

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

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

Coaches: De Punder Wout

Coaches: Sevenants Marc

Coaches: De Decker Tania 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 : 5 Athlete: JORIS JESSE					Q-time: 01:01:16
PB (25m pool): 01:01.16 Tervuren 30/05/2026					PB (50m pool): 01:02.66 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:28.90		01:01.16	
	00:28.90		00:32.26		
					

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+					Heat:5, starttime: 09:44
Heat: 5/12 Lane : 8 Athlete: VAN GORP LUCAS					Q-time: 01:03:82
PB (25m pool): 01:03.82 Zwembad De Motte 14/07/2026					PB (50m pool): 01:04.07 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.66		01:03.82	
	00:30.66		00:33.16		
					

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+					Heat:6, starttime: 09:46
Heat: 6/12 Lane : 1 Athlete: FLORES SéBASTIEN					Q-time: 01:00:73
PB (25m pool): 01:00.73 Zwembad De Motte 14/07/2026					PB (50m pool): 01:01.36 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:29.06		01:00.73	
	00:29.06		00:31.67		
					

Coach feedback:

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Event number: 2: 100M FREESTYLE MEN 11+					Heat:9, starttime: 09:51
Heat: 9/12 Lane : 1 Athlete: CAMBRON WARD					Q-time: 00:57:32
PB (25m pool): 00:57.32 Tervuren 30/05/2026					PB (50m pool): 00:59.53 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:27.27		00:57.32	
	00:27.27		00:30.05		
					

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:6, starttime: 10:15	
Heat: 6/10 Lane : 5 Athlete: VAN BOXSTAEL NORA							Q-time: 02:44:09	
PB (25m pool): 02:44.09 LEUVEN 21/12/2025				PB (50m pool): 02:51.76SB: 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		00:35.40		01:18.96		02:06.21		02:44.09
	00:35.40		00:43.56		00:47.25		00:37.88	
								

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:8, starttime: 10:22	
Heat: 8/10 Lane : 6 Athlete: DESMET STERRE							Q-time: 02:38:02	
PB (25m pool): 02:38.02 Tervuren 30/05/2026				PB (50m pool): 02:42.86SB: 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		00:34.77		01:13.71		02:00.31		02:38.02
	00:34.77		00:38.94		00:46.60		00:37.71	
								

Coach feedback:

Event number: 4: 100M BREASTSTROKE MEN 13+					Heat:1, starttime: 10:31
Heat: 1/5 Lane : 4 Athlete: CHABOTTIER LARGO					Q-time: 01:20:70
PB (25m pool): 01:20.70 Sportoase De Watermolen 21/07/2026					PB (50m pool): 01:21.68 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.69		01:20.70	
	00:37.69		00:43.01		
					

Coach feedback:

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Event number: 6: 400M FREESTYLE MEN 13+							Heat:1, starttime: 11:22	
Heat: 1/4 Lane : 6 Athlete: CHABOTTIER LARGO							Q-time: 04:59:84	
PB (25m pool): 04:59.84 Sinbad 22/07/2025				PB (50m pool): 05:04.36SB: 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		00:32.92		01:10.28		no time		02:27.48
	00:32.92		00:37.36					
								
	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		04:59.84
								

Coach feedback:

Event number: 6: 400M FREESTYLE MEN 13+							Heat:3, starttime: 11:33	
Heat: 3/4 Lane : 1 Athlete: FLORES SéBASTIEN							Q-time: 04:37:04	
PB (25m pool): 04:37.04 Zwembad De Motte 14/07/2026				PB (50m pool): 04:48.82SB: 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		01:05.22		no time		02:15.83
	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		04:37.04
								

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+										Heat:6, starttime: 12:09	
Heat: 6/11 Lane : 1 Athlete: AMADOU CAMILLE										Q-time: 00:33:46	
PB (25m pool): 00:33.46 Hannuit 28/03/2026										PB (50m pool): 00:34.09SB: 00:35.33 Zwembad De Wauwer 13/09/2026	
	2 5 M		5 0 M								
PB			00:33.46								
			00:33.46								
											

Coach feedback:

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

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:6, starttime: 12:09
Heat: 6/11 Lane : 2 Athlete: VAN BOXSTAEL NORA			Q-time: 00:33:28
PB (25m pool): 00:33.28 Hannuit 28/03/2026			PB (50m pool): 00:33.81 SB: 00:35.16 Zwembad De Wauwer 13/09/2026
	2 5 M	5 0 M	
PB		00:33.28	
	00:33.28		
			

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:8, starttime: 12:12
Heat: 8/11 Lane : 8 Athlete: DESMET STERRE			Q-time: 00:32:31
PB (25m pool): 00:32.31 Bree 01/06/2025			PB (50m pool): 00:32.76 SB: 00:33.66 Zwembad De Wauwer 13/09/2026
	2 5 M	5 0 M	
PB		00:32.31	
	00:32.31		
			

Coach feedback: