

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

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

Coaches: Lesceu Philippe HEADCOACH

PB => Personal Best time

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

| Event number: 2: 100M FREESTYLE MEN 11+       |           |           |           |           | Heat:1, starttime: 09:37            |
|-----------------------------------------------|-----------|-----------|-----------|-----------|-------------------------------------|
| Heat: 1/12 Lane : 4 Athlete: LEDEGANCK SANDER |           |           |           |           | Q-time: 01:19:30                    |
| PB (25m pool): 01:19.30 Zaventem 08/02/2026   |           |           |           |           | PB (50m pool): 01:21.05 SB: no time |
|                                               | 2 5 M     | 5 0 M     | 7 5 M     | 1 0 0 M   |                                     |
| PB                                            |           | 00:37.43  |           | 01:19.30  |                                     |
|                                               | 00:37.43  |           | 00:41.87  |           |                                     |
|                                               | . . . . . | . . . . . | . . . . . | . . . . . |                                     |

Coach feedback:

| Event number: 2: 100M FREESTYLE MEN 11+     |           |           |           |           | Heat:2, starttime: 09:39            |
|---------------------------------------------|-----------|-----------|-----------|-----------|-------------------------------------|
| Heat: 2/12 Lane : 4 Athlete: PIERART VITO   |           |           |           |           | Q-time: 01:12:65                    |
| PB (25m pool): 01:15.60 Tervuren 30/05/2026 |           |           |           |           | PB (50m pool): 01:12.65 SB: no time |
|                                             | 2 5 M     | 5 0 M     | 7 5 M     | 1 0 0 M   |                                     |
| PB                                          |           | 00:36.26  |           | 01:15.60  |                                     |
|                                             | 00:36.26  |           | 00:39.34  |           |                                     |
|                                             | . . . . . | . . . . . | . . . . . | . . . . . |                                     |

Coach feedback:

| Event number: 2: 100M FREESTYLE MEN 11+           |           |           |           |           | Heat:3, starttime: 09:41            |
|---------------------------------------------------|-----------|-----------|-----------|-----------|-------------------------------------|
| Heat: 3/12 Lane : 6 Athlete: VAN STEENWINKEL WOUT |           |           |           |           | Q-time: 01:10:88                    |
| PB (25m pool): 01:10.88 LEUVEN 23/11/2025         |           |           |           |           | PB (50m pool): 01:09.98 SB: no time |
|                                                   | 2 5 M     | 5 0 M     | 7 5 M     | 1 0 0 M   |                                     |
| PB                                                |           | 00:33.50  |           | 01:10.88  |                                     |
|                                                   | 00:33.50  |           | 00:37.38  |           |                                     |
|                                                   | . . . . . | . . . . . | . . . . . | . . . . . |                                     |

Coach feedback:

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| Event number: 2: 100M FREESTYLE MEN 11+    |          |          |          |          | Heat:6, starttime: 09:46            |
|--------------------------------------------|----------|----------|----------|----------|-------------------------------------|
| Heat: 6/12 Lane : 2 Athlete: GUENDOUZ ANAS |          |          |          |          | Q-time: 01:00:61                    |
| PB (25m pool): 01:00.61 Mons 26/10/2025    |          |          |          |          | PB (50m pool): 01:03.11 SB: no time |
|                                            | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                                     |
| PB                                         |          | 00:29.11 |          | 01:00.61 |                                     |
|                                            | 00:29.11 |          | 00:31.50 |          |                                     |
|                                            | .....    | .....    | .....    | .....    |                                     |

Coach feedback:

| Event number: 2: 100M FREESTYLE MEN 11+ |          |          |          |          | Heat:8, starttime: 09:49            |
|-----------------------------------------|----------|----------|----------|----------|-------------------------------------|
| Heat: 8/12 Lane : 7 Athlete: BOLLU LUCA |          |          |          |          | Q-time: 00:58:10                    |
| PB (25m pool): 00:57.45 Mons 27/10/2024 |          |          |          |          | PB (50m pool): 00:58.78 SB: no time |
|                                         | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                                     |
| PB                                      |          | 00:27.61 |          | 00:57.45 |                                     |
|                                         | 00:27.61 |          | 00:29.84 |          |                                     |
|                                         | .....    | .....    | .....    | .....    |                                     |

Coach feedback:

| Event number: 3: 200M MEDLEY WOMEN 11+          |          |          |          |          |          | Heat:3, starttime: 10:04            |          |          |
|-------------------------------------------------|----------|----------|----------|----------|----------|-------------------------------------|----------|----------|
| Heat: 3/10 Lane : 3 Athlete: VAN DEN TROOST AMY |          |          |          |          |          | Q-time: 02:58:40                    |          |          |
| PB (25m pool): 02:58.40 Tervuren 30/05/2026     |          |          |          |          |          | PB (50m pool): 03:09.78 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                                              |          | 00:39.54 |          | 01:25.44 |          | 02:19.38                            |          | 02:58.40 |
|                                                 | 00:39.54 |          | 00:45.90 |          | 00:53.94 |                                     | 00:39.02 |          |
|                                                 | .....    | .....    | .....    | .....    | .....    | .....                               | .....    | .....    |

Coach feedback:

| Event number: 3: 200M MEDLEY WOMEN 11+          |          |          |       |         |       | Heat:5, starttime: 10:11            |       |          |
|-------------------------------------------------|----------|----------|-------|---------|-------|-------------------------------------|-------|----------|
| Heat: 5/10 Lane : 7 Athlete: VAN HOYLANDT JULIE |          |          |       |         |       | Q-time: 02:52:41                    |       |          |
| PB (25m pool): 02:52.41 Vilvoorde 01/03/2026    |          |          |       |         |       | PB (50m pool): 02:59.36 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                                              |          | 00:36.44 |       | no time |       | no time                             |       | 02:52.41 |
|                                                 | 00:36.44 |          |       |         |       |                                     |       |          |
|                                                 | .....    | .....    | ..... | .....   | ..... | .....                               | ..... | .....    |

Coach feedback:

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| Event number: 4: 100M BREASTSTROKE MEN 13+    |         |         |       |          | Heat:4, starttime: 10:37            |
|-----------------------------------------------|---------|---------|-------|----------|-------------------------------------|
| Heat: 4/5 Lane : 8 Athlete: BOLLU LUCA        |         |         |       |          | Q-time: 01:12:29                    |
| PB (25m pool): 01:12.02 Ettelbruck 16/04/2023 |         |         |       |          | PB (50m pool): 01:14.26 SB: no time |
|                                               | 2 5 M   | 5 0 M   | 7 5 M | 1 0 0 M  |                                     |
| PB                                            |         | no time |       | 01:12.02 |                                     |
|                                               | no time |         |       |          |                                     |
|                                               | .....   | .....   | ..... | .....    |                                     |

Coach feedback:

| Event number: 7: 50M BUTTERFLY WOMEN 11+        |          |          |  |  | Heat:4, starttime: 12:07            |
|-------------------------------------------------|----------|----------|--|--|-------------------------------------|
| Heat: 4/11 Lane : 6 Athlete: VAN HOYLANDT JULIE |          |          |  |  | Q-time: 00:35:72                    |
| PB (25m pool): 00:41.78 Hannuit 18/01/2025      |          |          |  |  | PB (50m pool): 00:35.72 SB: no time |
|                                                 | 2 5 M    | 5 0 M    |  |  |                                     |
| PB                                              |          | 00:41.78 |  |  |                                     |
|                                                 | 00:41.78 |          |  |  |                                     |
|                                                 | .....    | .....    |  |  |                                     |

Coach feedback:

| Event number: 7: 50M BUTTERFLY WOMEN 11+   |          |          |  |  | Heat:8, starttime: 12:12            |
|--------------------------------------------|----------|----------|--|--|-------------------------------------|
| Heat: 8/11 Lane : 7 Athlete: ROELANT SISKI |          |          |  |  | Q-time: 00:32:22                    |
| PB (25m pool): 00:33.35 Leuven 12/10/2025  |          |          |  |  | PB (50m pool): 00:32.22 SB: no time |
|                                            | 2 5 M    | 5 0 M    |  |  |                                     |
| PB                                         |          | 00:33.35 |  |  |                                     |
|                                            | 00:33.35 |          |  |  |                                     |
|                                            | .....    | .....    |  |  |                                     |

Coach feedback:

| Event number: 8: 50M BACKSTROKE MEN 13+    |          |          |  |  | Heat:3, starttime: 12:18            |
|--------------------------------------------|----------|----------|--|--|-------------------------------------|
| Heat: 3/4 Lane : 1 Athlete: GUENDOUZ ANAS  |          |          |  |  | Q-time: 00:31:75                    |
| PB (25m pool): 00:33.38 Hannuit 18/01/2025 |          |          |  |  | PB (50m pool): 00:31.75 SB: no time |
|                                            | 2 5 M    | 5 0 M    |  |  |                                     |
| PB                                         |          | 00:33.38 |  |  |                                     |
|                                            | 00:33.38 |          |  |  |                                     |
|                                            | .....    | .....    |  |  |                                     |

Coach feedback: