

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

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

Coaches: De Punder Wout

Coaches: Sevenants Marc

Coaches: De Decker Tania HEADCOACH

PB => Personal Best time

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

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:9, starttime: 14:47
Heat: 9/12 Lane : 2 Athlete: VAN BOXSTAEL NORA					Q-time: 01:04:35
PB (25m pool): 01:04.35 Zaventem 15/07/2025					PB (50m pool): 01:06.92 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.03		01:04.35	
		00:31.03		00:33.32	
					

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:10, starttime: 14:49
Heat: 10/12 Lane : 3 Athlete: LAENEN FEBE					Q-time: 01:02:51
PB (25m pool): 01:01.74 Diksmuide 17/11/2024					PB (50m pool): 01:03.22 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:29.88		01:01.74	
		00:29.88		00:31.86	
					

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:10, starttime: 14:49
Heat: 10/12 Lane : 8 Athlete: DESMET STERRE					Q-time: 01:03:44
PB (25m pool): 01:03.44 Aarschot 27/07/2026					PB (50m pool): 01:06.04 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.43		01:03.44	
		00:30.43		00:33.01	
					

Coach feedback:

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Event number: 11: 200M MEDLEY MEN 11+							Heat:5, starttime: 15:09	
Heat: 5/9 Lane : 3 Athlete: CHABOTTIER LARGO							Q-time: 02:35:85	
PB (25m pool): 02:35.85 Tervuren 30/05/2026				PB (50m pool): 02:37.32 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		00:33.19		01:14.70		02:00.52		02:35.85
	00:33.19		00:41.51		00:45.82		00:35.33	
								

Coach feedback:

Event number: 12: 100M BREASTSTROKE WOMEN 13+					Heat:2, starttime: 15:26
Heat: 2/4 Lane : 6 Athlete: DESMET STERRE				Q-time: 01:23:31	
PB (25m pool): 01:23.31 Zaventem 08/02/2026			PB (50m pool): 01:29.21 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.25		01:23.31	
	00:39.25		00:44.06		
					

Coach feedback:

Event number: 12: 100M BREASTSTROKE WOMEN 13+					Heat:3, starttime: 15:28
Heat: 3/4 Lane : 1 Athlete: AMADOU CAMILLE				Q-time: 01:20:97	
PB (25m pool): 01:20.97 Aarschot 27/07/2026			PB (50m pool): 01:22.34SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.80		01:20.97	
	00:37.80		00:43.17		
					

Coach feedback:

Event number: 14: 400M FREESTYLE WOMEN 13+							Heat:2, starttime: 16:17	
Heat: 2/4 Lane : 3 Athlete: VAN BOXSTAEL NORA							Q-time: 05:02:73	
PB (25m pool): 05:02.73 Vilvoorde 26/04/2026				PB (50m pool): 05:24.86SB: 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		00:34.58		01:12.08		no time		no time
	00:34.58		00:37.50					
								
	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		05:02.73
								

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Event number: 15: 50M BUTTERFLY MEN 11+			Heat:4, starttime: 16:37
Heat: 4/10 Lane : 7 Athlete: CHABOTTIER LARGO			Q-time: 00:31:36
PB (25m pool): 00:31.36 Hannuit 28/03/2026			PB (50m pool): 00:31.77 SB: 00:32.33 Zwembad De Wauwer 13/09/2026
	2 5 M	5 0 M	
PB		00:31.36	
		00:31.36	
			

Coach feedback:

Event number: 15: 50M BUTTERFLY MEN 11+			Heat:7, starttime: 16:41
Heat: 7/10 Lane : 5 Athlete: CAMBRON WARD			Q-time: 00:28:74
PB (25m pool): 00:28.74 Hannuit 28/03/2026			PB (50m pool): 00:29.70 SB: 00:29.43 Zwembad De Wauwer 13/09/2026
	2 5 M	5 0 M	
PB		00:28.74	
		00:28.74	
			

Coach feedback:

Event number: 16: 50M BACKSTROKE WOMEN 13+			Heat:2, starttime: 16:46
Heat: 2/7 Lane : 4 Athlete: GIJSENBURG WINKE			Q-time: 00:36:36
PB (25m pool): 00:36.36 Vilvoorde 05/10/2025			PB (50m pool): 00:38.00 SB: 00:36.88 Zwembad De Wauwer 13/09/2026
	2 5 M	5 0 M	
PB		00:36.36	
		00:36.36	
			

Coach feedback:

Event number: 16: 50M BACKSTROKE WOMEN 13+			Heat:4, starttime: 16:49
Heat: 4/7 Lane : 7 Athlete: LAENEN FEBE			Q-time: 00:34:70
PB (25m pool): 00:34.45 Leuven 20/10/2024			PB (50m pool): 00:35.02 SB: 00:34.76 Zwembad De Wauwer 13/09/2026
	2 5 M	5 0 M	
PB		00:34.45	
		00:34.45	
			

Coach feedback:

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Event number: 17: 4x50M FREESTYLE MEN 11+							Heat:2, starttime: 17:21	
Heat: 2/3 Lane : 2 Athlete: TEAM KLSVZ							Q-time: 01:52:47	
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:

Event number: 18: 4x50M FREESTYLE WOMEN 11+							Heat:2, starttime: 17:28	
Heat: 2/3 Lane : 6 Athlete: TEAM KLSVZ							Q-time: 01:59:22	
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: