

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

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

Coaches: Silvestre Coralie

Coaches: Leemans Mats

Coaches: Iannino David HEADCOACH

Coaches: Januarius Bart

Coaches: Januarius Elke

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 : 5 Athlete: AELEN BENTE							Q-time: 02:53:71	
PB (25m pool): no time			PB (50m pool): 02:53.71 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		no time		no time		no time		no time
	no time							
								

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+					Heat:1, starttime: 09:37
Heat: 1/12 Lane : 3 Athlete: JANUARIUS JULES				Q-time: 01:23:57	
PB (25m pool): 01:24.26 Aarschot 26/04/2026			PB (50m pool): 01:23.57 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.16		01:24.26	
	00:39.16		00:45.10		
					

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+							Heat:2, starttime: 09:39	
Heat: 2/12 Lane : 3 Athlete: TIELEMANS WOLF							Q-time: 01:15:10	
PB (25m pool): 01:20.28 Liedekerke 11/11/2025				PB (50m pool): 01:15.10SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:37.73		01:20.28				
	00:37.73		00:42.55					
								

Coach feedback:

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Event number: 2: 100M FREESTYLE MEN 11+					Heat:3, starttime: 09:41
Heat: 3/12 Lane : 3 Athlete: HAAN ALEXANDER					Q-time: 01:10:07
PB (25m pool): 01:14.06 Sint-Pieters-Leeuw 05/10/2025 PB (50m pool): 01:10.07 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.72		01:14.06	
	00:34.72		00:39.34		
					

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+					Heat:3, starttime: 09:41
Heat: 3/12 Lane : 4 Athlete: LOUCKX TIM					Q-time: 01:08:51
PB (25m pool): 01:09.90 LEUVEN 21/12/2025 PB (50m pool): 01:08.51 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.62		01:09.90	
	00:33.62		00:36.28		
					

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+					Heat:5, starttime: 09:44
Heat: 5/12 Lane : 4 Athlete: BAS BRIEK					Q-time: 01:01:03
PB (25m pool): 01:01.03 Liedekerke 11/11/2025 PB (50m pool): 01:00.03 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:29.13		01:01.03	
	00:29.13		00:31.90		
					

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+					Heat:5, starttime: 09:44
Heat: 5/12 Lane : 7 Athlete: VANDERGUCHT JONAS					Q-time: 01:03:01
PB (25m pool): 01:05.18 Temse 17/11/2025 PB (50m pool): 01:03.01 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.70		01:05.18	
	00:30.70		00:34.48		
					

Coach feedback:

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Event number: 2: 100M FREESTYLE MEN 11+					Heat:7, starttime: 09:47
Heat: 7/12 Lane : 3 Athlete: DE HAES TIBO					Q-time: 00:58:72
PB (25m pool): 01:00.19 LEUVEN 23/11/2025					PB (50m pool): 00:58.72 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:28.59		01:00.19	
	00:28.59		00:31.60		
					

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+					Heat:7, starttime: 09:47
Heat: 7/12 Lane : 6 Athlete: HALLET BRENT					Q-time: 00:58:78
PB (25m pool): 00:58.78 LEUVEN 23/11/2025					PB (50m pool): 00:59.46 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:28.15		00:58.78	
	00:28.15		00:30.63		
					

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+					Heat:9, starttime: 09:51
Heat: 9/12 Lane : 8 Athlete: VANHASSEL MATHIAS					Q-time: 00:57:33
PB (25m pool): 00:56.95 Aarschot 29/07/2024					PB (50m pool): 00:57.33 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		00:56.95	
	no time				
					

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+					Heat:11, starttime: 09:54
Heat: 11/12 Lane : 5 Athlete: CLEYMANS TORBEN					Q-time: 00:53:67
PB (25m pool): 00:54.05 LEUVEN 21/12/2025					PB (50m pool): 00:53.67 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:26.31		00:54.05	
	00:26.31		00:27.74		
					

Coach feedback:

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Event number: 3: 200M MEDLEY WOMEN 11+							Heat:3, starttime: 10:04	
Heat: 3/10 Lane : 1 Athlete: MECHROUBI YASMINA							Q-time: 02:59:43	
PB (25m pool): 02:59.43 Sint-Pieters-Leeuw 01/03/2026				PB (50m pool): 03:01.32 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		00:39.83		no time		no time		02:59.43
	00:39.83							
								

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:9, starttime: 10:25	
Heat: 9/10 Lane : 5 Athlete: IANNINO VALENTINA							Q-time: 02:31:89	
PB (25m pool): 02:31.89 Temse 17/11/2025				PB (50m pool): 02:38.86SB: 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		00:32.84		01:11.95		01:57.97		02:31.89
	00:32.84		00:39.11		00:46.02		00:33.92	
								

Coach feedback:

Event number: 4: 100M BREASTSTROKE MEN 13+					Heat:1, starttime: 10:31
Heat: 1/5 Lane : 3 Athlete: SAADEH NAYIM					Q-time: 01:24:26
PB (25m pool): 01:32.59 Liedekerke 11/11/2025					PB (50m pool): 01:24.26SB: no time
PB	2 5 M	5 0 M	7 5 M	1 0 0 M	
		00:43.17		01:32.59	
	00:43.17		00:49.42		
					

Coach feedback:

Event number: 4: 100M BREASTSTROKE MEN 13+					Heat:1, starttime: 10:31
Heat: 1/5 Lane : 5 Athlete: VANDERGUCHT JONAS					Q-time: 01:21:27
PB (25m pool): 01:24.13 LEUVEN 21/12/2025					PB (50m pool): 01:21.27 SB: no time
PB	2 5 M	5 0 M	7 5 M	1 0 0 M	
		00:39.02		01:24.13	
	00:39.02		00:45.11		
					

Coach feedback:

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Event number: 4: 100M BREASTSTROKE MEN 13+					Heat:2, starttime: 10:33
Heat: 2/5 Lane : 4 Athlete: BAS BRIEK					Q-time: 01:15:64
PB (25m pool): 01:15.64 LEUVEN 23/11/2025					PB (50m pool): 01:15.57 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.12		01:15.64	
	00:35.12		00:40.52		
					

Coach feedback:

Event number: 4: 100M BREASTSTROKE MEN 13+					Heat:3, starttime: 10:35
Heat: 3/5 Lane : 3 Athlete: LESCRAUWAET MAX					Q-time: 01:13:35
PB (25m pool): 01:13.35 Leuven 12/10/2025					PB (50m pool): 01:14.87 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.96		01:13.35	
	00:34.96		00:38.39		
					

Coach feedback:

Event number: 4: 100M BREASTSTROKE MEN 13+					Heat:5, starttime: 10:39
Heat: 5/5 Lane : 2 Athlete: CLEYMANS KARSTEN					Q-time: 01:05:22
PB (25m pool): 01:05.22 Leuven 12/10/2025					PB (50m pool): 01:07.04 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:29.93		01:05.22	
	00:29.93		00:35.29		
					

Coach feedback:

Event number: 4: 100M BREASTSTROKE MEN 13+					Heat:5, starttime: 10:39
Heat: 5/5 Lane : 4 Athlete: CLEYMANS TORBEN					Q-time: 01:02:17
PB (25m pool): 01:02.17 LEUVEN 21/12/2025					PB (50m pool): 01:04.94 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:02.17	
	no time				
					

Coach feedback:

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Event number: 5: 200M BACKSTROKE WOMEN 13+							Heat:5, starttime: 11:19	
Heat: 5/5 Lane : 1 Athlete: AELEN BENTE							Q-time: 02:29:25	
PB (25m pool): 02:29.25 Temse 17/11/2025				PB (50m pool): 02:32.22 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		00:35.78		01:14.17		01:52.91		02:29.25
	00:35.78		00:38.39		00:38.74		00:36.34	
								

Coach feedback:

Event number: 6: 400M FREESTYLE MEN 13+							Heat:3, starttime: 11:33	
Heat: 3/4 Lane : 8 Athlete: HALLET BRENT							Q-time: 04:38:37	
PB (25m pool): 04:38.37 LEUVEN 21/12/2025				PB (50m pool): 04:54.46SB: 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		00:30.90		01:04.98		01:39.50		02:14.39
	00:30.90		00:34.08		00:34.52		00:34.89	
								
	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		02:49.92		03:25.47		04:01.93		04:38.37
	00:35.53		00:35.55		00:36.46		00:36.44	
								

Coach feedback:

Event number: 6: 400M FREESTYLE MEN 13+							Heat:4, starttime: 11:38	
Heat: 4/4 Lane : 7 Athlete: TUBBE XANDER							Q-time: 04:21:15	
PB (25m pool): 04:21.15 Leuven 12/10/2025				PB (50m pool): 04:29.35SB: 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		00:28.86		01:01.08		01:33.89		02:07.05
	00:28.86		00:32.22		00:32.81		00:33.16	
								
	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		02:40.81		03:14.63		03:48.19		04:21.15
	00:33.76		00:33.82		00:33.56		00:32.96	
								

Coach feedback:

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Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:4, starttime: 12:07
Heat: 4/11 Lane : 3 Athlete: MECHROUBI YASMINA			Q-time: 00:35:70
PB (25m pool): 00:35.70 Zwembad De Wauwer 13/09/2026			PB (50m pool): 00:38.34 SB: 00:35.70 Zwembad De Wauwer 13/09/2026
	2 5 M	5 0 M	
PB		00:35.70	
		00:35.70	
			

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:6, starttime: 12:09
Heat: 6/11 Lane : 4 Athlete: HENNEAU LOTTE			Q-time: 00:33:11
PB (25m pool): 00:34.13 LEUVEN 23/11/2025			PB (50m pool): 00:33.11 SB: no time
	2 5 M	5 0 M	
PB		00:34.13	
		00:34.13	
			

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:6, starttime: 12:09
Heat: 6/11 Lane : 7 Athlete: GHISLAIN JULIETTE			Q-time: 00:33:29
PB (25m pool): 00:33.80 Gent 23/02/2025			PB (50m pool): 00:33.29 SB: 00:35.33 Zwembad De Wauwer 13/09/2026
	2 5 M	5 0 M	
PB		00:33.80	
		00:33.80	
			

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:7, starttime: 12:11
Heat: 7/11 Lane : 4 Athlete: DHONDT ANNELIEN			Q-time: 00:32:41
PB (25m pool): 00:32.41 Zwembad De Wauwer 13/09/2026			PB (50m pool): 00:33.97 SB: 00:32.41 Zwembad De Wauwer 13/09/2026
	2 5 M	5 0 M	
PB		00:32.41	
		00:32.41	
			

Coach feedback:

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

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:7, starttime: 12:11
Heat: 7/11 Lane : 6 Athlete: LOUCKX CÉLIE			Q-time: 00:32:78
PB (25m pool): 00:32.78 LEUVEN 23/11/2025			PB (50m pool): 00:34.15 SB: 00:35.02 Zwembad De Wauwer 13/09/2026
	2 5 M	5 0 M	
PB		00:32.78	
		00:32.78	
			

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:8, starttime: 12:12
Heat: 8/11 Lane : 6 Athlete: AELEN BENTE			Q-time: 00:32:10
PB (25m pool): 00:32.10 Leuven 12/10/2025			PB (50m pool): 00:32.26 SB: no time
	2 5 M	5 0 M	
PB		00:32.10	
		00:32.10	
			

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:11, starttime: 12:15
Heat: 11/11 Lane : 3 Athlete: NAZARUK NICOLE			Q-time: 00:28:74
PB (25m pool): 00:28.74 Gent 09/11/2025			PB (50m pool): 00:28.98 SB: no time
	2 5 M	5 0 M	
PB		00:28.74	
		00:28.74	
			

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:11, starttime: 12:15
Heat: 11/11 Lane : 8 Athlete: IANNINO VALENTINA			Q-time: 00:30:32
PB (25m pool): 00:30.65 LEUVEN 23/11/2025			PB (50m pool): 00:30.32 SB: 00:31.52 Zwembad De Wauwer 13/09/2026
	2 5 M	5 0 M	
PB		00:30.65	
		00:30.65	
			

Coach feedback:

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

Event number: 8: 50M BACKSTROKE MEN 13+			Heat:1, starttime: 12:16
Heat: 1/4 Lane : 4 Athlete: GHISLAIN ANTOINE			Q-time: 00:35:39
PB (25m pool): 00:35.39 Zwembad De Wauwer 13/09/2026 PB (50m pool): 00:38.44 SB: 00:35.39 Zwembad De Wauwer 13/09/2026			
	2 5 M	5 0 M	
PB		00:35.39	
		00:35.39	
			

Coach feedback:

Event number: 8: 50M BACKSTROKE MEN 13+			Heat:1, starttime: 12:16
Heat: 1/4 Lane : 5 Athlete: VANDERGUCHT JONAS			Q-time: 00:36:27
PB (25m pool): 00:42.90 Sint-Pieters-Leeuw 08/10/2023 PB (50m pool): no time SB: no time			
	2 5 M	5 0 M	
PB		00:42.90	
		00:42.90	
			

Coach feedback:

Event number: 8: 50M BACKSTROKE MEN 13+			Heat:2, starttime: 12:17
Heat: 2/4 Lane : 4 Athlete: VEKEMAN KWINTE			Q-time: 00:32:33
PB (25m pool): 00:32.33 Zwembad De Wauwer 13/09/2026 PB (50m pool): 00:34.18 SB: 00:32.33 Zwembad De Wauwer 13/09/2026			
	2 5 M	5 0 M	
PB		00:32.33	
		00:32.33	
			

Coach feedback:

Event number: 8: 50M BACKSTROKE MEN 13+			Heat:2, starttime: 12:17
Heat: 2/4 Lane : 7 Athlete: LESCRAUWAET MAX			Q-time: 00:33:72
PB (25m pool): 00:33.72 Leuven 12/10/2025 PB (50m pool): 00:34.02 SB: no time			
	2 5 M	5 0 M	
PB		00:33.72	
		00:33.72	
			

Coach feedback:

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

Event number: 8: 50M BACKSTROKE MEN 13+			Heat:4, starttime: 12:20
Heat: 4/4 Lane : 1 Athlete: CLEYMANS TORBEN			Q-time: 00:28:80
PB (25m pool): 00:28.80 Zwembad De Wauwer 13/09/2026			PB (50m pool): 00:31.98 SB: 00:28.80 Zwembad De Wauwer 13/09/2026
	2 5 M	5 0 M	
PB		00:28.80	
		00:28.80	
			

Coach feedback: