

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

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

Coaches: Mous Phlippe HEADCOACH

Coaches: Van den Bossche Laure

Coaches: De Paepe Inge

Coaches: Geeroms Kristel

Coaches: Rauw Mathis

PB => Personal Best time

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

Event number: 20: 200M FREESTYLE WOMEN 13+							Heat:5, starttime: 09:57	
Heat: 5/6 Lane : 1 Athlete: VERHERSTRAETEN LORE							Q-time: 02:17:30	
PB (25m pool): 02:17.30 Dilbeek 10/05/2026							PB (50m pool): 02:19.16 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		00:30.94		01:06.51		no time		02:17.30
	00:30.94		00:35.57					
								

Coach feedback:

Event number: 26: 50M FREESTYLE WOMEN 13+							Heat:1, starttime: 11:46		
Heat: 1/9 Lane : 3 Athlete: EL HACHIMI NORA							Q-time: 00:32:28		
PB (25m pool): 00:32.28 Zwembad De Wauwer 13/09/2026							PB (50m pool): 00:33.78 SB: 00:32.28 Zwembad De Wauwer 13/09/2026		
	2 5 M		5 0 M						
PB			00:32.28						
			00:32.28						
									

Coach feedback:

Event number: 26: 50M FREESTYLE WOMEN 13+							Heat:2, starttime: 11:47	
Heat: 2/9 Lane : 7 Athlete: DE WILDE MARGOT							Q-time: 00:32:14	
PB (25m pool): 00:32.14 Meise 21/06/2026							PB (50m pool): 00:32.17 SB: no time	
	2 5 M		5 0 M					
PB			00:32.14					
			00:32.14					
								

Coach feedback:

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

Event number: 26: 50M FREESTYLE WOMEN 13+			Heat:8, starttime: 11:53
Heat: 8/9 Lane : 7 Athlete: VERHERSTRAETEN LORE			Q-time: 00:28:40
PB (25m pool): 00:28.40 Meise 21/06/2026			PB (50m pool): 00:28.86 SB: 00:28.61 Zwembad De Wauwer 13/09/2026
	2 5 M	5 0 M	
PB		00:28.40	
		00:28.40	
			

Coach feedback:

Event number: 27: 50M BREASTSTROKE MEN 13+			Heat:2, starttime: 11:57
Heat: 2/6 Lane : 7 Athlete: VERHERSTRAETEN KOBE			Q-time: 00:35:39
PB (25m pool): 00:35.39 Dilbeek 28/09/2025			PB (50m pool): 00:37.87 SB: no time
	2 5 M	5 0 M	
PB		00:35.39	
		00:35.39	
			

Coach feedback: