

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

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

Coaches: Segers Ellen HEADCOACH

Coaches: Dubois Louis

Coaches: Houtevelt Kyllian

PB => Personal Best time

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

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:8, starttime: 14:46
Heat: 8/12 Lane : 6 Athlete: DEROOST BEAU					Q-time: 01:04:92
PB (25m pool): 01:04.92 Tervuren 30/05/2026					PB (50m pool): 01:06.48 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.18		01:04.92	
		00:31.18		00:33.74	
					

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:8, starttime: 14:46
Heat: 8/12 Lane : 7 Athlete: BOMBAERT MILLA					Q-time: 01:05:26
PB (25m pool): 01:05.26 LEUVEN 22/02/2026					PB (50m pool): 01:07.14 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.01		01:05.26	
		00:31.01		00:34.25	
					

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:11, starttime: 14:51
Heat: 11/12 Lane : 6 Athlete: LANDRIEU NORA					Q-time: 01:01:07
PB (25m pool): 01:01.07 Aarschot 27/07/2026					PB (50m pool): 01:02.49 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:28.85		01:01.07	
		00:28.85		00:32.22	
					

Coach feedback:

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Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:12, starttime: 14:52
Heat: 12/12 Lane : 1 Athlete: DE BACKER BIRGIT					Q-time: 00:58:89
PB (25m pool): 00:58.89 Aarschot 27/07/2026					PB (50m pool): 01:00.41 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		00:58.89	
	no time				
					

Coach feedback:

Event number: 11: 200M MEDLEY MEN 11+							Heat:4, starttime: 15:05	
Heat: 4/9 Lane : 4 Athlete: BOMBAERT LOUIS							Q-time: 02:39:94	
PB (25m pool): 02:39.94 Tervuren 30/05/2026							PB (50m pool): 03:00.17 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		00:32.50		01:15.70		02:02.99		02:39.94
	00:32.50		00:43.20		00:47.29		00:36.95	
								

Coach feedback:

Event number: 11: 200M MEDLEY MEN 11+							Heat:7, starttime: 15:15	
Heat: 7/9 Lane : 5 Athlete: DE PEYPER MATS							Q-time: 02:24:75	
PB (25m pool): 02:24.75 Kapelle-op-den-Bos 19/04/2026							PB (50m pool): 02:31.90 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		00:30.76		no time		no time		02:24.75
	00:30.76							
								

Coach feedback:

Event number: 11: 200M MEDLEY MEN 11+							Heat:9, starttime: 15:21	
Heat: 9/9 Lane : 6 Athlete: VOLCKAERT MATTHIAS							Q-time: 02:13:40	
PB (25m pool): 02:13.40 Kapelle-op-den-Bos 19/04/2026							PB (50m pool): 02:18.40 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		00:28.31		no time		no time		02:13.40
	00:28.31							
								

Coach feedback:

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Event number: 11: 200M MEDLEY MEN 11+							Heat:9, starttime: 15:21	
Heat: 9/9 Lane : 7 Athlete: VERROKEN GERBEN							Q-time: 02:14:76	
PB (25m pool): 02:13.98 Kapelle-op-den-Bos 14/04/2024				PB (50m pool): 02:17.21 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		no time		no time		no time		02:13.98
	no time							
								

Coach feedback:

Event number: 12: 100M BREASTSTROKE WOMEN 13+					Heat:1, starttime: 15:24
Heat: 1/4 Lane : 4 Athlete: VEIRMAN LOTTE				Q-time: 01:28:22	
PB (25m pool): 01:28.22 Aarschot 27/07/2026			PB (50m pool): 01:34.34 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:42.15		01:28.22	
	00:42.15		00:46.07		
					

Coach feedback:

Event number: 12: 100M BREASTSTROKE WOMEN 13+					Heat:2, starttime: 15:26				
Heat: 2/4 Lane : 8 Athlete: BIESEMANS JANA					Q-time: 01:25:95				
PB (25m pool): 01:25.95 Zwembad De Motte 14/07/2026					PB (50m pool): 01:28.50 SB: no time				
	2 5 M		5 0 M		7 5 M		1 0 0 M		
PB			00:39.70				01:25.95		
	00:39.70				00:46.25				
									

Coach feedback:

Event number: 12: 100M BREASTSTROKE WOMEN 13+					Heat:4, starttime: 15:30
Heat: 4/4 Lane : 5 Athlete: DONIN MANON				Q-time: 01:14:85	
PB (25m pool): 01:14.85 Zwembad De Motte 14/07/2026			PB (50m pool): 01:15.69 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.50		01:14.85	
	00:34.50		00:40.35		
					

Coach feedback:

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Event number: 13: 200M BACKSTROKE MEN 13+							Heat:2, starttime: 16:05	
Heat: 2/3 Lane : 3 Athlete: VOLCKAERT THOMAS							Q-time: 02:24:40	
PB (25m pool): 02:24.40 Liedekerke 01/05/2026				PB (50m pool): 02:31.56SB: 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		00:33.80		01:10.55		no time		02:24.40
	00:33.80		00:36.75					
								

Coach feedback:

Event number: 13: 200M BACKSTROKE MEN 13+							Heat:3, starttime: 16:08	
Heat: 3/3 Lane : 3 Athlete: VOLCKAERT MATTHIAS							Q-time: 02:12:84	
PB (25m pool): 02:12.84 LEUVEN. 22/02/2026				PB (50m pool): 02:16.02 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		00:30.85		01:04.74		no time		02:12.84
	00:30.85		00:33.89					
								

Coach feedback:

Event number: 13: 200M BACKSTROKE MEN 13+							Heat:3, starttime: 16:08	
Heat: 3/3 Lane : 6 Athlete: VERROKEN GERBEN							Q-time: 02:13:36	
PB (25m pool): 02:13.36 Liedekerke 01/05/2026				PB (50m pool): 02:17.86 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		no time		01:05.41		no time		02:13.36
	no time							
								

Coach feedback:

Event number: 14: 400M FREESTYLE WOMEN 13+							Heat:1, starttime: 16:11	
Heat: 1/4 Lane : 4 Athlete: DEROOST BEAU							Q-time: 05:08:87	
PB (25m pool): 05:08.87 Sportoase De Watermolen 21/07/2026 PB (50m pool): no time 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		00:33.52		01:10.12		01:49.03		02:29.04
	00:33.52		00:36.60		00:38.91		00:40.01	
								
	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		03:09.36		03:50.14		04:30.72		05:08.87
	00:40.32		00:40.78		00:40.58		00:38.15	
								

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Event number: 14: 400M FREESTYLE WOMEN 13+							Heat:3, starttime: 16:23	
Heat: 3/4 Lane : 5 Athlete: LANDRIEU NORA							Q-time: 04:49:31	
PB (25m pool): 04:53.19 Zaventem 15/07/2025				PB (50m pool): 04:49.31 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		01:10.06		no time		02:24.51
	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		04:53.19
								

Coach feedback:

Event number: 14: 400M FREESTYLE WOMEN 13+							Heat:4, starttime: 16:28	
Heat: 4/4 Lane : 6 Athlete: DE BACKER BIRGIT							Q-time: 04:39:41	
PB (25m pool): 04:39.41 Wildersportcomplex 16/03/2025				PB (50m pool): 04:43.26SB: 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		00:31.30		01:06.11		no time		02:17.40
	00:31.30		00:34.81					
								
	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		04:39.41
								

Coach feedback:

Event number: 15: 50M BUTTERFLY MEN 11+							Heat:4, starttime: 16:37	
Heat: 4/10 Lane : 5 Athlete: BOMBAERT LOUIS							Q-time: 00:30:75	
PB (25m pool): 00:30.75 Aarschot 27/07/2026				PB (50m pool): 00:33.00SB: no time				
	2 5 M		5 0 M					
PB			00:30.75					
			00:30.75					
								

Coach feedback:

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Event number: 15: 50M BUTTERFLY MEN 11+			Heat:5, starttime: 16:39
Heat: 5/10 Lane : 4 Athlete: DE PEYPER MATS			Q-time: 00:29:54
PB (25m pool): 00:29.55 Tervuren 30/05/2026			PB (50m pool): 00:29.54 SB: no time
	2 5 M	5 0 M	
PB		00:29.55	
		00:29.55	
			

Coach feedback:

Event number: 15: 50M BUTTERFLY MEN 11+			Heat:5, starttime: 16:39
Heat: 5/10 Lane : 8 Athlete: TURF SANDER			Q-time: 00:30:63
PB (25m pool): 00:30.63 LEUVEN 23/11/2025			PB (50m pool): 00:31.45 SB: no time
	2 5 M	5 0 M	
PB		00:30.63	
		00:30.63	
			

Coach feedback:

Event number: 15: 50M BUTTERFLY MEN 11+			Heat:6, starttime: 16:40
Heat: 6/10 Lane : 1 Athlete: VOLCKAERT THOMAS			Q-time: 00:29:50
PB (25m pool): 00:29.50 Kapelle-op-den-Bos 19/04/2026			PB (50m pool): 00:29.54 SB: no time
	2 5 M	5 0 M	
PB		00:29.50	
		00:29.50	
			

Coach feedback:

Event number: 16: 50M BACKSTROKE WOMEN 13+			Heat:1, starttime: 16:45
Heat: 1/7 Lane : 3 Athlete: BIESEMANS JANA			Q-time: 00:37:57
PB (25m pool): 00:37.57 Leuven 12/10/2025			PB (50m pool): 00:37.74 SB: no time
	2 5 M	5 0 M	
PB		00:37.57	
		00:37.57	
			

Coach feedback:

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Event number: 17: 4x50M FREESTYLE MEN 11+							Heat:3, starttime: 17:23	
Heat: 3/3 Lane : 1 Athlete: TEAM ZIOS							Q-time: 01:45:00	
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 : 1 Athlete: TEAM ZIOS							Q-time: 01:55:00	
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: