

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

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

Coaches: Segers Ellen HEADCOACH

Coaches: Dubois Louis

Coaches: Houtevelt Kyllian

PB => Personal Best time

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

Event number: 1: 200M BUTTERFLY WOMEN 13+							Heat:2, starttime: 09:34	
Heat: 2/2 Lane : 2 Athlete: MATTHIJS XANTHE							Q-time: 02:39:72	
PB (25m pool): 02:39.22 Ternet 31/03/2024							PB (50m pool): 02:45.97 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		02:39.22
	no time							
								

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+					Heat:7, starttime: 09:47
Heat: 7/12 Lane : 8 Athlete: DE PEYPER MATS				Q-time: 00:59:50	
PB (25m pool): 00:59.50 Zwembad De Treffer 06/04/2026 PB (50m pool): 01:00.40 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:28.59		00:59.50	
	00:28.59		00:30.91		
					

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+					Heat:9, starttime: 09:51
Heat: 9/12 Lane : 2 Athlete: VOLCKAERT THOMAS				Q-time: 00:57:14	
PB (25m pool): 00:57.14 Zwembad De Treffer 06/04/2026					PB (50m pool): 00:58.31 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:27.58		00:57.14	
	00:27.58		00:29.56		
					

Coach feedback:

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

Event number: 2: 100M FREESTYLE MEN 11+					Heat:11, starttime: 09:54
Heat: 11/12 Lane : 2 Athlete: VOLCKAERT MATTHIAS					Q-time: 00:54:38
PB (25m pool): 00:54.38 Zwembad De Treffer 06/04/2026					PB (50m pool): 00:56.42 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:26.10		00:54.38	
	00:26.10		00:28.28		
					

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+					Heat:11, starttime: 09:54
Heat: 11/12 Lane : 4 Athlete: VERROKEN GERBEN					Q-time: 00:53:20
PB (25m pool): 00:53.20 Aarschot 27/07/2026					PB (50m pool): 00:53.63 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		00:53.20	
	no time				
					

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:8, starttime: 10:22	
Heat: 8/10 Lane : 7 Athlete: DEROOST BEAU							Q-time: 02:39:11	
PB (25m pool): 02:39.11 Tervuren 30/05/2026							PB (50m pool): 02:44.31 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		00:34.52		01:15.77		02:01.77		02:39.11
	00:34.52		00:41.25		00:46.00		00:37.34	
								

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:10, starttime: 10:28	
Heat: 10/10 Lane : 6 Athlete: LANDRIEU NORA							Q-time: 02:29:42	
PB (25m pool): 02:29.42 Aarschot 27/07/2026				PB (50m pool): 02:33.56SB: 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		00:32.18		no time		no time		02:29.42
	00:32.18							
								

Coach feedback:

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

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:10, starttime: 10:28	
Heat: 10/10 Lane : 8 Athlete: DONIN MANON							Q-time: 02:30:62	
PB (25m pool): 02:30.62 Aarschot 28/07/2025				PB (50m pool): 02:37.19 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		00:33.58		no time		no time		02:30.62
	00:33.58							
								

Coach feedback:

Event number: 4: 100M BREASTSTROKE MEN 13+					Heat:4, starttime: 10:37
Heat: 4/5 Lane : 1 Athlete: DE PEYPER MATS				Q-time: 01:12:25	
PB (25m pool): 01:12.25 Temse 17/11/2025			PB (50m pool): 01:14.90 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.32		01:12.25	
	00:33.32		00:38.93		
					

Coach feedback:

Event number: 5: 200M BACKSTROKE WOMEN 13+							Heat:1, starttime: 11:05	
Heat: 1/5 Lane : 3 Athlete: BIESEMANS JANA							Q-time: 02:47:94	
PB (25m pool): 02:47.94 Sint-Pieters-Leeuw 01/03/2026							PB (50m pool): 02:50.05 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		00:38.94		01:21.94		no time		02:47.94
	00:38.94		00:43.00					
								

Coach feedback:

Event number: 5: 200M BACKSTROKE WOMEN 13+							Heat:4, starttime: 11:15	
Heat: 4/5 Lane : 5 Athlete: LANDRIEU NORA							Q-time: 02:30:51	
PB (25m pool): 02:30.51 Zwembad De Motte 14/07/2026				PB (50m pool): 02:35.19SB: 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		00:34.81		01:12.68		no time		02:30.51
	00:34.81		00:37.87					
								

Coach feedback:

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

Event number: 5: 200M BACKSTROKE WOMEN 13+							Heat:5, starttime: 11:19	
Heat: 5/5 Lane : 3 Athlete: DE BACKER BIRGIT							Q-time: 02:26:35	
PB (25m pool): 02:26.35 Liedekerke 01/05/2026				PB (50m pool): 02:36.37 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		00:33.18		01:09.30		no time		02:26.35
	00:33.18		00:36.12					
								

Coach feedback:

Event number: 6: 400M FREESTYLE MEN 13+							Heat:3, starttime: 11:33	
Heat: 3/4 Lane : 7 Athlete: VOLCKAERT THOMAS							Q-time: 04:36:56	
PB (25m pool): 04:36.56 Leuven 12/10/2025				PB (50m pool): 04:35.86SB: 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		00:28.98		01:03.20		01:39.06		02:15.53
	00:28.98		00:34.22		00:35.86		00:36.47	
								
	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		02:51.40		03:27.02		04:02.67		04:36.56
	00:35.87		00:35.62		00:35.65		00:33.89	
								

Coach feedback:

Event number: 6: 400M FREESTYLE MEN 13+							Heat:4, starttime: 11:38	
Heat: 4/4 Lane : 5 Athlete: VOLCKAERT MATTHIAS							Q-time: 04:16:81	
PB (25m pool): 04:16.81 Aarschot 27/07/2026				PB (50m pool): 04:21.61SB: 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		00:28.66		01:00.56		no time		02:06.16
	00:28.66		00:31.90					
								
	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		04:16.81
								

Coach feedback:

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

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:4, starttime: 12:07
Heat: 4/11 Lane : 7 Athlete: BIESEMANS JANA			Q-time: 00:35:85
PB (25m pool): 00:38.83 Temse 17/11/2025			PB (50m pool): 00:35.85 SB: no time
	2 5 M	5 0 M	
PB		00:38.83	
		00:38.83	
			

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:7, starttime: 12:11
Heat: 7/11 Lane : 1 Athlete: DEROOST BEAU			Q-time: 00:33:03
PB (25m pool): 00:33.03 Aarschot 27/07/2026			PB (50m pool): 00:33.44 SB: no time
	2 5 M	5 0 M	
PB		00:33.03	
		00:33.03	
			

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:7, starttime: 12:11
Heat: 7/11 Lane : 2 Athlete: BOMBAERT MILLA			Q-time: 00:32:80
PB (25m pool): 00:32.80 LEUVEN. 22/02/2026			PB (50m pool): 00:35.10 SB: no time
	2 5 M	5 0 M	
PB		00:32.80	
		00:32.80	
			

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:7, starttime: 12:11
Heat: 7/11 Lane : 5 Athlete: MATTHIJS XANTHE			Q-time: 00:32:64
PB (25m pool): 00:32.64 LEUVEN. 22/02/2026			PB (50m pool): 00:33.42 SB: no time
	2 5 M	5 0 M	
PB		00:32.64	
		00:32.64	
			

Coach feedback:

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

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:10, starttime: 12:14
Heat: 10/11 Lane : 4 Athlete: DE BACKER BIRGIT			Q-time: 00:30:36
PB (25m pool): 00:30.36 Leuven 23/02/2025			PB (50m pool): 00:30.60 SB: no time
	2 5 M	5 0 M	
PB		00:30.36	
		00:30.36	
			

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:10, starttime: 12:14
Heat: 10/11 Lane : 6 Athlete: DONIN MANON			Q-time: 00:30:53
PB (25m pool): 00:30.53 Hannuit 18/01/2025			PB (50m pool): 00:31.17 SB: no time
	2 5 M	5 0 M	
PB		00:30.53	
		00:30.53	
			

Coach feedback:

Event number: 8: 50M BACKSTROKE MEN 13+			Heat:4, starttime: 12:20
Heat: 4/4 Lane : 7 Athlete: VERROKEN GERBEN			Q-time: 00:28:76
PB (25m pool): 00:28.76 Kapelle-op-den-Bos 19/04/2026			PB (50m pool): 00:28.91 SB: no time
	2 5 M	5 0 M	
PB		00:28.76	
		00:28.76	
			

Coach feedback: