

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

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

Coaches: Geelen Sofie HEADCOACH

PB => Personal Best time

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

Event number: 19: 100M MEDLEY MEN 11+

Heat:5, starttime: 09:38

Heat: 5/8 Lane : 4 Athlete: VANHELMONT DANTE

Q-time: 01:10:70

PB (25m pool): 01:10.70 Tienen 26/10/2025

PB (50m pool): no time SB: no time

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:10.70	
	no time				
					

Coach feedback:

Event number: 19: 100M MEDLEY MEN 11+

Heat:7, starttime: 09:42

Heat: 7/8 Lane : 3 Athlete: VOET LARS

Q-time: 01:03:44

PB (25m pool): 01:03.44 Herentals 09/05/2026

PB (50m pool): no time SB: no time

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:29.24		01:03.44	
	00:29.24		00:34.20		
					

Coach feedback:

Event number: 20: 200M FREESTYLE WOMEN 13+

Heat:1, starttime: 09:45

Heat: 1/6 Lane : 4 Athlete: LEMBRECHTS SIEN

Q-time: 02:28:54

PB (25m pool): 02:28.54 Zwembad De Motte 14/07/2026

PB (50m pool): 02:32.49 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		00:33.37		01:10.71		no time		02:28.54
	00:33.37		00:37.34					
								

Coach feedback:

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

Event number: 20: 200M FREESTYLE WOMEN 13+							Heat:2, starttime: 09:48	
Heat: 2/6 Lane : 1 Athlete: VANSINA ELLE							Q-time: 02:27:03	
PB (25m pool): 02:27.03 Aarschot 26/04/2026				PB (50m pool): 02:29.65 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		02:27.03
	no time							
								

Coach feedback:

Event number: 20: 200M FREESTYLE WOMEN 13+							Heat:3, starttime: 09:51	
Heat: 3/6 Lane : 8 Athlete: WOUTERS STIEN							Q-time: 02:23:57	
PB (25m pool): 02:23.57 Mol 28/12/2025				PB (50m pool): 02:27.93SB: 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		00:34.41		01:11.18		01:48.44		02:23.57
	00:34.41		00:36.77		00:37.26		00:35.13	
								

Coach feedback:

Event number: 20: 200M FREESTYLE WOMEN 13+							Heat:4, starttime: 09:54	
Heat: 4/6 Lane : 7 Athlete: GYPEN KAAT							Q-time: 02:19:99	
PB (25m pool): 02:19.99 LEUVEN 21/12/2025				PB (50m pool): 02:22.78 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		00:32.39		01:07.77		01:44.08		02:19.99
	00:32.39		00:35.38		00:36.31		00:35.91	
								

Coach feedback:

Event number: 20: 200M FREESTYLE WOMEN 13+							Heat:5, starttime: 09:57	
Heat: 5/6 Lane : 6 Athlete: ASSCHERICKX CHLOé							Q-time: 02:15:68	
PB (25m pool): 02:15.68 Aarschot 26/04/2026				PB (50m pool): 02:17.53SB: 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		00:31.27		01:05.39		01:40.17		02:15.68
	00:31.27		00:34.12		00:34.78		00:35.51	
								

Coach feedback:

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

Event number: 20: 200M FREESTYLE WOMEN 13+							Heat:6, starttime: 10:00	
Heat: 6/6 Lane : 1 Athlete: MEYER THYRVI							Q-time: 02:11:23	
PB (25m pool): 02:11.23 LEUVEN 23/11/2025				PB (50m pool): 02:15.81 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		00:30.83		01:04.36		01:38.87		02:11.23
	00:30.83		00:33.53		00:34.51		00:32.36	
								

Coach feedback:

Event number: 21: 100M BUTTERFLY MEN 13+					Heat:1, starttime: 10:03
Heat: 1/4 Lane : 5 Athlete: ASSCHERICKX SEBASTIAAN				Q-time: 01:07:64	
PB (25m pool): 01:07.66 Zwembad De Motte 14/07/2026 PB (50m pool): 01:07.64SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.98		01:07.66	
	00:30.98		00:36.68		
					

Coach feedback:

Event number: 21: 100M BUTTERFLY MEN 13+					Heat:2, starttime: 10:05
Heat: 2/4 Lane : 5 Athlete: DE WITTE LEO				Q-time: 01:03:65	
PB (25m pool): 01:03.65 Herentals 09/05/2026			PB (50m pool): 01:04.07 SB: no time		
PB	2 5 M	5 0 M	7 5 M	1 0 0 M	
		00:29.37		01:03.65	
	00:29.37		00:34.28		
					

Coach feedback:

Event number: 21: 100M BUTTERFLY MEN 13+					Heat:3, starttime: 10:06
Heat: 3/4 Lane : 4 Athlete: DELEN KOBE				Q-time: 01:00:47	
PB (25m pool): 01:00.47 Aarschot 27/07/2026			PB (50m pool): 01:02.84SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:27.84		01:00.47	
	00:27.84		00:32.63		
					

Coach feedback:

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

Event number: 22: 100M BREASTSTROKE WOMEN 11-12					Heat:1, starttime: 10:09
Heat: 1/4 Lane : 3 Athlete: SMEKENS ELLA					Q-time: 01:53:27
PB (25m pool): 01:56.31 Zaventem 08/02/2026					PB (50m pool): 01:53.27 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:54.38		01:56.31	
	00:54.38		01:01.93		
					

Coach feedback:

Event number: 22: 100M BREASTSTROKE WOMEN 11-12					Heat:1, starttime: 10:09
Heat: 1/4 Lane : 5 Athlete: DEXTERS MILA					Q-time: 01:48:70
PB (25m pool): 02:04.23 Mol 29/12/2024					PB (50m pool): 01:48.70 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:59.06		02:04.23	
	00:59.06		01:05.17		
					

Coach feedback:

Event number: 22: 100M BREASTSTROKE WOMEN 11-12					Heat:2, starttime: 10:12
Heat: 2/4 Lane : 3 Athlete: LEMBRECHTS KAAT					Q-time: 01:38:72
PB (25m pool): 01:38.72 Zwembad De Motte 14/07/2026					PB (50m pool): 01:43.30 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:47.50		01:38.72	
	00:47.50		00:51.22		
					

Coach feedback:

Event number: 23: 100M BACKSTROKE MEN 11+					Heat:6, starttime: 10:54
Heat: 6/8 Lane : 3 Athlete: VETS WANNES					Q-time: 01:08:34
PB (25m pool): 01:08.34 Temse 17/11/2025					PB (50m pool): 01:10.02 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.77		01:08.34	
	00:32.77		00:35.57		
					

Coach feedback:

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

Event number: 23: 100M BACKSTROKE MEN 11+					Heat:7, starttime: 10:55
Heat: 7/8 Lane : 6 Athlete: DE WITTE LEO					Q-time: 01:04:63
PB (25m pool): 01:04.63 Herentals 09/05/2026					PB (50m pool): 01:05.19 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.57		01:04.63	
	00:31.57		00:33.06		
					

Coach feedback:

Event number: 23: 100M BACKSTROKE MEN 11+					Heat:7, starttime: 10:55
Heat: 7/8 Lane : 8 Athlete: VERVLOESSEM FRITS					Q-time: 01:07:19
PB (25m pool): 01:07.47 Sportoase De Watermolen 21/07/2026					PB (50m pool): 01:07.19 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.95		01:07.47	
	00:32.95		00:34.52		
					

Coach feedback:

Event number: 23: 100M BACKSTROKE MEN 11+					Heat:8, starttime: 10:57
Heat: 8/8 Lane : 4 Athlete: RAES DRIES					Q-time: 00:59:94
PB (25m pool): 00:59.89 Gent(Sint-Amandsberg) 11/11/2024					PB (50m pool): 01:01.58 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:28.79		00:59.89	
	00:28.79		00:31.10		
					

Coach feedback:

Event number: 23: 100M BACKSTROKE MEN 11+					Heat:8, starttime: 10:57
Heat: 8/8 Lane : 8 Athlete: WILLEM ARTHUR					Q-time: 01:03:68
PB (25m pool): 01:03.68 Mol 28/12/2025					PB (50m pool): 01:05.51 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.04		01:03.68	
	00:31.04		00:32.64		
					

Coach feedback:

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

Event number: 24: 200M BREASTSTROKE WOMEN 13+							Heat:2, starttime: 11:02	
Heat: 2/4 Lane : 7 Athlete: DEVUE ROSALIE							Q-time: 03:02:18	
PB (25m pool): 03:02.18 Sportoase De Watermolen 21/07/2026 PB (50m pool): 03:08.38SB: 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		00:41.30		01:28.25		02:16.27		03:02.18
	00:41.30		00:46.95		00:48.02		00:45.91	
								

Coach feedback:

Event number: 25: 400M MEDLEY MEN 13+							Heat:1, starttime: 11:13	
Heat: 1/2 Lane : 5 Athlete: ASSCHERICKX SEBASTIAAN							Q-time: 05:26:99	
PB (25m pool): 05:26.99 LEUVEN. 22/02/2026							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		no time		01:13.05		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		05:26.99
								

Coach feedback:

Event number: 25: 400M MEDLEY MEN 13+							Heat:2, starttime: 11:20	
Heat: 2/2 Lane : 1 Athlete: WOUTERS HANNES							Q-time: 05:17:77	
PB (25m pool): 05:17.77 LEUVEN. 22/02/2026				PB (50m pool): 05:28.38SB: 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		01:20.06		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		05:17.77
								

Coach feedback:

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

Event number: 25: 400M MEDLEY MEN 13+							Heat:2, starttime: 11:20	
Heat: 2/2 Lane : 7 Athlete: VETS SIEBE							Q-time: 05:06:69	
PB (25m pool): 05:06.69 Aarschot 26/04/2026				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		00:32.83		01:11.45		01:51.87		02:31.17
	00:32.83		00:38.62		00:40.42		00:39.30	
								
	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		03:14.98		03:59.14		04:33.81		05:06.69
	00:43.81		00:44.16		00:34.67		00:32.88	
								

Coach feedback:

Event number: 26: 50M FREESTYLE WOMEN 13+							Heat:2, starttime: 11:47	
Heat: 2/9 Lane : 4 Athlete: LEMBRECHTS SIEN							Q-time: 00:31:56	
PB (25m pool): 00:31.57 Aarschot 26/04/2026				PB (50m pool): 00:31.56SB: no time				
	2 5 M		5 0 M					
PB			00:31.57					
			00:31.57					
								

Coach feedback:

Event number: 26: 50M FREESTYLE WOMEN 13+							Heat:3, starttime: 11:48	
Heat: 3/9 Lane : 1 Athlete: VANSINA ELLE							Q-time: 00:31:42	
PB (25m pool): 00:31.42 LEUVEN 23/11/2025				PB (50m pool): 00:32.06SB: no time				
	2 5 M		5 0 M					
PB			00:31.42					
			00:31.42					
								

Coach feedback:

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

Event number: 26: 50M FREESTYLE WOMEN 13+			Heat:4, starttime: 11:49
Heat: 4/9 Lane : 5 Athlete: GERARD CARYS			Q-time: 00:30:15
PB (25m pool): 00:30.15 LEUVEN. 22/02/2026			PB (50m pool): 00:30.43 SB: no time
	2 5 M	5 0 M	
PB		00:30.15	
		00:30.15	
			

Coach feedback:

Event number: 26: 50M FREESTYLE WOMEN 13+			Heat:6, starttime: 11:51
Heat: 6/9 Lane : 5 Athlete: ASSCHERICKX CHLOé			Q-time: 00:29:05
PB (25m pool): 00:29.07 Aarschot 27/07/2026			PB (50m pool): 00:29.05 SB: no time
	2 5 M	5 0 M	
PB		00:29.07	
		00:29.07	
			

Coach feedback:

Event number: 26: 50M FREESTYLE WOMEN 13+			Heat:6, starttime: 11:51
Heat: 6/9 Lane : 7 Athlete: GYPEN KAAT			Q-time: 00:29:39
PB (25m pool): 00:29.39 Herentals 17/05/2025			PB (50m pool): 00:29.79 SB: no time
	2 5 M	5 0 M	
PB		00:29.39	
		00:29.39	
			

Coach feedback:

Event number: 26: 50M FREESTYLE WOMEN 13+			Heat:8, starttime: 11:53
Heat: 8/9 Lane : 6 Athlete: MEYER THYRVI			Q-time: 00:28:14
PB (25m pool): 00:28.14 LEUVEN 23/11/2025			PB (50m pool): 00:29.37 SB: no time
	2 5 M	5 0 M	
PB		00:28.14	
		00:28.14	
			

Coach feedback:

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

Event number: 26: 50M FREESTYLE WOMEN 13+			Heat:9, starttime: 11:54
Heat: 9/9 Lane : 4 Athlete: WOUTERS BRIANA			Q-time: 00:26:21
PB (25m pool): 00:26.20 Gent(Sint-Amandsberg) 11/11/2024 PB (50m pool): 00:26.71 SB: no time			
	2 5 M	5 0 M	
PB		00:26.20	
		00:26.20	
			

Coach feedback:

Event number: 27: 50M BREASTSTROKE MEN 13+			Heat:1, starttime: 11:55
Heat: 1/6 Lane : 5 Athlete: VERBRUGGEN MATS			Q-time: 00:36:12
PB (25m pool): 00:36.12 Herentals 09/05/2026 PB (50m pool): 00:37.60 SB: no time			
	2 5 M	5 0 M	
PB		00:36.12	
		00:36.12	
			

Coach feedback:

Event number: 27: 50M BREASTSTROKE MEN 13+			Heat:3, starttime: 11:58
Heat: 3/6 Lane : 3 Athlete: WILLEM ARTHUR			Q-time: 00:34:11
PB (25m pool): 00:34.11 Aarschot 27/07/2026 PB (50m pool): 00:36.42 SB: no time			
	2 5 M	5 0 M	
PB		00:34.11	
		00:34.11	
			

Coach feedback:

Event number: 27: 50M BREASTSTROKE MEN 13+			Heat:4, starttime: 11:59
Heat: 4/6 Lane : 8 Athlete: VOET LARS			Q-time: 00:33:39
PB (25m pool): 00:33.39 LEUVEN 23/11/2025 PB (50m pool): 00:33.85 SB: no time			
	2 5 M	5 0 M	
PB		00:33.39	
		00:33.39	
			

Coach feedback: