

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

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

Coaches: Silvestre Coralie

Coaches: Leemans Mats

Coaches: Iannino David HEADCOACH

Coaches: Januarius Bart

Coaches: Januarius Elke

PB => Personal Best time

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

Event number: 19: 100M MEDLEY MEN 11+					Heat:1, starttime: 09:30
Heat: 1/8 Lane : 5 Athlete: TIELEMANS WOLF					Q-time: 01:30:00
PB (25m pool): 01:30.00 Tournai 18/01/2026					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:43.27		01:30.00	
		00:43.27		00:46.73	
					

Coach feedback:

Event number: 19: 100M MEDLEY MEN 11+					Heat:1, starttime: 09:30
Heat: 1/8 Lane : 6 Athlete: JANUARIUS JULES					Q-time: 01:31:73
PB (25m pool): 01:31.73 Tournai 18/01/2026					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:42.99		01:31.73	
		00:42.99		00:48.74	
					

Coach feedback:

Event number: 19: 100M MEDLEY MEN 11+					Heat:2, starttime: 09:32
Heat: 2/8 Lane : 1 Athlete: HAAN ALEXANDER					Q-time: 01:27:46
PB (25m pool): 01:27.46 Liedekerke 11/11/2025					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:27.46	
		no time			
					

Coach feedback:

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Event number: 19: 100M MEDLEY MEN 11+					Heat:3, starttime: 09:34
Heat: 3/8 Lane : 7 Athlete: GHISLAIN ANTOINE					Q-time: 01:21:54
PB (25m pool): 01:21.54 Tournai 18/01/2026					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.99		01:21.54	
	00:36.99		00:44.55		
					

Coach feedback:

Event number: 19: 100M MEDLEY MEN 11+					Heat:3, starttime: 09:34
Heat: 3/8 Lane : 8 Athlete: LOUCKX TIM					Q-time: 01:22:94
PB (25m pool): 01:22.94 Liedekerke 11/11/2025					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:22.94	
	no time				
					

Coach feedback:

Event number: 19: 100M MEDLEY MEN 11+					Heat:4, starttime: 09:36
Heat: 4/8 Lane : 1 Athlete: BAS GASTON					Q-time: 01:17:66
PB (25m pool): 01:17.66 Liedekerke 11/11/2025					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:17.66	
	no time				
					

Coach feedback:

Event number: 19: 100M MEDLEY MEN 11+					Heat:5, starttime: 09:38
Heat: 5/8 Lane : 2 Athlete: LESCRAUWAET MAX					Q-time: 01:11:82
PB (25m pool): 01:11.82 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		01:11.82	
	no time				
					

Coach feedback:

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Event number: 19: 100M MEDLEY MEN 11+					Heat:7, starttime: 09:42
Heat: 7/8 Lane : 8 Athlete: TUBBE XANDER					Q-time: 01:05:82
PB (25m pool): 01:05.82 Sint-Pieters-Leeuw 05/10/2025 PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:05.82	
	no time				
					

Coach feedback:

Event number: 20: 200M FREESTYLE WOMEN 13+							Heat:6, starttime: 10:00	
Heat: 6/6 Lane : 2 Athlete: IANNINO VALENTINA							Q-time: 02:09:81	
PB (25m pool): 02:11.08 Sint-Pieters-Leeuw 01/03/2026							PB (50m pool): 02:09.81SB: 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		00:29.53		01:32.44		no time		02:11.08
	00:29.53		01:02.91					
								

Coach feedback:

Event number: 21: 100M BUTTERFLY MEN 13+					Heat:3, starttime: 10:06
Heat: 3/4 Lane : 6 Athlete: CLEYMANS KARSTEN					Q-time: 01:02:22
PB (25m pool): 01:02.22 Leuven 12/10/2025 PB (50m pool): 01:02.85 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:28.43		01:02.22	
	00:28.43		00:33.79		
					

Coach feedback:

Event number: 22: 100M BREASTSTROKE WOMEN 11-12					Heat:3, starttime: 10:14
Heat: 3/4 Lane : 1 Athlete: MECHROUBI YASMINA					Q-time: 01:36:24
PB (25m pool): 01:40.19 Temse 17/11/2025 PB (50m pool): 01:36.24 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:48.10		01:40.19	
	00:48.10		00:52.09		
					

Coach feedback:

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Event number: 23: 100M BACKSTROKE MEN 11+					Heat:2, starttime: 10:46
Heat: 2/8 Lane : 2 Athlete: JANUARIUS JULES					Q-time: 01:28:35
PB (25m pool): 01:28.35 LEUVEN 21/12/2025			PB (50m pool): 01:32.57 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:43.94		01:28.35	
	00:43.94		00:44.41		
					

Coach feedback:

Event number: 23: 100M BACKSTROKE MEN 11+					Heat:2, starttime: 10:46
Heat: 2/8 Lane : 5 Athlete: TIELEMANS WOLF					Q-time: 01:24:66
PB (25m pool): 01:31.28 LEUVEN 21/12/2025			PB (50m pool): 01:24.66 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:45.93		01:31.28	
	00:45.93		00:45.35		
					

Coach feedback:

Event number: 23: 100M BACKSTROKE MEN 11+					Heat:2, starttime: 10:46
Heat: 2/8 Lane : 6 Athlete: HAAN ALEXANDER					Q-time: 01:27:59
PB (25m pool): 01:27.59 Liedekerke 11/11/2025			PB (50m pool): 01:27.80 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:42.30		01:27.59	
	00:42.30		00:45.29		
					

Coach feedback:

Event number: 23: 100M BACKSTROKE MEN 11+					Heat:3, starttime: 10:48
Heat: 3/8 Lane : 3 Athlete: LOUCKX TIM					Q-time: 01:21:60
PB (25m pool): 01:21.60 Temse 17/11/2025			PB (50m pool): 01:21.82 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.97		01:21.60	
	00:39.97		00:41.63		
					

Coach feedback:

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Event number: 23: 100M BACKSTROKE MEN 11+					Heat:4, starttime: 10:50
Heat: 4/8 Lane : 5 Athlete: GHISLAIN ANTOINE					Q-time: 01:16:84
PB (25m pool): 01:16.84 Tremelo 24/05/2026					PB (50m pool): 01:17.58 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.06		01:16.84	
	00:37.06		00:39.78		
					

Coach feedback:

Event number: 24: 200M BREASTSTROKE WOMEN 13+							Heat:3, starttime: 11:06	
Heat: 3/4 Lane : 1 Athlete: HENNEAU LOTTE							Q-time: 02:56:89	
PB (25m pool): 02:56.89 Leuven 12/10/2025				PB (50m pool): 03:03.38SB: 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		00:38.14		01:22.28		02:09.01		02:56.89
	00:38.14		00:44.14		00:46.73		00:47.88	
								

Coach feedback:

Event number: 25: 400M MEDLEY MEN 13+							Heat:2, starttime: 11:20	
Heat: 2/2 Lane : 6 Athlete: TUBBE XANDER							Q-time: 05:00:51	
PB (25m pool): 05:00.51 Leuven 12/10/2025				PB (50m pool): 05:06.09SB: 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		00:30.34		01:08.68		01:46.42		02:23.58
	00:30.34		00:38.34		00:37.74		00:37.16	
								
	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		03:07.59		03:52.47		04:26.19		05:00.51
	00:44.01		00:44.88		00:33.72		00:34.32	
								

Coach feedback:

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Event number: 25: 400M MEDLEY MEN 13+							Heat:2, starttime: 11:20	
Heat: 2/2 Lane : 8 Athlete: HALLET BRENT							Q-time: 05:20:51	
PB (25m pool): 05:20.51 LEUVEN 23/11/2025				PB (50m pool): 05:37.10SB: 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		00:36.18		01:18.03		01:58.58		02:38.36
	00:36.18		00:41.85		00:40.55		00:39.78	
								
	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		03:22.61		04:08.06		04:44.69		05:20.51
	00:44.25		00:45.45		00:36.63		00:35.82	
								

Coach feedback:

Event number: 26: 50M FREESTYLE WOMEN 13+							Heat:3, starttime: 11:48	
Heat: 3/9 Lane : 7 Athlete: HENNEAU LOTTE							Q-time: 00:30:82	
PB (25m pool): 00:31.31 LEUVEN 23/11/2025				PB (50m pool): 00:30.82SB: no time				
	2 5 M		5 0 M					
PB			00:31.31					
			00:31.31					
								

Coach feedback:

Event number: 26: 50M FREESTYLE WOMEN 13+							Heat:4, starttime: 11:49		
Heat: 4/9 Lane : 4 Athlete: DHONDT ANNELIEN							Q-time: 00:29:86		
PB (25m pool): 00:29.86 Zwembad De Wauwer 13/09/2026							PB (50m pool): 00:30.13SB: 00:29.86 Zwembad De Wauwer 13/09/2026		
PB	2 5 M		5 0 M						
			00:29.86						
			00:29.86						
									

Coach feedback:

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Event number: 26: 50M FREESTYLE WOMEN 13+			Heat:5, starttime: 11:50
Heat: 5/9 Lane : 3 Athlete: AELEN BENTE			Q-time: 00:29:69
PB (25m pool): 00:29.69 Dilbeek 28/09/2025			PB (50m pool): 00:30.50 SB: no time
	2 5 M	5 0 M	
PB		00:29.69	
		00:29.69	
			

Coach feedback:

Event number: 26: 50M FREESTYLE WOMEN 13+			Heat:5, starttime: 11:50
Heat: 5/9 Lane : 8 Athlete: GHISLAIN JULIETTE			Q-time: 00:29:83
PB (25m pool): 00:29.83 Gent 23/02/2025			PB (50m pool): 00:30.78 SB: 00:32.20 Zwembad De Wauwer 13/09/2026
	2 5 M	5 0 M	
PB		00:29.83	
		00:29.83	
			

Coach feedback:

Event number: 26: 50M FREESTYLE WOMEN 13+			Heat:9, starttime: 11:54
Heat: 9/9 Lane : 6 Athlete: NAZARUK NICOLE			Q-time: 00:26:87
PB (25m pool): 00:26.81 Leuven 15/10/2023			PB (50m pool): 00:27.14 SB: no time
	2 5 M	5 0 M	
PB		00:26.81	
		00:26.81	
			

Coach feedback:

Event number: 26: 50M FREESTYLE WOMEN 13+			Heat:9, starttime: 11:54
Heat: 9/9 Lane : 7 Athlete: IANNINO VALENTINA			Q-time: 00:27:03
PB (25m pool): 00:27.03 Gent 09/11/2025			PB (50m pool): 00:27.32 SB: 00:27.89 Zwembad De Wauwer 13/09/2026
	2 5 M	5 0 M	
PB		00:27.03	
		00:27.03	
			

Coach feedback:

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Event number: 27: 50M BREASTSTROKE MEN 13+			Heat:1, starttime: 11:55
Heat: 1/6 Lane : 2 Athlete: SAADEH NAYIM			Q-time: 00:38:66
PB (25m pool): 00:38.66 Zwembad De Wauwer 13/09/2026			PB (50m pool): 00:41.55 SB: 00:38.66 Zwembad De Wauwer 13/09/2026
	2 5 M	5 0 M	
PB		00:38.66	
		00:38.66	
			

Coach feedback:

Event number: 27: 50M BREASTSTROKE MEN 13+			Heat:2, starttime: 11:57
Heat: 2/6 Lane : 3 Athlete: BAS BRIEK			Q-time: 00:35:05
PB (25m pool): 00:35.05 Zwembad De Wauwer 13/09/2026			PB (50m pool): 00:33.85 SB: 00:35.05 Zwembad De Wauwer 13/09/2026
	2 5 M	5 0 M	
PB		00:35.05	
		00:35.05	
			

Coach feedback:

Event number: 27: 50M BREASTSTROKE MEN 13+			Heat:2, starttime: 11:57
Heat: 2/6 Lane : 8 Athlete: DE HAES TIBO			Q-time: 00:35:80
PB (25m pool): 00:35.80 Sint-Pieters-Leeuw 01/03/2026			PB (50m pool): 00:35.85 SB: no time
	2 5 M	5 0 M	
PB		00:35.80	
		00:35.80	
			

Coach feedback:

Event number: 27: 50M BREASTSTROKE MEN 13+			Heat:3, starttime: 11:58
Heat: 3/6 Lane : 5 Athlete: LESCRAUWAET MAX			Q-time: 00:33:92
PB (25m pool): 00:33.94 LEUVEN 23/11/2025			PB (50m pool): 00:33.92 SB: no time
	2 5 M	5 0 M	
PB		00:33.94	
		00:33.94	
			

Coach feedback:

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Event number: 27: 50M BREASTSTROKE MEN 13+			Heat:6, starttime: 12:01
Heat: 6/6 Lane : 5 Athlete: CLEYMANS TORBEN			Q-time: 00:28:49
PB (25m pool): 00:28.49 LEUVEN 23/11/2025			PB (50m pool): 00:29.08 SB: 00:30.37 Zwembad De Wauwer 13/09/2026
	2 5 M	5 0 M	
PB		00:28.49	
		00:28.49	
			

Coach feedback:

Event number: 27: 50M BREASTSTROKE MEN 13+			Heat:6, starttime: 12:01
Heat: 6/6 Lane : 6 Athlete: CLEYMANS KARSTEN			Q-time: 00:29:39
PB (25m pool): 00:29.31 LEUVEN 14/11/2021			PB (50m pool): 00:29.57 SB: 00:30.71 Zwembad De Wauwer 13/09/2026
	2 5 M	5 0 M	
PB		00:29.31	
		00:29.31	
			

Coach feedback: