

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

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

Coaches: Lauwers Jitske

Coaches: Vanderhulst Kasper

Coaches: Franckx Stan

Coaches: Feyaerts Joeri HEADCOACH

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 : 2 Athlete: MAES TILL					Q-time: 01:31:77
PB (25m pool): 01:31.77 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		01:31.77	
	no time				
					

Coach feedback:

Event number: 19: 100M MEDLEY MEN 11+					Heat:3, starttime: 09:34
Heat: 3/8 Lane : 3 Athlete: LEMMENS LUCA					Q-time: 01:18:34
PB (25m pool): 01:18.34 Stedelijk Zwembad Geel 15/02/2026					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.08		01:18.34	
	00:35.08 00:43.26				
					

Coach feedback:

Event number: 19: 100M MEDLEY MEN 11+					Heat:3, starttime: 09:34
Heat: 3/8 Lane : 6 Athlete: FEYAERTS JEROEN					Q-time: 01:21:04
PB (25m pool): 01:21.04 Stedelijk Zwembad Geel 15/02/2026					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.48		01:21.04	
	00:36.48 00:44.56				
					

Coach feedback:

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Event number: 19: 100M MEDLEY MEN 11+					Heat:7, starttime: 09:42
Heat: 7/8 Lane : 4 Athlete: VANDERHULST MIDAS					Q-time: 01:03:34
PB (25m pool): 01:02.49 Bastogne 17/03/2024					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:02.49	
	no time				
					

Coach feedback:

Event number: 19: 100M MEDLEY MEN 11+					Heat:8, starttime: 09:43
Heat: 8/8 Lane : 3 Athlete: MATTHEUS IBE					Q-time: 01:00:72
PB (25m pool): 01:00.72 Gent 09/11/2025					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:27.42		01:00.72	
	00:27.42 00:33.30				
					

Coach feedback:

Event number: 19: 100M MEDLEY MEN 11+					Heat:8, starttime: 09:43
Heat: 8/8 Lane : 4 Athlete: DE SWERDT NIELS					Q-time: 00:57:65
PB (25m pool): 00:57.65 Gent 09/11/2025					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:26.17		00:57.65	
	00:26.17 00:31.48				
					

Coach feedback:

Event number: 19: 100M MEDLEY MEN 11+					Heat:8, starttime: 09:43
Heat: 8/8 Lane : 8 Athlete: VANDEVELDE RAF					Q-time: 01:03:08
PB (25m pool): no time					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		no time	
	no time				
					

Coach feedback:

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Event number: 20: 200M FREESTYLE WOMEN 13+							Heat:2, starttime: 09:48	
Heat: 2/6 Lane : 2 Athlete: REMANS ROSALIE							Q-time: 02:26:56	
PB (25m pool): 02:26.56 Bastogne 05/04/2026				PB (50m pool): 02:28.64 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		00:34.65		01:12.56		01:50.89		02:26.56
	00:34.65		00:37.91		00:38.33		00:35.67	
								

Coach feedback:

Event number: 20: 200M FREESTYLE WOMEN 13+							Heat:5, starttime: 09:57	
Heat: 5/6 Lane : 7 Athlete: DECONYNCK STERRE							Q-time: 02:17:25	
PB (25m pool): 02:17.25 Zwembad De Motte 14/07/2026				PB (50m pool): 02:21.28 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		00:32.65		01:07.47		no time		02:17.25
	00:32.65		00:34.82					
								

Coach feedback:

Event number: 21: 100M BUTTERFLY MEN 13+					Heat:2, starttime: 10:05
Heat: 2/4 Lane : 8 Athlete: DEHAEN FERRE				Q-time: 01:05:91	
PB (25m pool): 01:05.91 Hannuit 29/11/2025			PB (50m pool): 01:07.57 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.43		01:05.91	
	00:30.43		00:35.48		
					

Coach feedback:

Event number: 21: 100M BUTTERFLY MEN 13+					Heat:4, starttime: 10:08
Heat: 4/4 Lane : 3 Athlete: DE SWERDT MATHIAS				Q-time: 00:57:68	
PB (25m pool): 00:57.68 Gent 09/11/2025			PB (50m pool): 00:59.34 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:26.33		00:57.68	
	00:26.33		00:31.35		
					

Coach feedback:

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Event number: 21: 100M BUTTERFLY MEN 13+					Heat:4, starttime: 10:08
Heat: 4/4 Lane : 5 Athlete: DE SWERDT NIELS					Q-time: 00:54:79
PB (25m pool): 00:54.79 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 00:56.66 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:25.68		00:54.79	
	00:25.68		00:29.11		
					

Coach feedback:

Event number: 21: 100M BUTTERFLY MEN 13+					Heat:4, starttime: 10:08
Heat: 4/4 Lane : 7 Athlete: CIOMMO ALESSANDER					Q-time: 00:58:85
PB (25m pool): 00:58.85 Bastogne 05/04/2026 PB (50m pool): 00:59.39 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:27.96		00:58.85	
	00:27.96		00:30.89		
					

Coach feedback:

Event number: 22: 100M BREASTSTROKE WOMEN 11-12					Heat:2, starttime: 10:12
Heat: 2/4 Lane : 2 Athlete: NIJS LOES					Q-time: 01:42:10
PB (25m pool): 01:42.10 Sportoase De Watermolen 21/07/2026 PB (50m pool): 01:46.98 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:48.59		01:42.10	
	00:48.59		00:53.51		
					

Coach feedback:

Event number: 22: 100M BREASTSTROKE WOMEN 11-12					Heat:2, starttime: 10:12
Heat: 2/4 Lane : 4 Athlete: REMANS ALICE					Q-time: 01:37:19
PB (25m pool): 01:37.19 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 01:36.83 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:45.93		01:37.19	
	00:45.93		00:51.26		
					

Coach feedback:

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Event number: 22: 100M BREASTSTROKE WOMEN 11-12					Heat:3, starttime: 10:14
Heat: 3/4 Lane : 2 Athlete: ROSSEEL JANNE					Q-time: 01:35:56
PB (25m pool): 01:35.56 LEUVEN 21/12/2025					PB (50m pool): 01:38.43 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:45.74		01:35.56	
	00:45.74		00:49.82		
					

Coach feedback:

Event number: 22: 100M BREASTSTROKE WOMEN 11-12					Heat:4, starttime: 10:16
Heat: 4/4 Lane : 8 Athlete: VANDINGENEN JOKE					Q-time: 01:34:57
PB (25m pool): 01:34.57 Stedelijk Zwembad Geel 15/02/2026					PB (50m pool): 01:34.87 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:45.91		01:34.57	
	00:45.91		00:48.66		
					

Coach feedback:

Event number: 23: 100M BACKSTROKE MEN 11+					Heat:2, starttime: 10:46
Heat: 2/8 Lane : 3 Athlete: MAES TILL					Q-time: 01:26:15
PB (25m pool): 01:26.15 Stedelijk Zwembad Geel 15/02/2026					PB (50m pool): 01:30.20 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:41.90		01:26.15	
	00:41.90		00:44.25		
					

Coach feedback:

Event number: 23: 100M BACKSTROKE MEN 11+					Heat:3, starttime: 10:48
Heat: 3/8 Lane : 5 Athlete: FEYAERTS JEROEN					Q-time: 01:19:32
PB (25m pool): 01:19.32 Stedelijk Zwembad Geel 15/02/2026					PB (50m pool): 01:22.72 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.70		01:19.32	
	00:38.70		00:40.62		
					

Coach feedback:

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Event number: 23: 100M BACKSTROKE MEN 11+					Heat:5, starttime: 10:52
Heat: 5/8 Lane : 4 Athlete: NIJS BAS					Q-time: 01:10:14
PB (25m pool): 01:10.14 Sportoase De Watermolen 21/07/2026 PB (50m pool): 01:11.32 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.69		01:10.14	
	00:34.69		00:35.45		
					

Coach feedback:

Event number: 23: 100M BACKSTROKE MEN 11+					Heat:8, starttime: 10:57
Heat: 8/8 Lane : 7 Athlete: STERCKX DAAN					Q-time: 01:03:07
PB (25m pool): 01:03.07 LEUVEN 23/11/2025 PB (50m pool): 01:04.92 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.80		01:03.07	
	00:30.80		00:32.27		
					

Coach feedback:

Event number: 24: 200M BREASTSTROKE WOMEN 13+							Heat:1, starttime: 10:59	
Heat: 1/4 Lane : 4 Athlete: MAES JULIE							Q-time: 03:04:65	
PB (25m pool): 03:04.65 Bastogne 05/04/2026							PB (50m pool): 03:05.79SB: 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		00:41.70		01:28.76		02:17.48		03:04.65
	00:41.70		00:47.06		00:48.72		00:47.17	
								

Coach feedback:

Event number: 24: 200M BREASTSTROKE WOMEN 13+							Heat:3, starttime: 11:06	
Heat: 3/4 Lane : 3 Athlete: LENAERTS HAILEY							Q-time: 02:52:55	
PB (25m pool): 02:49.95 LEUVEN 14/05/2023				PB (50m pool): 02:52.14SB: 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		02:49.95
	no time							
								

Coach feedback:

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Event number: 26: 50M FREESTYLE WOMEN 13+			Heat:2, starttime: 11:47
Heat: 2/9 Lane : 5 Athlete: CLAESEN SARAH			Q-time: 00:31:79
PB (25m pool): 00:31.79 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 00:32.68 SB: no time			
	2 5 M	5 0 M	
PB		00:31.79	
		00:31.79	
			

Coach feedback:

Event number: 26: 50M FREESTYLE WOMEN 13+			Heat:3, starttime: 11:48
Heat: 3/9 Lane : 4 Athlete: DECONYNCK STERRE			Q-time: 00:30:40
PB (25m pool): 00:30.28 LEUVEN 26/11/2023 PB (50m pool): 00:30.40 SB: no time			
	2 5 M	5 0 M	
PB		00:30.28	
		00:30.28	
			

Coach feedback:

Event number: 26: 50M FREESTYLE WOMEN 13+			Heat:5, starttime: 11:50
Heat: 5/9 Lane : 1 Athlete: VANDERVELPEN MEREL			Q-time: 00:29:80
PB (25m pool): 00:29.80 Leuven 12/10/2025 PB (50m pool): 00:30.12 SB: no time			
	2 5 M	5 0 M	
PB		00:29.80	
		00:29.80	
			

Coach feedback:

Event number: 26: 50M FREESTYLE WOMEN 13+			Heat:8, starttime: 11:53
Heat: 8/9 Lane : 1 Athlete: LENAERTS HAILEY			Q-time: 00:28:41
PB (25m pool): 00:28.41 Leuven 12/10/2025 PB (50m pool): 00:28.54 SB: no time			
	2 5 M	5 0 M	
PB		00:28.41	
		00:28.41	
			

Coach feedback:

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Event number: 26: 50M FREESTYLE WOMEN 13+			Heat:8, starttime: 11:53
Heat: 8/9 Lane : 3 Athlete: ROSKIN LOTTE			Q-time: 00:27:79
PB (25m pool): 00:27.54 Leuven 13/11/2022			PB (50m pool): 00:27.81 SB: no time
	2 5 M	5 0 M	
PB		00:27.54	
		00:27.54	
			

Coach feedback:

Event number: 27: 50M BREASTSTROKE MEN 13+			Heat:1, starttime: 11:55
Heat: 1/6 Lane : 7 Athlete: LEMMENS LUCA			Q-time: 00:39:93
PB (25m pool): 00:39.93 Hannuit 28/03/2026			PB (50m pool): 00:40.33 SB: no time
	2 5 M	5 0 M	
PB		00:39.93	
		00:39.93	
			

Coach feedback:

Event number: 27: 50M BREASTSTROKE MEN 13+			Heat:5, starttime: 12:00
Heat: 5/6 Lane : 3 Athlete: CIOMMO ALESSANDER			Q-time: 00:31:22
PB (25m pool): 00:31.22 Stedelijk Zwembad Geel 15/02/2026			PB (50m pool): 00:31.78 SB: no time
	2 5 M	5 0 M	
PB		00:31.22	
		00:31.22	
			

Coach feedback:

Event number: 27: 50M BREASTSTROKE MEN 13+			Heat:5, starttime: 12:00
Heat: 5/6 Lane : 4 Athlete: DE SWERDT MATHIAS			Q-time: 00:30:80
PB (25m pool): 00:30.50 LEUVEN 24/11/2024			PB (50m pool): 00:32.30 SB: no time
	2 5 M	5 0 M	
PB		00:30.50	
		00:30.50	
			

Coach feedback:

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Event number: 27: 50M BREASTSTROKE MEN 13+			Heat:6, starttime: 12:01
Heat: 6/6 Lane : 2 Athlete: DE SWERDT NIELS			Q-time: 00:30:13
PB (25m pool): 00:30.13 Aarschot 27/07/2026			PB (50m pool): 00:31.96 SB: no time
	2 5 M	5 0 M	
PB		00:30.13	
		00:30.13	
			

Coach feedback:

Event number: 27: 50M BREASTSTROKE MEN 13+			Heat:6, starttime: 12:01
Heat: 6/6 Lane : 3 Athlete: VANDERHULST MIDAS			Q-time: 00:29:27
PB (25m pool): 00:28.45 LEUVEN 26/11/2023			PB (50m pool): 00:29.19 SB: no time
	2 5 M	5 0 M	
PB		00:28.45	
		00:28.45	
			

Coach feedback:

Event number: 27: 50M BREASTSTROKE MEN 13+			Heat:6, starttime: 12:01
Heat: 6/6 Lane : 4 Athlete: DEPREZ LUKAS			Q-time: 00:28:38
PB (25m pool): 00:28.38 Gent 09/11/2025			PB (50m pool): 00:29.21 SB: no time
	2 5 M	5 0 M	
PB		00:28.38	
		00:28.38	
			

Coach feedback:

Event number: 27: 50M BREASTSTROKE MEN 13+			Heat:6, starttime: 12:01
Heat: 6/6 Lane : 8 Athlete: MATTHEUS IBE			Q-time: 00:30:73
PB (25m pool): 00:29.80 LEUVEN 24/11/2024			PB (50m pool): 00:31.94 SB: no time
	2 5 M	5 0 M	
PB		00:29.80	
		00:29.80	
			

Coach feedback: