

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

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

Coaches: Mees Brent

Coaches: Matthijs Laurenz

Coaches: Bogaerts Michel

Coaches: De Block Killian HEADCOACH

PB => Personal Best time

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

Event number: 1: 200M BUTTERFLY WOMEN 13+							Heat:1, starttime: 09:30	
Heat: 1/2 Lane : 3 Athlete: PETKOVA SOFIA							Q-time: 02:57:41	
PB (25m pool): 02:57.41 Zaventem 08/02/2026				PB (50m pool): no time 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		00:38.28		01:23.28		no time		02:57.41
	00:38.28		00:45.00					
								

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+					Heat:3, starttime: 09:41
Heat: 3/12 Lane : 5 Athlete: NABIULLIN MAX				Q-time: 01:09:10	
PB (25m pool): 01:10.93 Tremelo 18/01/2026			PB (50m pool): 01:09.10SB: no time		
PB	2 5 M	5 0 M	7 5 M	1 0 0 M	
		00:33.53		01:10.93	
	00:33.53		00:37.40		
					

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+						Heat:4, starttime: 09:42		
Heat: 4/12 Lane : 7 Athlete: NABIULLIN TIM						Q-time: 01:05:43		
PB (25m pool): 01:07.60 Zaventem 08/02/2026				PB (50m pool): 01:05.43 SB: no time				
PB	2 5 M		5 0 M		7 5 M		1 0 0 M	
			00:32.03				01:07.60	
			00:32.03				00:35.57	
								

Coach feedback:

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Event number: 2: 100M FREESTYLE MEN 11+					Heat:7, starttime: 09:47
Heat: 7/12 Lane : 1 Athlete: GAVENAS AUGUSTAS					Q-time: 00:59:47
PB (25m pool): 00:59.47 Zwembad De Motte 14/07/2026 PB (50m pool): 01:00.38 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:28.30		00:59.47	
	00:28.30		00:31.17		
					

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+					Heat:9, starttime: 09:51
Heat: 9/12 Lane : 6 Athlete: BOVE SAMUEL					Q-time: 00:57:11
PB (25m pool): 00:57.11 Zaventem 08/02/2026 PB (50m pool): 00:59.74 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:27.02		00:57.11	
	00:27.02		00:30.09		
					

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+					Heat:9, starttime: 09:51
Heat: 9/12 Lane : 7 Athlete: VANDERBORGHT MILAN					Q-time: 00:57:18
PB (25m pool): 00:57.18 Zaventem 08/02/2026 PB (50m pool): 00:58.09 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:27.53		00:57.18	
	00:27.53		00:29.65		
					

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+					Heat:10, starttime: 09:52
Heat: 10/12 Lane : 7 Athlete: SONUMUT ARMAN					Q-time: 00:56:50
PB (25m pool): 00:56.50 Zwembad De Motte 14/07/2026 PB (50m pool): 00:57.52 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:26.63		00:56.50	
	00:26.63		00:29.87		
					

Coach feedback:

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Event number: 2: 100M FREESTYLE MEN 11+					Heat:12, starttime: 09:55
Heat: 12/12 Lane : 3 Athlete: MEES BRENT					Q-time: 00:50:55
PB (25m pool): 00:50.55 Gent 09/11/2025					PB (50m pool): 00:52.46 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:24.05		00:50.55	
	00:24.05		00:26.50		
					

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+					Heat:12, starttime: 09:55
Heat: 12/12 Lane : 5 Athlete: MEES RUBEN					Q-time: 00:50:38
PB (25m pool): 00:50.38 Gent 09/11/2025					PB (50m pool): 00:52.25 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:23.96		00:50.38	
	00:23.96		00:26.42		
					

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+					Heat:2, starttime: 10:01			
Heat: 2/10 Lane : 3 Athlete: BOGAERTS ENYA					Q-time: 03:03:94			
PB (25m pool): 03:03.94 Dilbeek 10/05/2026					PB (50m pool): 03:09.92 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		00:43.60		no time		no time		03:03.94
	00:43.60							
								

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+					Heat:3, starttime: 10:04			
Heat: 3/10 Lane : 7 Athlete: WEGENER LENA					Q-time: 02:59:18			
PB (25m pool): 02:59.18 Dilbeek 10/05/2026					PB (50m pool): 02:59.35 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		00:39.88		no time		no time		02:59.18
	00:39.88							
								

Coach feedback:

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Event number: 6: 400M FREESTYLE MEN 13+							Heat:1, starttime: 11:22	
Heat: 1/4 Lane : 2 Athlete: MAASKANT ALBIN							Q-time: 05:01:15	
PB (25m pool): 05:01.15 Zwembad De Motte 14/07/2026				PB (50m pool): 05:28.31 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		no time		01:11.17		no time		02:29.03
	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		05:01.15
								

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+							Heat:3, starttime: 12:06	
Heat: 3/11 Lane : 6 Athlete: WEGENER LENA							Q-time: 00:36:89	
PB (25m pool): 00:36.89 Hannuit 28/03/2026				PB (50m pool): 00:38.30 SB: no time				
	2 5 M	5 0 M						
PB		00:36.89						
	00:36.89							
								

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+							Heat:5, starttime: 12:08	
Heat: 5/11 Lane : 5 Athlete: PETKOVA SOFIA							Q-time: 00:33:74	
PB (25m pool): 00:34.56 Temse 17/11/2025				PB (50m pool): 00:33.74SB: no time				
	2 5 M	5 0 M						
PB		00:34.56						
	00:34.56							
								

Coach feedback:

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

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:11, starttime: 12:15
Heat: 11/11 Lane : 1 Athlete: MAASKANT KRISTINA			Q-time: 00:30:28
PB (25m pool): 00:30.76 Leuven 12/10/2025			PB (50m pool): 00:30.28 SB: no time
	2 5 M	5 0 M	
PB		00:30.76	
		00:30.76	
			

Coach feedback:

Event number: 8: 50M BACKSTROKE MEN 13+			Heat:3, starttime: 12:18
Heat: 3/4 Lane : 6 Athlete: SONUMUT ARMAN			Q-time: 00:30:09
PB (25m pool): 00:30.93 Hannuit 28/03/2026			PB (50m pool): 00:30.49 SB: no time
	2 5 M	5 0 M	
PB		00:30.93	
		00:30.93	
			

Coach feedback:

Event number: 8: 50M BACKSTROKE MEN 13+			Heat:4, starttime: 12:20
Heat: 4/4 Lane : 3 Athlete: MEES BRENT			Q-time: 00:26:99
PB (25m pool): 00:26.99 Gent 09/11/2025			PB (50m pool): 00:28.51 SB: no time
	2 5 M	5 0 M	
PB		00:26.99	
		00:26.99	
			

Coach feedback: