

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

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

Coaches: Silvestre Coralie

Coaches: Leemans Mats

Coaches: Iannino David HEADCOACH

Coaches: Januarius Bart

Coaches: Januarius Elke

PB => Personal Best time

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

Event number: 9: 200M BUTTERFLY MEN 13+							Heat:1, starttime: 14:30	
Heat: 1/1 Lane : 2 Athlete: CLEYMANS KARSTEN							Q-time: 02:20:62	
PB (25m pool): 02:19.78 LEUVEN 24/11/2024							PB (50m pool): 02:29.88 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		00:30.38		01:06.23		01:42.70		02:19.78
	00:30.38		00:35.85		00:36.47		00:37.08	
								

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+							Heat:3, starttime: 14:37	
Heat: 3/12 Lane : 3 Athlete: MECHROUBI YASMINA							Q-time: 01:11:63	
PB (25m pool): 01:12.36 Liedekerke 11/11/2025							PB (50m pool): 01:11.63 SB: no time	
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:35.02		01:12.36				
	00:35.02		00:37.34					
								

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:7, starttime: 14:44
Heat: 7/12 Lane : 3 Athlete: GHISLAIN JULIETTE				Q-time: 01:05:63	
PB (25m pool): 01:05.63 Wildersportcomplex 16/03/2025 PB (50m pool): 01:05.98SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.35		01:05.63	
	00:31.35		00:34.28		
					

Coach feedback:

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Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:8, starttime: 14:46
Heat: 8/12 Lane : 2 Athlete: DHONDT ANNELIEN					Q-time: 01:05:02
PB (25m pool): 01:06.13 Wildersportcomplex 16/03/2025 PB (50m pool): 01:05.02 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.14		01:06.13	
	00:31.14		00:34.99		
					

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:12, starttime: 14:52
Heat: 12/12 Lane : 2 Athlete: IANNINO VALENTINA					Q-time: 00:58:68
PB (25m pool): 00:58.68 Gent 09/11/2025 PB (50m pool): 00:59.26 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:28.40		00:58.68	
	00:28.40		00:30.28		
					

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:12, starttime: 14:52
Heat: 12/12 Lane : 8 Athlete: NAZARUK NICOLE					Q-time: 00:59:22
PB (25m pool): 00:58.49 LEUVEN - Sportoase 22/12/2024 PB (50m pool): 01:00.17 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:27.95		00:58.49	
	00:27.95		00:30.54		
					

Coach feedback:

Event number: 11: 200M MEDLEY MEN 11+							Heat:1, starttime: 14:54	
Heat: 1/9 Lane : 4 Athlete: HAAN ALEXANDER							Q-time: 03:18:86	
PB (25m pool): 03:18.86 Dilbeek 28/09/2025							PB (50m pool): 03:10.06SB: 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		00:47.86		no time		no time		03:18.86
	00:47.86							
								

Coach feedback:

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Event number: 11: 200M MEDLEY MEN 11+							Heat:1, starttime: 14:54	
Heat: 1/9 Lane : 5 Athlete: JANUARIUS JULES							Q-time: 03:18:91	
PB (25m pool): 03:18.91 Sint-Pieters-Leeuw 01/03/2026				PB (50m pool): 03:26.71 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		00:47.73		no time		no time		03:18.91
	00:47.73							
								

Coach feedback:

Event number: 11: 200M MEDLEY MEN 11+							Heat:2, starttime: 14:58	
Heat: 2/9 Lane : 3 Athlete: TIELEMANS WOLF							Q-time: 03:03:44	
PB (25m pool): 03:07.15 Tervuren 30/05/2026				PB (50m pool): 03:03.44SB: 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		00:40.50		01:27.96		02:25.53		03:07.15
	00:40.50		00:47.46		00:57.57		00:41.62	
								

Coach feedback:

Event number: 11: 200M MEDLEY MEN 11+							Heat:3, starttime: 15:02	
Heat: 3/9 Lane : 6 Athlete: LOUCKX TIM							Q-time: 02:50:73	
PB (25m pool): 02:50.73 Aarschot 26/04/2026				PB (50m pool): 02:52.36SB: 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		00:36.15		01:20.97		02:11.86		02:50.73
	00:36.15		00:44.82		00:50.89		00:38.87	
								

Coach feedback:

Event number: 11: 200M MEDLEY MEN 11+							Heat:5, starttime: 15:09	
Heat: 5/9 Lane : 1 Athlete: LESCRAUWAET MAX							Q-time: 02:37:68	
PB (25m pool): 02:37.68 Leuven 12/10/2025				PB (50m pool): 02:40.13SB: 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		00:35.77		01:15.87		02:00.44		02:37.68
	00:35.77		00:40.10		00:44.57		00:37.24	
								

Coach feedback:

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Event number: 11: 200M MEDLEY MEN 11+							Heat:6, starttime: 15:12	
Heat: 6/9 Lane : 7 Athlete: BAS BRIEK							Q-time: 02:32:08	
PB (25m pool): 02:32.08 Sint-Pieters-Leeuw 01/03/2026				PB (50m pool): 02:44.89 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		00:32.47		no time		no time		02:32.08
	00:32.47							
								

Coach feedback:

Event number: 11: 200M MEDLEY MEN 11+							Heat:9, starttime: 15:21	
Heat: 9/9 Lane : 1 Athlete: TUBBE XANDER							Q-time: 02:19:35	
PB (25m pool): 02:19.35 LEUVEN 23/11/2025				PB (50m pool): 02:23.39SB: 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		00:29.26		01:04.30		01:46.27		02:19.35
	00:29.26		00:35.04		00:41.97		00:33.08	
								

Coach feedback:

Event number: 11: 200M MEDLEY MEN 11+							Heat:9, starttime: 15:21	
Heat: 9/9 Lane : 3 Athlete: CLEYMANS TORBEN							Q-time: 02:12:60	
PB (25m pool): 02:12.60 Leuven 12/10/2025				PB (50m pool): 02:21.83SB: 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		00:29.99		01:07.13		01:42.89		02:12.60
	00:29.99		00:37.14		00:35.76		00:29.71	
								

Coach feedback:

Event number: 12: 100M BREASTSTROKE WOMEN 13+					Heat:3, starttime: 15:28
Heat: 3/4 Lane : 7 Athlete: HENNEAU LOTTE				Q-time: 01:19:85	
PB (25m pool): 01:20.17 Leuven 12/10/2025			PB (50m pool): 01:19.85SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.07		01:20.17	
	00:37.07		00:43.10		
					

Coach feedback:

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Event number: 13: 200M BACKSTROKE MEN 13+							Heat:1, starttime: 16:02	
Heat: 1/3 Lane : 7 Athlete: GHISLAIN ANTOINE							Q-time: 02:44:43	
PB (25m pool): 02:44.43 Tremelo 24/05/2026				PB (50m pool): 02:46.01SB: 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		00:39.89		01:21.77		no time		02:44.43
	00:39.89		00:41.88					
								

Coach feedback:

Event number: 15: 50M BUTTERFLY MEN 11+										Heat:1, starttime: 16:34	
Heat: 1/10 Lane : 5 Athlete: HAAN ALEXANDER										Q-time: 00:40:68	
PB (25m pool): 00:40.84 Zwembad De Wauwer 13/09/2026										PB (50m pool): 00:40.68 SB: 00:40.84 Zwembad De Wauwer 13/09/2026	
	2 5 M		5 0 M								
PB			00:40.84								
			00:40.84								
											

Coach feedback:

Event number: 15: 50M BUTTERFLY MEN 11+										Heat:1, starttime: 16:34	
Heat: 1/10 Lane : 7 Athlete: JANUARIUS JULES										Q-time: 00:49:17	
PB (25m pool): 00:49.17 Zwembad De Wauwer 13/09/2026										PB (50m pool): 00:51.59SB: 00:49.17 Zwembad De Wauwer 13/09/2026	
	2 5 M		5 0 M								
PB			00:49.17								
			00:49.17								
											

Coach feedback:

Event number: 15: 50M BUTTERFLY MEN 11+										Heat:2, starttime: 16:35	
Heat: 2/10 Lane : 7 Athlete: TIELEMANS WOLF										Q-time: 00:37:96	
PB (25m pool): 00:37.96 Zwembad De Wauwer 13/09/2026					PB (50m pool): 00:39.75 SB: 00:37.96 Zwembad De Wauwer 13/09/2026						
	2 5 M		5 0 M								
PB			00:37.96								
			00:37.96								
											

Coach feedback:

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Event number: 15: 50M BUTTERFLY MEN 11+			Heat:3, starttime: 16:36
Heat: 3/10 Lane : 2 Athlete: LOUCKX TIM			Q-time: 00:34:06
PB (25m pool): 00:34.06 Zwembad De Wauwer 13/09/2026			PB (50m pool): 00:34.50 SB: 00:34.06 Zwembad De Wauwer 13/09/2026
	2 5 M	5 0 M	
PB		00:34.06	
		00:34.06	
			

Coach feedback:

Event number: 15: 50M BUTTERFLY MEN 11+			Heat:3, starttime: 16:36
Heat: 3/10 Lane : 6 Athlete: SAADEH NAYIM			Q-time: 00:34:00
PB (25m pool): 00:34.00 Zwembad De Wauwer 13/09/2026			PB (50m pool): 00:36.62 SB: 00:34.00 Zwembad De Wauwer 13/09/2026
	2 5 M	5 0 M	
PB		00:34.00	
		00:34.00	
			

Coach feedback:

Event number: 15: 50M BUTTERFLY MEN 11+			Heat:3, starttime: 16:36
Heat: 3/10 Lane : 8 Athlete: GHISLAIN ANTOINE			Q-time: 00:34:77
PB (25m pool): 00:34.77 Zwembad De Wauwer 13/09/2026			PB (50m pool): 00:38.59 SB: 00:34.77 Zwembad De Wauwer 13/09/2026
	2 5 M	5 0 M	
PB		00:34.77	
		00:34.77	
			

Coach feedback:

Event number: 15: 50M BUTTERFLY MEN 11+			Heat:5, starttime: 16:39
Heat: 5/10 Lane : 1 Athlete: VEKEMAN KWINTE			Q-time: 00:30:37
PB (25m pool): 00:30.37 Zwembad De Wauwer 13/09/2026			PB (50m pool): 00:30.84 SB: 00:30.37 Zwembad De Wauwer 13/09/2026
	2 5 M	5 0 M	
PB		00:30.37	
		00:30.37	
			

Coach feedback:

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Event number: 15: 50M BUTTERFLY MEN 11+			Heat:5, starttime: 16:39
Heat: 5/10 Lane : 2 Athlete: BAS BRIEK			Q-time: 00:30:31
PB (25m pool): 00:30.31 Zwembad De Wauwer 13/09/2026			PB (50m pool): 00:30.57 SB: 00:30.31 Zwembad De Wauwer 13/09/2026
	2 5 M	5 0 M	
PB		00:30.31	
		00:30.31	
			

Coach feedback:

Event number: 15: 50M BUTTERFLY MEN 11+			Heat:5, starttime: 16:39
Heat: 5/10 Lane : 5 Athlete: HALLET BRENT			Q-time: 00:29:74
PB (25m pool): 00:29.74 Zwembad De Wauwer 13/09/2026			PB (50m pool): 00:30.79 SB: 00:29.74 Zwembad De Wauwer 13/09/2026
	2 5 M	5 0 M	
PB		00:29.74	
		00:29.74	
			

Coach feedback:

Event number: 15: 50M BUTTERFLY MEN 11+			Heat:6, starttime: 16:40
Heat: 6/10 Lane : 5 Athlete: TUBBE XANDER			Q-time: 00:28:99
PB (25m pool): 00:29.01 LEUVEN 23/11/2025			PB (50m pool): 00:28.99 SB: no time
	2 5 M	5 0 M	
PB		00:29.01	
		00:29.01	
			

Coach feedback:

Event number: 15: 50M BUTTERFLY MEN 11+			Heat:7, starttime: 16:41
Heat: 7/10 Lane : 2 Athlete: DE HAES TIBO			Q-time: 00:28:86
PB (25m pool): 00:31.19 Leuven 12/10/2025			PB (50m pool): 00:28.86 SB: no time
	2 5 M	5 0 M	
PB		00:31.19	
		00:31.19	
			

Coach feedback:

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Event number: 15: 50M BUTTERFLY MEN 11+			Heat:8, starttime: 16:42
Heat: 8/10 Lane : 3 Athlete: CLEYMANS KARSTEN			Q-time: 00:27:86
PB (25m pool): 00:27.86 Leuven 12/10/2025			PB (50m pool): 00:27.84 SB: 00:28.54 Zwembad De Wauwer 13/09/2026
	2 5 M	5 0 M	
PB		00:27.86	
		00:27.86	
			

Coach feedback:

Event number: 15: 50M BUTTERFLY MEN 11+			Heat:8, starttime: 16:42
Heat: 8/10 Lane : 7 Athlete: VANHASSEL MATHIAS			Q-time: 00:28:19
PB (25m pool): 00:28.30 Leuven 12/10/2025			PB (50m pool): 00:28.19 SB: no time
	2 5 M	5 0 M	
PB		00:28.30	
		00:28.30	
			

Coach feedback:

Event number: 15: 50M BUTTERFLY MEN 11+			Heat:9, starttime: 16:43
Heat: 9/10 Lane : 5 Athlete: CLEYMANS TORBEN			Q-time: 00:27:11
PB (25m pool): 00:27.11 Zwembad De Wauwer 13/09/2026			PB (50m pool): 00:27.25 SB: 00:27.11 Zwembad De Wauwer 13/09/2026
	2 5 M	5 0 M	
PB		00:27.11	
		00:27.11	
			

Coach feedback:

Event number: 16: 50M BACKSTROKE WOMEN 13+			Heat:5, starttime: 16:50
Heat: 5/7 Lane : 1 Athlete: DHONDT ANNELIEN			Q-time: 00:33:94
PB (25m pool): 00:33.94 Zwembad De Wauwer 13/09/2026			PB (50m pool): no time SB: 00:33.94 Zwembad De Wauwer 13/09/2026
	2 5 M	5 0 M	
PB		00:33.94	
		00:33.94	
			

Coach feedback:

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Event number: 16: 50M BACKSTROKE WOMEN 13+							Heat:5, starttime: 16:50		
Heat: 5/7 Lane : 6 Athlete: IANNINO VALENTINA							Q-time: 00:33:69		
PB (25m pool): 00:33.69 Zwembad De Wauwer 13/09/2026							PB (50m pool): 00:35.43 SB: 00:33.69 Zwembad De Wauwer 13/09/2026		
	2 5 M		5 0 M						
PB			00:33.69						
			00:33.69						
									

Coach feedback:

Event number: 16: 50M BACKSTROKE WOMEN 13+							Heat:6, starttime: 16:51	
Heat: 6/7 Lane : 3 Athlete: AELEN BENTE							Q-time: 00:32:66	
PB (25m pool): 00:32.66 Dilbeek 28/09/2025							PB (50m pool): 00:32.75 SB: no time	
	2 5 M		5 0 M					
PB			00:32.66					
			00:32.66					
								

Coach feedback:

Event number: 16: 50M BACKSTROKE WOMEN 13+							Heat:7, starttime: 16:52	
Heat: 7/7 Lane : 4 Athlete: NAZARUK NICOLE							Q-time: 00:29:49	
PB (25m pool): 00:29.49 Gent 09/11/2025							PB (50m pool): 00:30.12 SB: no time	
	2 5 M		5 0 M					
PB			00:29.49					
	00:29.49							
								

Coach feedback:

Event number: 17: 4x50M FREESTYLE MEN 11+							Heat:2, starttime: 17:21	
Heat: 2/3 Lane : 5 Athlete: TEAM STZ 1							Q-time: 01:49:81	
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:

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Event number: 17: 4x50M FREESTYLE MEN 11+							Heat:3, starttime: 17:23	
Heat: 3/3 Lane : 7 Athlete: TEAM STZ 2							Q-time: 01:44:72	
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:1, starttime: 17:26	
Heat: 1/3 Lane : 6 Athlete: TEAM STZ 1							Q-time: 02:07:19	
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:3, starttime: 17:31	
Heat: 3/3 Lane : 3 Athlete: TEAM STZ 2							Q-time: 01:53:45	
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: