

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

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

Coaches: Lauwers Jitske

Coaches: Vanderhulst Kasper

Coaches: Franckx Stan

Coaches: Feyaerts Joeri HEADCOACH

PB => Personal Best time

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

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:1, starttime: 14:33
Heat: 1/12 Lane : 3 Athlete: VANDINGENEN JOKE					Q-time: 01:19:23
PB (25m pool): 01:19.23 Bastogne 05/04/2026					PB (50m pool): 01:18.64 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.46		01:19.23	
	00:37.46		00:41.77		
					

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:1, starttime: 14:33
Heat: 1/12 Lane : 6 Athlete: NIJS LOES					Q-time: 01:19:70
PB (25m pool): 01:19.70 Bastogne 05/04/2026					PB (50m pool): 01:19.69 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.72		01:19.70	
	00:38.72		00:40.98		
					

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:4, starttime: 14:39
Heat: 4/12 Lane : 2 Athlete: ROSSEEL JANNE					Q-time: 01:10:45
PB (25m pool): 01:10.45 Stedelijk Zwembad Geel 15/02/2026					PB (50m pool): 01:12.28 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.14		01:10.45	
	00:33.14		00:37.31		
					

Coach feedback:

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Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:4, starttime: 14:39
Heat: 4/12 Lane : 7 Athlete: REMANS ALICE					Q-time: 01:10:88
PB (25m pool): 01:10.88 Bastogne 05/04/2026					PB (50m pool): 01:10.00 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.26		01:10.88	
	00:34.26		00:36.62		
					

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:5, starttime: 14:41
Heat: 5/12 Lane : 4 Athlete: CLAESEN SARAH					Q-time: 01:07:66
PB (25m pool): 01:07.66 Zwembad De Motte 14/07/2026					PB (50m pool): 01:10.54 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.47		01:07.66	
	00:32.47		00:35.19		
					

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:6, starttime: 14:42
Heat: 6/12 Lane : 6 Athlete: REMANS ROSALIE					Q-time: 01:06:68
PB (25m pool): 01:06.68 Stedelijk Zwembad Geel 15/02/2026					PB (50m pool): 01:08.11 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.46		01:06.68	
	00:32.46		00:34.22		
					

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:8, starttime: 14:46
Heat: 8/12 Lane : 5 Athlete: VANDERVELPEN MEREL					Q-time: 01:04:77
PB (25m pool): 01:04.69 Nijlen 17/11/2024					PB (50m pool): 01:05.95 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.33		01:04.69	
	00:31.33		00:33.36		
					

Coach feedback:

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Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:9, starttime: 14:47
Heat: 9/12 Lane : 1 Athlete: DECONYNCK STERRE					Q-time: 01:04:62
PB (25m pool): 01:04.62 Nijlen 16/11/2025					PB (50m pool): 01:04.76 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.40		01:04.62	
	00:31.40		00:33.22		
					

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:11, starttime: 14:51
Heat: 11/12 Lane : 5 Athlete: ROSKIN LOTTE					Q-time: 01:00:73
PB (25m pool): 00:59.68 Leuven 30/07/2019					PB (50m pool): 01:01.23 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		00:59.68	
	no time				
					

Coach feedback:

Event number: 11: 200M MEDLEY MEN 11+					Heat:2, starttime: 14:58			
Heat: 2/9 Lane : 1 Athlete: MAES TILL					Q-time: 03:13:28			
PB (25m pool): 03:13.28 LEUVEN 21/12/2025					PB (50m pool): no time 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		00:42.05		01:31.52		02:32.90		03:13.28
	00:42.05		00:49.47		01:01.38		00:40.38	
								

Coach feedback:

Event number: 11: 200M MEDLEY MEN 11+					Heat:2, starttime: 14:58			
Heat: 2/9 Lane : 4 Athlete: FEYAERTS JEROEN					Q-time: 02:59:18			
PB (25m pool): 02:59.18 Bastogne 05/04/2026					PB (50m pool): 03:06.90 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		00:39.41		01:24.81		02:18.85		02:59.18
	00:39.41		00:45.40		00:54.04		00:40.33	
								

Coach feedback:

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Event number: 11: 200M MEDLEY MEN 11+							Heat:3, starttime: 15:02	
Heat: 3/9 Lane : 5 Athlete: LEMMENS LUCA							Q-time: 02:49:99	
PB (25m pool): 02:49.99 Bastogne 05/04/2026				PB (50m pool): 02:52.41 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		00:36.25		01:21.30		02:11.13		02:49.99
	00:36.25		00:45.05		00:49.83		00:38.86	
								

Coach feedback:

Event number: 11: 200M MEDLEY MEN 11+							Heat:5, starttime: 15:09	
Heat: 5/9 Lane : 7 Athlete: NIJS BAS							Q-time: 02:36:98	
PB (25m pool): 02:36.98 Bastogne 05/04/2026				PB (50m pool): 02:38.53SB: 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		00:34.97		01:15.74		02:02.76		02:36.98
	00:34.97		00:40.77		00:47.02		00:34.22	
								

Coach feedback:

Event number: 12: 100M BREASTSTROKE WOMEN 13+					Heat:2, starttime: 15:26
Heat: 2/4 Lane : 2 Athlete: MAES JULIE				Q-time: 01:24:26	
PB (25m pool): 01:24.26 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 01:28.64SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.52		01:24.26	
	00:39.52		00:44.74		
					

Coach feedback:

Event number: 12: 100M BREASTSTROKE WOMEN 13+					Heat:4, starttime: 15:30
Heat: 4/4 Lane : 3 Athlete: LENAERTS HAILEY				Q-time: 01:14:96	
PB (25m pool): 01:14.96 Gent 09/11/2025			PB (50m pool): 01:17.30SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.88		01:14.96	
	00:34.88		00:40.08		
					

Coach feedback:

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Event number: 13: 200M BACKSTROKE MEN 13+							Heat:3, starttime: 16:08	
Heat: 3/3 Lane : 2 Athlete: DE SWERDT MATHIAS							Q-time: 02:14:38	
PB (25m pool): 02:14.38 Aarschot 27/07/2026				PB (50m pool): 02:37.01 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		00:31.50		01:05.01		no time		02:14.38
	00:31.50		00:33.51					
								

Coach feedback:

Event number: 14: 400M FREESTYLE WOMEN 13+							Heat:3, starttime: 16:23	
Heat: 3/4 Lane : 4 Athlete: DECONYNCK STERRE							Q-time: 04:49:24	
PB (25m pool): 04:49.24 Zwembad De Motte 14/07/2026				PB (50m pool): 04:58.19SB: 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		01:08.49		no time		02:22.17
	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		04:49.24
								

Coach feedback:

Event number: 14: 400M FREESTYLE WOMEN 13+							Heat:3, starttime: 16:23	
Heat: 3/4 Lane : 8 Athlete: MAES JULIE							Q-time: 04:57:04	
PB (25m pool): 04:57.04 Bastogne 05/04/2026				PB (50m pool): 05:06.67 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		00:33.68		01:10.93		01:48.92		02:27.24
	00:33.68		00:37.25		00:37.99		00:38.32	
								
	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		03:05.48		03:43.78		04:21.95		04:57.04
	00:38.24		00:38.30		00:38.17		00:35.09	
								

Coach feedback:

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Event number: 15: 50M BUTTERFLY MEN 11+			Heat:1, starttime: 16:34
Heat: 1/10 Lane : 4 Athlete: MAES TILL			Q-time: 00:39:63
PB (25m pool): 00:39.63 Bastogne 05/04/2026			PB (50m pool): 00:39.99 SB: no time
	2 5 M	5 0 M	
PB		00:39.63	
		00:39.63	
			

Coach feedback:

Event number: 15: 50M BUTTERFLY MEN 11+			Heat:3, starttime: 16:36
Heat: 3/10 Lane : 4 Athlete: LEMMENS LUCA			Q-time: 00:32:18
PB (25m pool): 00:32.18 Sportoase De Watermolen 21/07/2026			PB (50m pool): 00:33.03 SB: no time
	2 5 M	5 0 M	
PB		00:32.18	
		00:32.18	
			

Coach feedback:

Event number: 15: 50M BUTTERFLY MEN 11+			Heat:6, starttime: 16:40
Heat: 6/10 Lane : 6 Athlete: DEHAEN FERRE			Q-time: 00:29:17
PB (25m pool): 00:29.17 Hannuit 28/03/2026			PB (50m pool): 00:29.78 SB: no time
	2 5 M	5 0 M	
PB		00:29.17	
		00:29.17	
			

Coach feedback:

Event number: 15: 50M BUTTERFLY MEN 11+			Heat:7, starttime: 16:41
Heat: 7/10 Lane : 3 Athlete: DEPREZ LUKAS			Q-time: 00:28:77
PB (25m pool): 00:28.77 LEUVEN 23/11/2025			PB (50m pool): 00:32.38 SB: no time
	2 5 M	5 0 M	
PB		00:28.77	
		00:28.77	
			

Coach feedback:

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Event number: 15: 50M BUTTERFLY MEN 11+			Heat:7, starttime: 16:41
Heat: 7/10 Lane : 4 Athlete: STERCKX DAAN			Q-time: 00:28:47
PB (25m pool): 00:28.47 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 00:28.59 SB: no time			
	2 5 M	5 0 M	
PB		00:28.47	
		00:28.47	
			

Coach feedback:

Event number: 15: 50M BUTTERFLY MEN 11+			Heat:10, starttime: 16:44
Heat: 10/10 Lane : 2 Athlete: VANDERHULST MIDAS			Q-time: 00:26:13
PB (25m pool): 00:26.13 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 00:26.75 SB: no time			
	2 5 M	5 0 M	
PB		00:26.13	
		00:26.13	
			

Coach feedback:

Event number: 15: 50M BUTTERFLY MEN 11+			Heat:10, starttime: 16:44
Heat: 10/10 Lane : 3 Athlete: DE SWERDT MATHIAS			Q-time: 00:25:76
PB (25m pool): 00:25.76 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 00:26.29 SB: no time			
	2 5 M	5 0 M	
PB		00:25.76	
		00:25.76	
			

Coach feedback:

Event number: 15: 50M BUTTERFLY MEN 11+			Heat:10, starttime: 16:44
Heat: 10/10 Lane : 5 Athlete: DE SWERDT NIELS			Q-time: 00:24:68
PB (25m pool): 00:24.68 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 00:25.36 SB: no time			
	2 5 M	5 0 M	
PB		00:24.68	
		00:24.68	
			

Coach feedback:

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Event number: 15: 50M BUTTERFLY MEN 11+			Heat:10, starttime: 16:44
Heat: 10/10 Lane : 6 Athlete: CIOMMO ALESSANDER			Q-time: 00:25:90
PB (25m pool): 00:25.90 Gent 09/11/2025			PB (50m pool): 00:25.50 SB: no time
	2 5 M	5 0 M	
PB		00:25.90	
		00:25.90	
			

Coach feedback:

Event number: 16: 50M BACKSTROKE WOMEN 13+			Heat:1, starttime: 16:45
Heat: 1/7 Lane : 5 Athlete: REMANS ROSALIE			Q-time: 00:37:38
PB (25m pool): 00:37.38 Hannuit 28/03/2026			PB (50m pool): 00:39.50 SB: no time
	2 5 M	5 0 M	
PB		00:37.38	
		00:37.38	
			

Coach feedback:

Event number: 16: 50M BACKSTROKE WOMEN 13+			Heat:4, starttime: 16:49
Heat: 4/7 Lane : 6 Athlete: VANDERVELPEN MEREL			Q-time: 00:34:53
PB (25m pool): 00:34.11 Nijlen 17/11/2024			PB (50m pool): 00:35.46 SB: no time
	2 5 M	5 0 M	
PB		00:34.11	
		00:34.11	
			

Coach feedback:

Event number: 16: 50M BACKSTROKE WOMEN 13+			Heat:5, starttime: 16:50
Heat: 5/7 Lane : 5 Athlete: LENAERTS HAILEY			Q-time: 00:33:60
PB (25m pool): 00:33.60 Bastogne 05/04/2026			PB (50m pool): 00:36.00 SB: no time
	2 5 M	5 0 M	
PB		00:33.60	
		00:33.60	
			

Coach feedback:

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Event number: 16: 50M BACKSTROKE WOMEN 13+										Heat:6, starttime: 16:51																			
Heat: 6/7 Lane : 2 Athlete: ROSKIN LOTTE																				Q-time: 00:33:05									
PB (25m pool): 00:33.05 Stedelijk Zwembad Geel 15/02/2026																				PB (50m pool): 00:33.48SB: no time									
	2 5 M					5 0 M																							
PB						00:33.05																							
	00:33.05																												
																													

Coach feedback:

Event number: 17: 4x50M FREESTYLE MEN 11+							Heat:2, starttime: 17:21	
Heat: 2/3 Lane : 7 Athlete: TEAM TRUST 3							Q-time: 01:55:91	
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: 17: 4x50M FREESTYLE MEN 11+							Heat:3, starttime: 17:23	
Heat: 3/3 Lane : 4 Athlete: TEAM TRUST 1							Q-time: 01:35:51	
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: 17: 4x50M FREESTYLE MEN 11+							Heat:3, starttime: 17:23	
Heat: 3/3 Lane : 6 Athlete: TEAM TRUST 2							Q-time: 01:43:27	
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: 18: 4x50M FREESTYLE WOMEN 11+							Heat:1, starttime: 17:26	
Heat: 1/3 Lane : 5 Athlete: TEAM TRUST 2							Q-time: 02:05:66	
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 : 5 Athlete: TEAM TRUST 1							Q-time: 01:56:76	
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: