

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

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

Coaches: Lauwers Jitske

Coaches: Vanderhulst Kasper

Coaches: Franckx Stan

Coaches: Feyaerts Joeri HEADCOACH

PB => Personal Best time

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

Event number: 2: 100M FREESTYLE MEN 11+					Heat:2, starttime: 09:39
Heat: 2/12 Lane : 7 Athlete: MAES TILL					Q-time: 01:17:73
PB (25m pool): 01:17.73 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 01:17.63 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.60		01:17.73	
	00:37.60		00:40.13		
					

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+					Heat:6, starttime: 09:46
Heat: 6/12 Lane : 5 Athlete: DEHAEN FERRE					Q-time: 00:59:86
PB (25m pool): 00:59.86 Tervuren 30/05/2026 PB (50m pool): 01:01.29 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:28.34		00:59.86	
	00:28.34		00:31.52		
					

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+					Heat:6, starttime: 09:46
Heat: 6/12 Lane : 6 Athlete: NIJS BAS					Q-time: 01:00:30
PB (25m pool): 01:00.30 Sportoase De Watermolen 21/07/2026 PB (50m pool): 01:01.69 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:29.41		01:00.30	
	00:29.41		00:30.89		
					

Coach feedback:

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

Event number: 2: 100M FREESTYLE MEN 11+					Heat:10, starttime: 09:52
Heat: 10/12 Lane : 2 Athlete: STERCKX DAAN					Q-time: 00:56:23
PB (25m pool): 00:56.23 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 00:57.83 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:27.23		00:56.23	
	00:27.23		00:29.00		
					

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+					Heat:12, starttime: 09:55
Heat: 12/12 Lane : 2 Athlete: DE SWERDT MATHIAS					Q-time: 00:51:57
PB (25m pool): 00:51.57 Gent 09/11/2025 PB (50m pool): 00:53.72 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:24.89		00:51.57	
	00:24.89		00:26.68		
					

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+					Heat:12, starttime: 09:55
Heat: 12/12 Lane : 6 Athlete: DE SWERDT NIELS					Q-time: 00:51:26
PB (25m pool): 00:50.91 Gent(Sint-Amandsberg) 11/11/2024 PB (50m pool): 00:52.89 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:24.20		00:50.91	
	00:24.20		00:26.71		
					

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+					Heat:12, starttime: 09:55
Heat: 12/12 Lane : 7 Athlete: CIOMMO ALESSANDER					Q-time: 00:52:03
PB (25m pool): 00:52.03 Leuven 12/10/2025 PB (50m pool): 00:52.87 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:24.87		00:52.03	
	00:24.87		00:27.16		
					

Coach feedback:

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

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:1, starttime: 09:57	
Heat: 1/10 Lane : 4 Athlete: NIJS LOES							Q-time: 03:09:85	
PB (25m pool): 03:09.85 Zwembad De Motte 20/06/2026				PB (50m pool): 03:21.27 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		00:45.00		no time		no time		03:09.85
	00:45.00							
								

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:1, starttime: 09:57	
Heat: 1/10 Lane : 7 Athlete: VANDINGENEN JOKE							Q-time: 03:17:85	
PB (25m pool): 03:17.85 LEUVEN 21/12/2025				PB (50m pool): 03:15.60SB: 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		00:49.56		01:40.39		02:34.20		03:17.85
	00:49.56		00:50.83		00:53.81		00:43.65	
								

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:3, starttime: 10:04	
Heat: 3/10 Lane : 8 Athlete: CLAESEN SARAH							Q-time: 03:01:91	
PB (25m pool): 03:01.91 Bastogne 05/04/2026				PB (50m pool): 03:03.89SB: 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		00:39.05		01:26.51		02:22.98		03:01.91
	00:39.05		00:47.46		00:56.47		00:38.93	
								

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:4, starttime: 10:08	
Heat: 4/10 Lane : 2 Athlete: REMANS ALICE							Q-time: 02:55:68	
PB (25m pool): 02:55.68 Zwembad De Motte 20/06/2026				PB (50m pool): 03:00.69SB: 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		00:37.14		no time		no time		02:55.68
	00:37.14							
								

Coach feedback:

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

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:4, starttime: 10:08	
Heat: 4/10 Lane : 5 Athlete: ROSSEEL JANNE							Q-time: 02:54:19	
PB (25m pool): 02:54.19 Zwembad De Motte 20/06/2026				PB (50m pool): 02:58.80 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		00:36.73		no time		no time		02:54.19
	00:36.73							
								

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:7, starttime: 10:18	
Heat: 7/10 Lane : 8 Athlete: MAES JULIE							Q-time: 02:43:94	
PB (25m pool): 02:43.94 Leuven 12/10/2025				PB (50m pool): 02:49.49SB: 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		00:34.88		01:20.04		02:14.10		02:43.94
	00:34.88		00:45.16		00:54.06		00:29.84	
								

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:10, starttime: 10:28	
Heat: 10/10 Lane : 2 Athlete: LENAERTS HAILEY							Q-time: 02:29:75	
PB (25m pool): 02:29.75 LEUVEN 23/11/2025				PB (50m pool): 02:35.60SB: 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		00:31.78		01:10.59		01:53.40		02:29.75
	00:31.78		00:38.81		00:42.81		00:36.35	
								

Coach feedback:

Event number: 4: 100M BREASTSTROKE MEN 13+					Heat:5, starttime: 10:39
Heat: 5/5 Lane : 1 Athlete: DE SWERDT NIELS					Q-time: 01:06:47
PB (25m pool): 01:06.47 LEUVEN 21/12/2025			PB (50m pool): 01:12.27 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:06.47	
	no time				
					

Coach feedback:

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

Event number: 4: 100M BREASTSTROKE MEN 13+					Heat:5, starttime: 10:39
Heat: 5/5 Lane : 5 Athlete: DEPREZ LUKAS					Q-time: 01:02:33
PB (25m pool): 01:02.33 Gent 09/11/2025					PB (50m pool): 01:04.61 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:29.07		01:02.33	
	00:29.07		00:33.26		
					

Coach feedback:

Event number: 4: 100M BREASTSTROKE MEN 13+					Heat:5, starttime: 10:39
Heat: 5/5 Lane : 6 Athlete: VANDERHULST MIDAS					Q-time: 01:03:98
PB (25m pool): 01:02.97 Gent(Sint-Amandsberg) 11/11/2024					PB (50m pool): 01:06.11 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:28.98		01:02.97	
	00:28.98		00:33.99		
					

Coach feedback:

Event number: 4: 100M BREASTSTROKE MEN 13+					Heat:5, starttime: 10:39
Heat: 5/5 Lane : 8 Athlete: VANDEVELDE RAF					Q-time: 01:07:84
PB (25m pool): 01:07.84 Mons 27/06/2026					PB (50m pool): 01:09.15 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.61		01:07.84	
	00:31.61		00:36.23		
					

Coach feedback:

Event number: 6: 400M FREESTYLE MEN 13+							Heat:1, starttime: 11:22	
Heat: 1/4 Lane : 1 Athlete: FEYAERTS JEROEN							Q-time: 05:12:31	
PB (25m pool): 05:12.31 Zwembad De Motte 14/07/2026							PB (50m pool): 05:30.91 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		01:11.28		no time		02:32.52
	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		05:12.31
								

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

Event number: 6: 400M FREESTYLE MEN 13+							Heat:2, starttime: 11:27	
Heat: 2/4 Lane : 1 Athlete: NIJS BAS							Q-time: 04:49:75	
PB (25m pool): 04:49.75 Bastogne 05/04/2026				PB (50m pool): 04:54.60SB: 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		00:32.73		01:09.50		01:46.53		02:23.93
	00:32.73		00:36.77		00:37.03		00:37.40	
								
	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		03:01.12		03:38.00		04:14.33		04:49.75
	00:37.19		00:36.88		00:36.33		00:35.42	
								

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+							Heat:1, starttime: 12:03	
Heat: 1/11 Lane : 5 Athlete: VANDINGENEN JOKE							Q-time: 00:43:84	
PB (25m pool): 00:43.84 Hannuit 28/03/2026				PB (50m pool): 00:46.04SB: no time				
	2 5 M		5 0 M					
PB			00:43.84					
			00:43.84					
								

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+							Heat:2, starttime: 12:05	
Heat: 2/11 Lane : 3 Athlete: NIJS LOES							Q-time: 00:41:85	
PB (25m pool): 00:41.85 Sportoase De Watermolen 21/07/2026 PB (50m pool): no time SB: no time								
	2 5 M		5 0 M					
PB			00:41.85					
			00:41.85					
								

Coach feedback:

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

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:4, starttime: 12:07
Heat: 4/11 Lane : 2 Athlete: REMANS ALICE			Q-time: 00:35:83
PB (25m pool): 00:35.83 Hannuit 28/03/2026			PB (50m pool): 00:36.72 SB: no time
	2 5 M	5 0 M	
PB		00:35.83	
		00:35.83	
			

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:5, starttime: 12:08
Heat: 5/11 Lane : 2 Athlete: ROSSEEL JANNE			Q-time: 00:34:73
PB (25m pool): 00:34.73 Sportoase De Watermolen 21/07/2026			PB (50m pool): 00:35.35 SB: no time
	2 5 M	5 0 M	
PB		00:34.73	
		00:34.73	
			

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:5, starttime: 12:08
Heat: 5/11 Lane : 6 Athlete: REMANS ROSALIE			Q-time: 00:34:28
PB (25m pool): 00:34.28 Hannuit 28/03/2026			PB (50m pool): 00:35.55 SB: no time
	2 5 M	5 0 M	
PB		00:34.28	
		00:34.28	
			

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:6, starttime: 12:09
Heat: 6/11 Lane : 5 Athlete: DECONYNCK STERRE			Q-time: 00:33:16
PB (25m pool): 00:32.11 LEUVEN 26/11/2023			PB (50m pool): 00:32.48 SB: no time
	2 5 M	5 0 M	
PB		00:32.11	
		00:32.11	
			

Coach feedback:

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

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:8, starttime: 12:12
Heat: 8/11 Lane : 2 Athlete: MAES JULIE			Q-time: 00:32:13
PB (25m pool): 00:32.13 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 00:32.84 SB: no time			
	2 5 M	5 0 M	
PB		00:32.13	
		00:32.13	
			

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:11, starttime: 12:15
Heat: 11/11 Lane : 7 Athlete: ROSKIN LOTTE			Q-time: 00:30:17
PB (25m pool): 00:29.84 Leuven 13/11/2022 PB (50m pool): 00:29.68 SB: no time			
	2 5 M	5 0 M	
PB		00:29.84	
		00:29.84	
			

Coach feedback:

Event number: 8: 50M BACKSTROKE MEN 13+			Heat:3, starttime: 12:18
Heat: 3/4 Lane : 5 Athlete: STERCKX DAAN			Q-time: 00:29:37
PB (25m pool): 00:29.37 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 00:30.37 SB: no time			
	2 5 M	5 0 M	
PB		00:29.37	
		00:29.37	
			

Coach feedback:

Event number: 8: 50M BACKSTROKE MEN 13+			Heat:4, starttime: 12:20
Heat: 4/4 Lane : 2 Athlete: CIOMMO ALESSANDER			Q-time: 00:28:06
PB (25m pool): 00:28.06 LEUVEN 23/11/2025 PB (50m pool): 00:29.12 SB: no time			
	2 5 M	5 0 M	
PB		00:28.06	
		00:28.06	
			

Coach feedback:

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Event number: 8: 50M BACKSTROKE MEN 13+			Heat:4, starttime: 12:20
Heat: 4/4 Lane : 4 Athlete: DE SWERDT NIELS			Q-time: 00:26:27
PB (25m pool): 00:26.27 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 00:28.33 SB: no time			
	2 5 M	5 0 M	
PB		00:26.27	
	00:26.27		
			

Coach feedback:

Event number: 8: 50M BACKSTROKE MEN 13+			Heat:4, starttime: 12:20
Heat: 4/4 Lane : 5 Athlete: DE SWERDT MATHIAS			Q-time: 00:26:93
PB (25m pool): 00:26.93 LEUVEN 23/11/2025 PB (50m pool): 00:29.06 SB: no time			
	2 5 M	5 0 M	
PB		00:26.93	
	00:26.93		
			

Coach feedback: