

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

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

Coaches: Lesceu Philippe HEADCOACH

PB => Personal Best time

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

Event number: 23: 100M BACKSTROKE MEN 11+					Heat:1, starttime: 10:44
Heat: 1/8 Lane : 3 Athlete: LEDEGANCK SANDER					Q-time: 01:32:70
PB (25m pool): 01:32.70 Mons 27/06/2026					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:44.94		01:32.70	
	00:44.94		00:47.76		
					

Coach feedback:

Event number: 23: 100M BACKSTROKE MEN 11+					Heat:3, starttime: 10:48
Heat: 3/8 Lane : 6 Athlete: PIERART VITO					Q-time: 01:22:46
PB (25m pool): 01:22.46 Mons 27/06/2026					PB (50m pool): 01:27.76 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.69		01:22.46	
	00:40.69		00:41.77		
					

Coach feedback:

Event number: 23: 100M BACKSTROKE MEN 11+					Heat:4, starttime: 10:50
Heat: 4/8 Lane : 6 Athlete: VAN STEENWINKEL WOUT					Q-time: 01:17:48
PB (25m pool): 01:17.48 Vilvoorde 01/03/2026					PB (50m pool): 01:21.59 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.48		01:17.48	
	00:37.48		00:40.00		
					

Coach feedback:

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Event number: 23: 100M BACKSTROKE MEN 11+					Heat:7, starttime: 10:55
Heat: 7/8 Lane : 1 Athlete: GUENDOUZ ANAS					Q-time: 01:07:06
PB (25m pool): 01:07.06 Vilvoorde 01/03/2026					PB (50m pool): 01:09.71 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.13		01:07.06	
	00:32.13		00:34.93		
					

Coach feedback:

Event number: 23: 100M BACKSTROKE MEN 11+					Heat:8, starttime: 10:57
Heat: 8/8 Lane : 1 Athlete: DAS JORAN					Q-time: 01:03:28
PB (25m pool): 01:03.28 Vilvoorde 01/03/2026					PB (50m pool): 01:06.41 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.92		01:03.28	
	00:30.92		00:32.36		
					

Coach feedback:

Event number: 25: 400M MEDLEY MEN 13+						Heat:2, starttime: 11:20		
Heat: 2/2 Lane : 3 Athlete: DAS JORAN						Q-time: 04:56:40		
PB (25m pool): 04:56.40 Vilvoorde 18/05/2025						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		01:08.27		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		04:56.40
								

Coach feedback:

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Event number: 27: 50M BREASTSTROKE MEN 13+			Heat:4, starttime: 11:59
Heat: 4/6 Lane : 6 Athlete: BOLLU LUCA			Q-time: 00:32:59
PB (25m pool): 00:32.59 Vilvoorde 05/10/2025			PB (50m pool): 00:33.13 SB: no time
	2 5 M	5 0 M	
PB		00:32.59	
		00:32.59	
			

Coach feedback: