

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

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

Coaches: Claes Steven

Coaches: Cornelis Evy HEADCOACH

PB => Personal Best time

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

Event number: 19: 100M MEDLEY MEN 11+

Heat:2, starttime: 09:32

Heat: 2/8 Lane : 7 Athlete: VAN DER MEIREN WILLIAM

Q-time: 01:26:77

PB (25m pool): 01:26.77 Kapelle-op-den-Bos 19/04/2026 PB (50m pool): no time SB: no time

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:26.77	
	no time				
					

Coach feedback:

Event number: 19: 100M MEDLEY MEN 11+

Heat:3, starttime: 09:34

Heat: 3/8 Lane : 4 Athlete: DE MESMAEKER LOANN

Q-time: 01:17:95

PB (25m pool): 01:17.95 Kapelle-op-den-Bos 19/04/2026 PB (50m pool): no time SB: no time

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:17.95	
	no time				
					

Coach feedback:

Event number: 19: 100M MEDLEY MEN 11+

Heat:6, starttime: 09:40

Heat: 6/8 Lane : 2 Athlete: TRONCKOE KOBE

Q-time: 01:08:90

PB (25m pool): 01:08.90 Braine l Alleud 05/04/2026 PB (50m pool): no time SB: no time

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:08.90	
	no time				
					

Coach feedback:

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Event number: 19: 100M MEDLEY MEN 11+					Heat:6, starttime: 09:40
Heat: 6/8 Lane : 4 Athlete: VANSTECHELMAN LUCAS					Q-time: 01:06:11
PB (25m pool): 01:06.11 Ternat 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		01:06.11	
	no time				
					

Coach feedback:

Event number: 19: 100M MEDLEY MEN 11+					Heat:7, starttime: 09:42
Heat: 7/8 Lane : 5 Athlete: SEGHERS MICHIEL					Q-time: 01:03:43
PB (25m pool): 01:03.43 Leuven 23/02/2025					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:03.43	
	no time				
					

Coach feedback:

Event number: 20: 200M FREESTYLE WOMEN 13+						Heat:3, starttime: 09:51		
Heat: 3/6 Lane : 2 Athlete: VAN ROY ONAH						Q-time: 02:22:55		
PB (25m pool): 02:22.55 Sint-Pieters-Leeuw 01/03/2026						PB (50m pool): 02:30.56 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		00:32.97		01:09.34		no time		02:22.55
	00:32.97		00:36.37					
								

Coach feedback:

Event number: 20: 200M FREESTYLE WOMEN 13+						Heat:4, starttime: 09:54		
Heat: 4/6 Lane : 2 Athlete: TRIOEN JOKE						Q-time: 02:19:91		
PB (25m pool): 02:19.91 Leuven. 23/02/2025						PB (50m pool): 02:23.19 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		00:32.32		01:08.23		no time		02:19.91
	00:32.32		00:35.91					
								

Coach feedback:

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Event number: 20: 200M FREESTYLE WOMEN 13+							Heat:6, starttime: 10:00	
Heat: 6/6 Lane : 7 Athlete: CIOBANU ANASTASIA							Q-time: 02:10:07	
PB (25m pool): 02:10.07 Braine l Alleud 05/04/2026				PB (50m pool): 02:21.46 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		00:30.49		01:03.61		01:37.33		02:10.07
	00:30.49		00:33.12		00:33.72		00:32.74	
								

Coach feedback:

Event number: 21: 100M BUTTERFLY MEN 13+					Heat:1, starttime: 10:03
Heat: 1/4 Lane : 4 Athlete: TRONCKOE KOBE				Q-time: 01:07:61	
PB (25m pool): 01:07.61 Meise 21/06/2026			PB (50m pool): 01:08.84SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.96		01:07.61	
	00:30.96		00:36.65		
					

Coach feedback:

Event number: 21: 100M BUTTERFLY MEN 13+					Heat:1, starttime: 10:03
Heat: 1/4 Lane : 7 Athlete: JACQUEMYNS KOBE				Q-time: 01:11:67	
PB (25m pool): 01:15.50 Braine l Alleud 05/04/2026			PB (50m pool): 01:11.67 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.80		01:15.50	
	00:34.80		00:40.70		
					

Coach feedback:

Event number: 21: 100M BUTTERFLY MEN 13+					Heat:4, starttime: 10:08
Heat: 4/4 Lane : 6 Athlete: SEGHERS MICHIEL				Q-time: 00:58:08	
PB (25m pool): 00:58.08 LEUVEN 23/11/2025			PB (50m pool): 00:59.08 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:27.11		00:58.08	
	00:27.11		00:30.97		
					

Coach feedback:

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Event number: 22: 100M BREASTSTROKE WOMEN 11-12					Heat:2, starttime: 10:12
Heat: 2/4 Lane : 6 Athlete: DELCOIGNE ELLA					Q-time: 01:39:56
PB (25m pool): 01:40.24 LEUVEN 23/11/2025					PB (50m pool): 01:39.56 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:46.06		01:40.24	
	00:46.06		00:54.18		
					

Coach feedback:

Event number: 22: 100M BREASTSTROKE WOMEN 11-12					Heat:4, starttime: 10:16
Heat: 4/4 Lane : 5 Athlete: NDIAYE MAÏ					Q-time: 01:23:86
PB (25m pool): 01:27.59 Braine l Alleud 05/04/2026					PB (50m pool): 01:23.86 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:41.43		01:27.59	
	00:41.43		00:46.16		
					

Coach feedback:

Event number: 23: 100M BACKSTROKE MEN 11+					Heat:3, starttime: 10:48
Heat: 3/8 Lane : 2 Athlete: VAN DER MEIREN WILLIAM					Q-time: 01:23:12
PB (25m pool): 01:33.02 Ternat 14/12/2025					PB (50m pool): 01:23.12 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:45.99		01:33.02	
	00:45.99		00:47.03		
					

Coach feedback:

Event number: 23: 100M BACKSTROKE MEN 11+					Heat:4, starttime: 10:50
Heat: 4/8 Lane : 3 Athlete: DE MESMAEKER LOANN					Q-time: 01:16:89
PB (25m pool): 01:16.99 Braine l Alleud 05/04/2026					PB (50m pool): 01:16.89 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.34		01:16.99	
	00:37.34		00:39.65		
					

Coach feedback:

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Event number: 23: 100M BACKSTROKE MEN 11+					Heat:5, starttime: 10:52
Heat: 5/8 Lane : 7 Athlete: JACQUEMYNS KOBE					Q-time: 01:13:74
PB (25m pool): 01:13.74 Temse 17/11/2025					PB (50m pool): 01:14.63 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.17		01:13.74	
	00:36.17		00:37.57		
					

Coach feedback:

Event number: 23: 100M BACKSTROKE MEN 11+					Heat:6, starttime: 10:54
Heat: 6/8 Lane : 2 Athlete: TRONCKOE KOBE					Q-time: 01:08:48
PB (25m pool): 01:08.48 Ternat 29/03/2026					PB (50m pool): 01:12.45 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.51		01:08.48	
	00:33.51		00:34.97		
					

Coach feedback:

Event number: 23: 100M BACKSTROKE MEN 11+					Heat:6, starttime: 10:54
Heat: 6/8 Lane : 7 Athlete: PUTTAERT ARTHUR					Q-time: 01:08:71
PB (25m pool): 01:08.71 Vilvoorde 01/03/2026					PB (50m pool): 01:13.33 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.01		01:08.71	
	00:33.01		00:35.70		
					

Coach feedback:

Event number: 23: 100M BACKSTROKE MEN 11+					Heat:8, starttime: 10:57
Heat: 8/8 Lane : 6 Athlete: SEGHERS MICHIEL					Q-time: 01:03:03
PB (25m pool): 01:03.03 Braine l Alleud 05/04/2026					PB (50m pool): 01:08.56 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.20		01:03.03	
	00:30.20		00:32.83		
					

Coach feedback:

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Event number: 24: 200M BREASTSTROKE WOMEN 13+							Heat:2, starttime: 11:02	
Heat: 2/4 Lane : 3 Athlete: NSUBUGA SOFIA							Q-time: 03:00:35	
PB (25m pool): 03:00.35 Braine l Alleud 05/04/2026				PB (50m pool): 03:06.80 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		00:40.87		01:27.55		02:14.91		03:00.35
	00:40.87		00:46.68		00:47.36		00:45.44	
								

Coach feedback:

Event number: 24: 200M BREASTSTROKE WOMEN 13+							Heat:2, starttime: 11:02	
Heat: 2/4 Lane : 4 Athlete: DE PRATER JUNO							Q-time: 02:59:36	
PB (25m pool): 02:59.36 Liedekerke 01/05/2026				PB (50m pool): 03:06.11 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		00:40.05		01:25.35		no time		02:59.36
	00:40.05		00:45.30					
								

Coach feedback:

Event number: 24: 200M BREASTSTROKE WOMEN 13+							Heat:3, starttime: 11:06	
Heat: 3/4 Lane : 4 Athlete: VAN DER MEEREN LOTTE							Q-time: 02:49:94	
PB (25m pool): 02:49.94 Braine l Alleud 05/04/2026				PB (50m pool): 02:53.02 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		00:37.95		01:21.60		02:06.11		02:49.94
	00:37.95		00:43.65		00:44.51		00:43.83	
								

Coach feedback:

Event number: 24: 200M BREASTSTROKE WOMEN 13+							Heat:4, starttime: 11:10	
Heat: 4/4 Lane : 2 Athlete: CIOBANU ANASTASIA							Q-time: 02:46:79	
PB (25m pool): 02:46.79 Tremelo 12/01/2025				PB (50m pool): 02:51.81 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		00:38.91		01:21.44		no time		02:46.79
	00:38.91		00:42.53					
								

Coach feedback:

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Event number: 25: 400M MEDLEY MEN 13+							Heat:1, starttime: 11:13	
Heat: 1/2 Lane : 2 Athlete: DE MESMAEKER LOANN							Q-time: 05:59:17	
PB (25m pool): 06:02.66 LEUVEN. 22/02/2026				PB (50m pool): 05:59.17 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		01:30.78		no time		no time
	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		06:02.66
								

Coach feedback:

Event number: 25: 400M MEDLEY MEN 13+							Heat:1, starttime: 11:13	
Heat: 1/2 Lane : 4 Athlete: DELCOIGNE NATHAN							Q-time: 05:25:04	
PB (25m pool): 05:25.04 Liedekerke 01/05/2026				PB (50m pool): 05:38.05 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		00:34.56		01:16.33		no time		no time
	00:34.56		00:41.77					
								
	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		05:25.04
								

Coach feedback:

Event number: 26: 50M FREESTYLE WOMEN 13+										Heat:1, starttime: 11:46	
Heat: 1/9 Lane : 4 Athlete: DE WILDE HANNE										Q-time: 00:32:22	
PB (25m pool): 00:32.22 Liedekerke 01/05/2026										PB (50m pool): 00:33.16SB: 00:33.42 Zwembad De Wauwer 13/09/2026	
	2 5 M		5 0 M								
PB			00:32.22								
			00:32.22								
											

Coach feedback:

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Event number: 26: 50M FREESTYLE WOMEN 13+			Heat:2, starttime: 11:47
Heat: 2/9 Lane : 2 Athlete: TRONCKOE BENTE			Q-time: 00:32:00
PB (25m pool): 00:32.00 Liedekerke 01/05/2026			PB (50m pool): 00:33.19 SB: 00:33.42 Zwembad De Wauwer 13/09/2026
	2 5 M	5 0 M	
PB		00:32.00	
		00:32.00	
			

Coach feedback:

Event number: 26: 50M FREESTYLE WOMEN 13+			Heat:3, starttime: 11:48
Heat: 3/9 Lane : 5 Athlete: DE PRATER JUNO			Q-time: 00:30:51
PB (25m pool): 00:30.98 Liedekerke 01/05/2026			PB (50m pool): 00:31.52 SB: no time
	2 5 M	5 0 M	
PB		00:30.98	
		00:30.98	
			

Coach feedback:

Event number: 26: 50M FREESTYLE WOMEN 13+			Heat:4, starttime: 11:49
Heat: 4/9 Lane : 1 Athlete: VAN ROY ONAH			Q-time: 00:30:38
PB (25m pool): 00:30.38 LEUVEN. 22/02/2026			PB (50m pool): 00:31.66 SB: 00:31.33 Zwembad De Wauwer 13/09/2026
	2 5 M	5 0 M	
PB		00:30.38	
		00:30.38	
			

Coach feedback:

Event number: 26: 50M FREESTYLE WOMEN 13+			Heat:4, starttime: 11:49
Heat: 4/9 Lane : 7 Athlete: FRANCKX MARGAUX			Q-time: 00:30:36
PB (25m pool): 00:30.36 LEUVEN. 22/02/2026			PB (50m pool): 00:30.38 SB: 00:30.64 Zwembad De Wauwer 13/09/2026
	2 5 M	5 0 M	
PB		00:30.36	
		00:30.36	
			

Coach feedback:

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

Event number: 26: 50M FREESTYLE WOMEN 13+			Heat:6, starttime: 11:51
Heat: 6/9 Lane : 3 Athlete: NSUBUGA SOFIA			Q-time: 00:29:21
PB (25m pool): 00:29.21 Wildersportcomplex 16/03/2025 PB (50m pool): 00:29.59 SB: no time			
	2 5 M	5 0 M	
PB		00:29.21	
		00:29.21	
			

Coach feedback:

Event number: 27: 50M BREASTSTROKE MEN 13+			Heat:2, starttime: 11:57
Heat: 2/6 Lane : 6 Athlete: PUTTAERT ARTHUR			Q-time: 00:35:06
PB (25m pool): 00:35.06 LEUVEN 23/11/2025 PB (50m pool): 00:35.70 SB: 00:35.85 Zwembad De Wauwer 13/09/2026			
	2 5 M	5 0 M	
PB		00:35.06	
		00:35.06	
			

Coach feedback:

Event number: 27: 50M BREASTSTROKE MEN 13+			Heat:3, starttime: 11:58
Heat: 3/6 Lane : 8 Athlete: DELCOIGNE NATHAN			Q-time: 00:34:43
PB (25m pool): 00:34.43 Zwembad De Wauwer 13/09/2026 PB (50m pool): 00:35.31 SB: 00:34.43 Zwembad De Wauwer 13/09/2026			
	2 5 M	5 0 M	
PB		00:34.43	
		00:34.43	
			

Coach feedback:

Event number: 27: 50M BREASTSTROKE MEN 13+			Heat:4, starttime: 11:59
Heat: 4/6 Lane : 7 Athlete: VANSTECHELMAN LUCAS			Q-time: 00:33:18
PB (25m pool): 00:33.18 Ternat 29/03/2026 PB (50m pool): 00:35.33 SB: 00:34.47 Zwembad De Wauwer 13/09/2026			
	2 5 M	5 0 M	
PB		00:33.18	
		00:33.18	
			

Coach feedback: