

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

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

Coaches: Mees Brent

Coaches: Matthijs Laurenz

Coaches: Bogaerts Michel

Coaches: De Block Killian 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 : 4 Athlete: NABIULLIN TIM					Q-time: 01:22:95
PB (25m pool): 01:27.61 Hannuit 18/01/2025					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:27.61	
	no time				
					

Coach feedback:

Event number: 19: 100M MEDLEY MEN 11+					Heat:2, starttime: 09:32
Heat: 2/8 Lane : 6 Athlete: NABIULLIN MAX					Q-time: 01:24:24
PB (25m pool): 01:30.50 Hannuit 18/01/2025					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:30.50	
	no time				
					

Coach feedback:

Event number: 19: 100M MEDLEY MEN 11+					Heat:6, starttime: 09:40
Heat: 6/8 Lane : 8 Athlete: VANDERBORGHT MILAN					Q-time: 01:09:29
PB (25m pool): 01:09.29 Hannuit 28/03/2026					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:09.29	
	no time				
					

Coach feedback:

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Event number: 20: 200M FREESTYLE WOMEN 13+							Heat:1, starttime: 09:45	
Heat: 1/6 Lane : 5 Athlete: PETKOVA SOFIA							Q-time: 02:29:26	
PB (25m pool): 02:29.26 Dilbeek 10/05/2026				PB (50m pool): 03:17.37 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		00:35.02		01:13.52		no time		02:29.26
	00:35.02		00:38.50					
								

Coach feedback:

Event number: 20: 200M FREESTYLE WOMEN 13+							Heat:4, starttime: 09:54	
Heat: 4/6 Lane : 4 Athlete: MAASKANT KRISTINA							Q-time: 02:18:64	
PB (25m pool): 02:18.64 Overijse 29/11/2025				PB (50m pool): 02:25.33SB: 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		00:32.60		01:08.63		no time		02:18.64
	00:32.60		00:36.03					
								

Coach feedback:

Event number: 21: 100M BUTTERFLY MEN 13+					Heat:1, starttime: 10:03
Heat: 1/4 Lane : 1 Athlete: MAASKANT ALBIN				Q-time: 01:14:12	
PB (25m pool): 01:14.12 Zwembad De Motte 14/07/2026 PB (50m pool): 01:17.36 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.62		01:14.12	
	00:34.62		00:39.50		
					

Coach feedback:

Event number: 21: 100M BUTTERFLY MEN 13+							Heat:3, starttime: 10:06	
Heat: 3/4 Lane : 1 Athlete: SONUMUT ARMAN							Q-time: 01:03:05	
PB (25m pool): 01:03.05 Zwembad De Motte 14/07/2026							PB (50m pool): 01:03.25 SB: no time	
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:28.54		01:03.05				
	00:28.54		00:34.51					
								

Coach feedback:

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Event number: 21: 100M BUTTERFLY MEN 13+					Heat:3, starttime: 10:06
Heat: 3/4 Lane : 5 Athlete: BOVE SAMUEL					Q-time: 01:01:97
PB (25m pool): 01:01.97 Zwembad De Motte 14/07/2026					PB (50m pool): 01:04.37 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:28.68		01:01.97	
	00:28.68		00:33.29		
					

Coach feedback:

Event number: 21: 100M BUTTERFLY MEN 13+					Heat:4, starttime: 10:08
Heat: 4/4 Lane : 4 Athlete: MEES RUBEN					Q-time: 00:54:49
PB (25m pool): 00:54.49 Gent 09/11/2025					PB (50m pool): 00:55.96 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:25.25		00:54.49	
	00:25.25		00:29.24		
					

Coach feedback:

Event number: 23: 100M BACKSTROKE MEN 11+					Heat:3, starttime: 10:48
Heat: 3/8 Lane : 8 Athlete: NABIULLIN MAX					Q-time: 01:24:23
PB (25m pool): 01:24.60 Temse 17/11/2025					PB (50m pool): 01:24.23 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:41.03		01:24.60	
	00:41.03		00:43.57		
					

Coach feedback:

Event number: 23: 100M BACKSTROKE MEN 11+					Heat:4, starttime: 10:50
Heat: 4/8 Lane : 7 Athlete: NABIULLIN TIM					Q-time: 01:18:38
PB (25m pool): 01:18.38 Zwembad De Motte 14/07/2026					PB (50m pool): 01:20.05 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.31		01:18.38	
	00:38.31		00:40.07		
					

Coach feedback:

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Event number: 23: 100M BACKSTROKE MEN 11+					Heat:7, starttime: 10:55
Heat: 7/8 Lane : 5 Athlete: SONUMUT ARMAN					Q-time: 01:04:53
PB (25m pool): 01:04.53 Leuven 12/10/2025					PB (50m pool): 01:06.06 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.56		01:04.53	
	00:31.56		00:32.97		
					

Coach feedback:

Event number: 25: 400M MEDLEY MEN 13+							Heat:1, starttime: 11:13	
Heat: 1/2 Lane : 7 Athlete: MAASKANT ALBIN							Q-time: 06:03:00	
PB (25m pool): 06:03.00 Overijse 29/11/2025			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		00:37.07		01:22.04		no time		no time
	00:37.07		00:44.97					
								
	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		06:03.00
								

Coach feedback:

Event number: 26: 50M FREESTYLE WOMEN 13+					Heat:1, starttime: 11:46
Heat: 1/9 Lane : 5 Athlete: VAN LOOCK DE COCK ESMée					Q-time: 00:32:24
PB (25m pool): 00:34.35 Dilbeek 28/09/2025					PB (50m pool): 00:32.24 SB: no time
	2 5 M	5 0 M			
PB		00:34.35			
	00:34.35				
					

Coach feedback:

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Event number: 26: 50M FREESTYLE WOMEN 13+			Heat:3, starttime: 11:48
Heat: 3/9 Lane : 6 Athlete: PETKOVA DALIA			Q-time: 00:30:79
PB (25m pool): 00:30.79 Hannuit 28/03/2026			PB (50m pool): 00:31.23 SB: no time
	2 5 M	5 0 M	
PB		00:30.79	
		00:30.79	
			

Coach feedback:

Event number: 26: 50M FREESTYLE WOMEN 13+			Heat:4, starttime: 11:49
Heat: 4/9 Lane : 6 Athlete: BOGAERTS XENA			Q-time: 00:30:28
PB (25m pool): 00:31.66 Zaventem 16/02/2025			PB (50m pool): 00:30.28 SB: no time
	2 5 M	5 0 M	
PB		00:31.66	
		00:31.66	
			

Coach feedback:

Event number: 27: 50M BREASTSTROKE MEN 13+			Heat:2, starttime: 11:57
Heat: 2/6 Lane : 2 Athlete: VANDERBORGHT MILAN			Q-time: 00:35:35
PB (25m pool): 00:35.35 Leuven 12/10/2025			PB (50m pool): 00:35.85 SB: no time
	2 5 M	5 0 M	
PB		00:35.35	
		00:35.35	
			

Coach feedback:

Event number: 27: 50M BREASTSTROKE MEN 13+			Heat:5, starttime: 12:00
Heat: 5/6 Lane : 5 Athlete: MEES BRENT			Q-time: 00:30:83
PB (25m pool): 00:30.83 Leuven 12/10/2025			PB (50m pool): 00:31.53 SB: no time
	2 5 M	5 0 M	
PB		00:30.83	
		00:30.83	
			

Coach feedback: