

PL VLB & B 26: Session: 3: COACH evaluation sheet for TEAM: BEST

Coachinfo: Warming up from: 08:20 untill 09:25. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Roosbeek Stefanie HEADCOACH

PB => Personal Best time

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

Event number: 19: 100M MEDLEY MEN 11+					Heat:1, starttime: 09:30
Heat: 1/8 Lane : 4 Athlete: VANGENECHTEN MATTHIAS					Q-time: 01:28:72
PB (25m pool): 01:28.72 Aarschot 29/03/2026					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:28.72	
	no time				
					

Coach feedback:

Event number: 19: 100M MEDLEY MEN 11+					Heat:5, starttime: 09:38
Heat: 5/8 Lane : 7 Athlete: PROUVÉ VIKTOR					Q-time: 01:11:97
PB (25m pool): 01:11.97 Stedelijk Zwembad Geel 15/02/2026					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.88		01:11.97	
	00:32.88		00:39.09		
					

Coach feedback:

Event number: 19: 100M MEDLEY MEN 11+					Heat:7, starttime: 09:42
Heat: 7/8 Lane : 7 Athlete: VAN HOOFF COBE					Q-time: 01:05:60
PB (25m pool): 01:05.60 Stedelijk Zwembad Geel 15/02/2026					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.78		01:05.60	
	00:30.78		00:34.82		
					

Coach feedback:

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Event number: 20: 200M FREESTYLE WOMEN 13+							Heat:3, starttime: 09:51	
Heat: 3/6 Lane : 3 Athlete: KERCKHOFS NIENKE							Q-time: 02:22:09	
PB (25m pool): 02:22.09 Leuven 12/10/2025				PB (50m pool): 02:24.14 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		00:33.04		01:09.48		01:46.51		02:22.09
	00:33.04		00:36.44		00:37.03		00:35.58	
								

Coach feedback:

Event number: 20: 200M FREESTYLE WOMEN 13+							Heat:5, starttime: 09:57	
Heat: 5/6 Lane : 8 Athlete: VANDERLINDEN PAULIEN							Q-time: 02:18:48	
PB (25m pool): 02:18.48 Leuven 12/10/2025				PB (50m pool): 02:25.27 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		00:32.52		01:08.35		01:45.04		02:18.48
	00:32.52		00:35.83		00:36.69		00:33.44	
								

Coach feedback:

Event number: 22: 100M BREASTSTROKE WOMEN 11-12					Heat:1, starttime: 10:09
Heat: 1/4 Lane : 4 Athlete: BERTOLAZZI MONA				Q-time: 01:47:58	
PB (25m pool): 01:55.11 Pelt 05/10/2025			PB (50m pool): 01:47.35 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:54.57		01:55.11	
	00:54.57		01:00.54		
					

Coach feedback:

Event number: 22: 100M BREASTSTROKE WOMEN 11-12					Heat:2, starttime: 10:12
Heat: 2/4 Lane : 7 Athlete: VANGENECHTEN ANNA				Q-time: 01:42:53	
PB (25m pool): 01:46.25 Tremelo 25/05/2025			PB (50m pool): 01:42.53SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:51.11		01:46.25	
	00:51.11		00:55.14		
					

Coach feedback:

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Event number: 22: 100M BREASTSTROKE WOMEN 11-12					Heat:4, starttime: 10:16
Heat: 4/4 Lane : 2 Athlete: GHOOS KATO					Q-time: 01:31:53
PB (25m pool): 01:31.53 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 01:31.53 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:44.14		01:31.53	
	00:44.14		00:47.39		
					

Coach feedback:

Event number: 23: 100M BACKSTROKE MEN 11+					Heat:3, starttime: 10:48
Heat: 3/8 Lane : 7 Athlete: VANGENECHTEN MATTHIAS					Q-time: 01:23:34
PB (25m pool): 01:24.55 Aarschot 26/04/2026 PB (50m pool): 01:23.34 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:41.57		01:24.55	
	00:41.57		00:42.98		
					

Coach feedback:

Event number: 23: 100M BACKSTROKE MEN 11+					Heat:5, starttime: 10:52
Heat: 5/8 Lane : 6 Athlete: PROUVé VIKTOR					Q-time: 01:11:01
PB (25m pool): 01:11.01 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 01:12.45 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.27		01:11.01	
	00:34.27		00:36.74		
					

Coach feedback:

Event number: 24: 200M BREASTSTROKE WOMEN 13+							Heat:2, starttime: 11:02	
Heat: 2/4 Lane : 5 Athlete: KERCKHOFS NIENKE							Q-time: 03:00:23	
PB (25m pool): 03:00.23 Leuven 12/10/2025							PB (50m pool): 03:05.08 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		00:40.95		01:26.64		02:13.64		03:00.23
	00:40.95		00:45.69		00:47.00		00:46.59	
								

Coach feedback:

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Event number: 24: 200M BREASTSTROKE WOMEN 13+							Heat:3, starttime: 11:06	
Heat: 3/4 Lane : 8 Athlete: VANDERLINDEN PAULIEN							Q-time: 02:58:06	
PB (25m pool): 02:58.06 LEUVEN 23/11/2025				PB (50m pool): 03:00.79SB: 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		00:39.76		01:25.38		02:14.01		02:58.06
	00:39.76		00:45.62		00:48.63		00:44.05	
								

Coach feedback:

Event number: 27: 50M BREASTSTROKE MEN 13+							Heat:4, starttime: 11:59	
Heat: 4/6 Lane : 3 Athlete: VAN HOOFF COBE							Q-time: 00:32:56	
PB (25m pool): 00:32.56 Sportoase De Watermolen 21/07/2026 PB (50m pool): 00:33.45 SB: no time								
	2 5 M		5 0 M					
PB			00:32.56					
			00:32.56					
								

Coach feedback: