

PL VLB & B 26: Session: 2: COACH evaluation sheet for TEAM: DIZV

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

Coaches: Mous Phlippe HEADCOACH

Coaches: Van den Bossche Laure

Coaches: De Paepe Inge

Coaches: Geeroms Kristel

Coaches: Rauw Mathis

PB => Personal Best time

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

Event number: 10: 100M FREESTYLE WOMEN 11+ Heat:11, starttime: 14:51

Heat: 11/12 Lane : 8 Athlete: VERHERSTRAETEN LORE Q-time: 01:02:12

PB (25m pool): 01:02.12 Temse 17/11/2025 PB (50m pool): 01:02.29 SB: no time

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.32		01:02.12	
		00:30.32		00:31.80	
					

Coach feedback:

Event number: 12: 100M BREASTSTROKE WOMEN 13+ Heat:1, starttime: 15:24

Heat: 1/4 Lane : 3 Athlete: DE WILDE MARGOT Q-time: 01:29:46

PB (25m pool): 01:29.46 Temse 17/11/2025 PB (50m pool): 01:31.74 SB: no time

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:43.27		01:29.46	
		00:43.27		00:46.19	
					

Coach feedback:

Event number: 16: 50M BACKSTROKE WOMEN 13+ Heat:2, starttime: 16:46

Heat: 2/7 Lane : 1 Athlete: DE WILDE MARGOT Q-time: 00:37:29

PB (25m pool): 00:37.96 Leuven 12/10/2025 PB (50m pool): 00:37.29 SB: no time

	2 5 M	5 0 M	
PB		00:37.96	
		00:37.96	
			

Coach feedback:

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Event number: 16: 50M BACKSTROKE WOMEN 13+				Heat:2, starttime: 16:46			
Heat: 2/7 Lane : 7 Athlete: MOXHET TESS				Q-time: 00:36:84			
PB (25m pool): 00:36.84 Zwembad De Wauwer 13/09/2026				PB (50m pool): 00:37.07 SB: 00:36.84 Zwembad De Wauwer 13/09/2026			
	2 5 M	5 0 M					
PB		00:36.84					
		00:36.84					
							

Coach feedback:

Event number: 16: 50M BACKSTROKE WOMEN 13+				Heat:3, starttime: 16:47			
Heat: 3/7 Lane : 6 Athlete: DE WILDE LORE				Q-time: 00:35:36			
PB (25m pool): 00:35.36 Dilbeek 28/09/2025				PB (50m pool): 00:37.22 SB: no time			
	2 5 M	5 0 M					
PB		00:35.36					
		00:35.36					
							

Coach feedback:

Event number: 16: 50M BACKSTROKE WOMEN 13+				Heat:6, starttime: 16:51			
Heat: 6/7 Lane : 7 Athlete: VERHERSTRAETEN LORE				Q-time: 00:33:10			
PB (25m pool): 00:33.10 Zwembad De Wauwer 13/09/2026				PB (50m pool): 00:33.67 SB: 00:33.10 Zwembad De Wauwer 13/09/2026			
	2 5 M	5 0 M					
PB		00:33.10					
		00:33.10					
							

Coach feedback:

Event number: 18: 4x50M FREESTYLE WOMEN 11+							Heat:2, starttime: 17:28	
Heat: 2/3 Lane : 8 Athlete: TEAM DIZV							Q-time: 02:05:09	
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: