

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

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

Coaches: Lesceu Philippe HEADCOACH

PB => Personal Best time

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

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:4, starttime: 14:39
Heat: 4/12 Lane : 8 Athlete: VAN DEN TROOST AMY					Q-time: 01:11:28
PB (25m pool): 01:11.28 Tervuren 30/05/2026					PB (50m pool): 01:13.91 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.31		01:11.28	
		00:34.31		00:36.97	
					

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:9, starttime: 14:47
Heat: 9/12 Lane : 3 Athlete: ROELANT SISKKA					Q-time: 01:03:81
PB (25m pool): 01:03.81 Vilvoorde 26/04/2026					PB (50m pool): 01:05.63 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.96		01:03.81	
		00:30.96		00:32.85	
					

Coach feedback:

Event number: 11: 200M MEDLEY MEN 11+							Heat:1, starttime: 14:54	
Heat: 1/9 Lane : 3 Athlete: LEDEGANCK SANDER							Q-time: 03:20:77	
PB (25m pool): 03:20.77 LEUVEN 22/02/2026				PB (50m pool): 03:15.62SB: 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		00:45.85		no time		no time		03:20.77
	00:45.85							
								

Coach feedback:

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Event number: 11: 200M MEDLEY MEN 11+							Heat:3, starttime: 15:02	
Heat: 3/9 Lane : 8 Athlete: VAN STEENWINKEL WOUT							Q-time: 02:56:81	
PB (25m pool): 02:56.81 Vilvoorde 26/04/2026				PB (50m pool): 03:06.99SB: 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		00:40.24		no time		no time		02:56.81
	00:40.24							
								

Coach feedback:

Event number: 12: 100M BREASTSTROKE WOMEN 13+					Heat:1, starttime: 15:24
Heat: 1/4 Lane : 6 Athlete: VAN HOYLANDT JULIE				Q-time: 01:29:66	
PB (25m pool): 01:29.66 Vilvoorde 26/04/2026			PB (50m pool): 01:33.16SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:42.69		01:29.66	
	00:42.69		00:46.97		
					

Coach feedback:

Event number: 13: 200M BACKSTROKE MEN 13+							Heat:2, starttime: 16:05	
Heat: 2/3 Lane : 6 Athlete: GUENDOUZ ANAS							Q-time: 02:25:14	
PB (25m pool): 02:25.14 LEUVEN. 22/02/2026				PB (50m pool): 02:31.88SB: 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		00:34.24		01:11.87		no time		02:25.14
	00:34.24		00:37.63					
								

Coach feedback:

Event number: 14: 400M FREESTYLE WOMEN 13+							Heat:2, starttime: 16:17	
Heat: 2/4 Lane : 2 Athlete: ROELANT SISKI							Q-time: 05:04:28	
PB (25m pool): 05:04.28 Zaventem 08/02/2026				PB (50m pool): 05:41.41 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		01:12.39		no time		02:30.75
	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		05:04.28
								

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Event number: 15: 50M BUTTERFLY MEN 11+			Heat:6, starttime: 16:40
Heat: 6/10 Lane : 7 Athlete: BOLLU LUCA			Q-time: 00:29:37
PB (25m pool): 00:28.65 Mons 27/10/2024			PB (50m pool): 00:29.37 SB: no time
	2 5 M	5 0 M	
PB		00:28.65	
		00:28.65	
			

Coach feedback:

Event number: 16: 50M BACKSTROKE WOMEN 13+			Heat:1, starttime: 16:45
Heat: 1/7 Lane : 4 Athlete: VAN HOYLANDT JULIE			Q-time: 00:37:36
PB (25m pool): 00:37.36 Mons 26/10/2025			PB (50m pool): 00:38.63 SB: no time
	2 5 M	5 0 M	
PB		00:37.36	
		00:37.36	
			

Coach feedback: