

PL VLB & B 26: Session: 2: COACH Evaluation sheet for TEAM: ALZV

Coachinfo: Warming up from: 13:20 untill 14:25. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Pinte Kevin HEADCOACH

PB => Personal Best time

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

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:2, starttime: 14:35
Heat: 2/12 Lane : 7 Athlete: PINTE ELLA					Q-time: 01:15:92
PB (25m pool): 01:15.92 Sportoase De Watermolen 21/07/2026 PB (50m pool): 01:17.21 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.78		01:15.92	
	00:36.78		00:39.14		
					

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:4, starttime: 14:39
Heat: 4/12 Lane : 5 Athlete: NECULAE MARIA IULIA					Q-time: 01:09:15
PB (25m pool): 01:09.15 LEUVEN 22/02/2026 PB (50m pool): 01:11.57 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.97		01:09.15	
	00:32.97		00:36.18		
					

Coach feedback:

Event number: 11: 200M MEDLEY MEN 11+							Heat:3, starttime: 15:02	
Heat: 3/9 Lane : 2 Athlete: WAGEMANS DAAN							Q-time: 02:51:08	
PB (25m pool): 02:51.08 Sportoase De Watermolen 21/07/2026 PB (50m pool): 02:50.90SB: 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		00:37.00		01:22.03		02:14.96		02:51.08
	00:37.00		00:45.03		00:52.93		00:36.12	
								

Coach feedback:

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Event number: 11: 200M MEDLEY MEN 11+							Heat:3, starttime: 15:02	
Heat: 3/9 Lane : 7 Athlete: HERMAN WOUT							Q-time: 02:55:37	
PB (25m pool): 02:55.37 Zwembad De Motte 14/07/2026				PB (50m pool): 03:03.11 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		00:41.02		no time		no time		02:55.37
	00:41.02							
								

Coach feedback:

Event number: 11: 200M MEDLEY MEN 11+							Heat:4, starttime: 15:05	
Heat: 4/9 Lane : 8 Athlete: VAN DEN BERGHE VINCE							Q-time: 02:48:30	
PB (25m pool): 02:48.30 Zaventem 08/02/2026				PB (50m pool): 02:50.86 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		00:37.95		no time		no time		02:48.30
	00:37.95							
								

Coach feedback:

Event number: 13: 200M BACKSTROKE MEN 13+							Heat:3, starttime: 16:08	
Heat: 3/3 Lane : 7 Athlete: PEERSMAN NIEL							Q-time: 02:18:52	
PB (25m pool): 02:18.52 LEUVEN 23/11/2025				PB (50m pool): 02:28.05 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		00:32.63		01:07.08		01:42.71		02:18.52
	00:32.63		00:34.45		00:35.63		00:35.81	
								

Coach feedback:

Event number: 15: 50M BUTTERFLY MEN 11+										Heat:3, starttime: 16:36	
Heat: 3/10 Lane : 1 Athlete: WAGEMANS DAAN										Q-time: 00:34:35	
PB (25m pool): 00:34.35 Zwembad De Wauwer 13/09/2026					PB (50m pool): 00:35.36 SB: 00:34.35 Zwembad De Wauwer 13/09/2026						
	2 5 M		5 0 M								
PB			00:34.35								
			00:34.35								
											

Coach feedback:

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Event number: 15: 50M BUTTERFLY MEN 11+							Heat:6, starttime: 16:40		
Heat: 6/10 Lane : 3 Athlete: CORNELISSEN LARS							Q-time: 00:29:05		
PB (25m pool): 00:29.05 LEUVEN. 22/02/2026							PB (50m pool): 00:29.29SB: 00:29.43 Zwembad De Wauwer 13/09/2026		
	2 5 M		5 0 M						
PB			00:29.05						
			00:29.05						
									

Coach feedback:

Event number: 17: 4x50M FREESTYLE MEN 11+							Heat:2, starttime: 17:21	
Heat: 2/3 Lane : 4 Athlete: TEAM ALZV							Q-time: 01:47:49	
PB (25m pool):			PB (50m pool):		SB:			
	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								
								

Coach feedback: