m pool): 01:19.64 Stedelijk Zwembad Geel 16/02/2025					PB (50m pool): 01:22.06 SB: no time			
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:37.73		01:19.64				
	00:37.73		00:41.91					
								

Coach feedback:

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Event number: 5: 200M BACKSTROKE WOMEN 13+							Heat:3, starttime: 11:12	
Heat: 3/5 Lane : 1 Athlete: DEVUE ROSALIE							Q-time: 02:42:16	
PB (25m pool): 02:42.16 Aarschot 26/04/2026				PB (50m pool): 02:46.82 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		00:38.01		01:19.40		no time		02:42.16
	00:38.01		00:41.39					
								

Coach feedback:

Event number: 5: 200M BACKSTROKE WOMEN 13+							Heat:3, starttime: 11:12	
Heat: 3/5 Lane : 7 Athlete: VANSINA ELLE							Q-time: 02:40:37	
PB (25m pool): 02:40.37 Temse 17/11/2025				PB (50m pool): 02:45.16 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		00:38.63		01:19.01		02:01.34		02:40.37
	00:38.63		00:40.38		00:42.33		00:39.03	
								

Coach feedback:

Event number: 5: 200M BACKSTROKE WOMEN 13+							Heat:3, starttime: 11:12	
Heat: 3/5 Lane : 8 Athlete: SILVERANS MILA							Q-time: 02:42:16	
PB (25m pool): 02:42.16 Aarschot 26/04/2026				PB (50m pool): 02:45.48 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		00:38.00		01:19.95		no time		02:42.16
	00:38.00		00:41.95					
								

Coach feedback:

Event number: 5: 200M BACKSTROKE WOMEN 13+							Heat:4, starttime: 11:15	
Heat: 4/5 Lane : 2 Athlete: ASSCHERICKX CHLOé							Q-time: 02:33:75	
PB (25m pool): 02:33.75 Temse 17/11/2025				PB (50m pool): 02:40.84SB: 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		00:35.59		01:14.03		01:54.13		02:33.75
	00:35.59		00:38.44		00:40.10		00:39.62	
								

Coach feedback:

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Event number: 5: 200M BACKSTROKE WOMEN 13+							Heat:4, starttime: 11:15	
Heat: 4/5 Lane : 6 Athlete: GYPEN KAAT							Q-time: 02:31:96	
PB (25m pool): 02:31.96 Leuven 12/10/2025				PB (50m pool): 02:38.18SB: 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		00:36.37		01:14.27		01:52.99		02:31.96
	00:36.37		00:37.90		00:38.72		00:38.97	
								

Coach feedback:

Event number: 5: 200M BACKSTROKE WOMEN 13+							Heat:4, starttime: 11:15	
Heat: 4/5 Lane : 7 Athlete: WOUTERS STIEN							Q-time: 02:33:91	
PB (25m pool): 02:33.91 Aarschot 26/04/2026				PB (50m pool): 02:38.50SB: 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		00:37.22		01:16.81		no time		02:33.91
	00:37.22		00:39.59					
								

Coach feedback:

Event number: 6: 400M FREESTYLE MEN 13+							Heat:2, starttime: 11:27	
Heat: 2/4 Lane : 4 Athlete: GYPEN THOMAS							Q-time: 04:44:05	
PB (25m pool): 04:44.05 Zwembad De Motte 14/07/2026				PB (50m pool): 04:56.25SB: 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		no time		01:06.64		no time		02:19.67
	no time							
								
	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		no time		no time		no time		04:44.05
								

Coach feedback:

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

Event number: 6: 400M FREESTYLE MEN 13+							Heat:3, starttime: 11:33	
Heat: 3/4 Lane : 5 Athlete: ASSCHERICKX SEBASTIAAN							Q-time: 04:30:93	
PB (25m pool): 04:30.93 Aarschot 27/07/2026				PB (50m pool): 04:48.88 SB: 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		00:30.67		01:04.78		no time		02:14.71
	00:30.67		00:34.11					
								
	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		no time		no time		no time		04:30.93
								

Coach feedback:

Event number: 6: 400M FREESTYLE MEN 13+							Heat:4, starttime: 11:38	
Heat: 4/4 Lane : 3 Athlete: VETS WANNES							Q-time: 04:19:10	
PB (25m pool): 04:19.10 Aarschot 27/07/2026				PB (50m pool): 04:27.51 SB: 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		00:29.52		01:02.06		no time		02:33.42
	00:29.52		00:32.54					
								
	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		no time		no time		no time		04:19.10
								

Coach feedback:

Event number: 6: 400M FREESTYLE MEN 13+							Heat:4, starttime: 11:38	
Heat: 4/4 Lane : 4 Athlete: RAES DRIES							Q-time: 04:16:26	
PB (25m pool): 04:16.26 Aarschot 29/03/2026				PB (50m pool): 04:25.38 SB: 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		00:29.30		01:01.32		no time		02:07.16
	00:29.30		00:32.02					
								
	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		no time		no time		no time		04:16.26
								

Coach feedback:

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Event number: 6: 400M FREESTYLE MEN 13+							Heat:4, starttime: 11:38	
Heat: 4/4 Lane : 6 Athlete: VETS SIEBE							Q-time: 04:19:66	
PB (25m pool): 04:19.66 Heist-op-den-Berg 10/01/2026				PB (50m pool): 04:29.24SB: 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		no time		01:01.76		no time		02:07.69
	no time							
								
	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		no time		no time		no time		04:19.66
								

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+							Heat:2, starttime: 12:05	
Heat: 2/11 Lane : 2 Athlete: LEMBRECHTS KAAT							Q-time: 00:42:01	
PB (25m pool): 00:42.01 Herentals 09/05/2026				PB (50m pool): 00:42.60SB: no time				
	2 5 M		5 0 M					
PB			00:42.01					
			00:42.01					
								

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+							Heat:2, starttime: 12:05	
Heat: 2/11 Lane : 5 Athlete: DEXTERS MILA							Q-time: 00:41:13	
PB (25m pool): 00:41.13 Meise 14/09/2025							PB (50m pool): 00:40.87 SB: no time	
PB	2 5 M		5 0 M					
			00:41.13					
			00:41.13					
								

Coach feedback:

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Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:3, starttime: 12:06
Heat: 3/11 Lane : 3 Athlete: SMEKENS ELLA			Q-time: 00:36:43
PB (25m pool): 00:37.47 Sportoase De Watermolen 21/07/2026 PB (50m pool): 00:36.43 SB: no time			
	2 5 M	5 0 M	
PB		00:37.47	
		00:37.47	
			

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:6, starttime: 12:09
Heat: 6/11 Lane : 6 Athlete: WOUTERS STIEN			Q-time: 00:33:22
PB (25m pool): 00:33.54 Herentals 17/05/2025 PB (50m pool): 00:32.22 SB: no time			
	2 5 M	5 0 M	
PB		00:33.54	
		00:33.54	
			

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:7, starttime: 12:11
Heat: 7/11 Lane : 3 Athlete: SILVERANS MILA			Q-time: 00:32:77
PB (25m pool): 00:32.77 Aarschot 26/04/2026 PB (50m pool): 00:32.75 SB: no time			
	2 5 M	5 0 M	
PB		00:32.77	
		00:32.77	
			

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:8, starttime: 12:12
Heat: 8/11 Lane : 3 Athlete: GYPEN KAAAT			Q-time: 00:32:02
PB (25m pool): 00:32.02 Aarschot 27/07/2026 PB (50m pool): 00:33.03 SB: no time			
	2 5 M	5 0 M	
PB		00:32.02	
		00:32.02	
			

Coach feedback:

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

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:9, starttime: 12:13
Heat: 9/11 Lane : 4 Athlete: ASSCHERICKX CHLOé			Q-time: 00:31:17
PB (25m pool): 00:31.17 Leuven 12/10/2025			PB (50m pool): 00:31.91 SB: no time
	2 5 M	5 0 M	
PB		00:31.17	
		00:31.17	
			

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:10, starttime: 12:14
Heat: 10/11 Lane : 8 Athlete: MEYER THYRVI			Q-time: 00:31:06
PB (25m pool): 00:30.97 Aarschot 28/04/2024			PB (50m pool): 00:31.07 SB: no time
	2 5 M	5 0 M	
PB		00:30.97	
		00:30.97	
			

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:11, starttime: 12:15
Heat: 11/11 Lane : 5 Athlete: WOUTERS BRIANA			Q-time: 00:28:68
PB (25m pool): 00:28.75 Stedelijk Zwembad Geel 11/02/2024			PB (50m pool): 00:28.68 SB: no time
	2 5 M	5 0 M	
PB		00:28.75	
		00:28.75	
			

Coach feedback:

Event number: 8: 50M BACKSTROKE MEN 13+			Heat:3, starttime: 12:18
Heat: 3/4 Lane : 2 Athlete: DE WITTE LEO			Q-time: 00:30:21
PB (25m pool): 00:30.21 LEUVEN 23/11/2025			PB (50m pool): 00:30.62 SB: no time
	2 5 M	5 0 M	
PB		00:30.21	
		00:30.21	
			

Coach feedback:

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

Event number: 8: 50M BACKSTROKE MEN 13+			Heat:4, starttime: 12:20
Heat: 4/4 Lane : 6 Athlete: RAES DRIES			Q-time: 00:27:91
PB (25m pool): 00:27.91 Gent 09/11/2025			PB (50m pool): 00:28.65 SB: no time
	2 5 M	5 0 M	
PB		00:27.91	
		00:27.91	
			

Coach feedback:

Event number: 8: 50M BACKSTROKE MEN 13+			Heat:4, starttime: 12:20
Heat: 4/4 Lane : 8 Athlete: WILLEM ARTHUR			Q-time: 00:29:07
PB (25m pool): 00:29.07 Herentals 09/05/2026			PB (50m pool): 00:29.91 SB: no time
	2 5 M	5 0 M	
PB		00:29.07	
		00:29.07	
			

Coach feedback: