

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

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

Coaches: Segers Ellen HEADCOACH

Coaches: Dubois Louis

Coaches: Houtevelt Kyllian

PB => Personal Best time

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

Event number: 19: 100M MEDLEY MEN 11+					Heat:6, starttime: 09:40
Heat: 6/8 Lane : 3 Athlete: DE BACKER BRENT					Q-time: 01:08:13
PB (25m pool): 01:08.13 Kapelle-op-den-Bos 19/04/2026 PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:08.13	
	no time				
					

Coach feedback:

Event number: 19: 100M MEDLEY MEN 11+					Heat:7, starttime: 09:42
Heat: 7/8 Lane : 1 Athlete: DE PEYPER MATS					Q-time: 01:05:71
PB (25m pool): 01:05.71 Kapelle-op-den-Bos 19/04/2026 PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:05.71	
	no time				
					

Coach feedback:

Event number: 19: 100M MEDLEY MEN 11+					Heat:8, starttime: 09:43
Heat: 8/8 Lane : 2 Athlete: VOLCKAERT MATTHIAS					Q-time: 01:01:38
PB (25m pool): 01:01.38 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		01:01.38	
	no time				
					

Coach feedback:

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Event number: 19: 100M MEDLEY MEN 11+					Heat:8, starttime: 09:43
Heat: 8/8 Lane : 7 Athlete: VERROKEN GERBEN					Q-time: 01:02:07
PB (25m pool): 01:02.07 Kapelle-op-den-Bos 21/04/2025 PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:02.07	
	no time				
					

Coach feedback:

Event number: 20: 200M FREESTYLE WOMEN 13+							Heat:2, starttime: 09:48	
Heat: 2/6 Lane : 3 Athlete: DEROOST BEAU							Q-time: 02:24:93	
PB (25m pool): 02:24.93 Sint-Pieters-Leeuw 01/03/2026							PB (50m pool): 02:26.57 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		00:33.57		01:10.05		no time		02:24.93
	00:33.57		00:36.48					
								

Coach feedback:

Event number: 20: 200M FREESTYLE WOMEN 13+							Heat:6, starttime: 10:00	
Heat: 6/6 Lane : 6 Athlete: DE BACKER BIRGIT							Q-time: 02:08:98	
PB (25m pool): 02:08.98 Liedekerke 01/05/2026							PB (50m pool): 02:12.40 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		02:08.98
	no time							
								

Coach feedback:

Event number: 20: 200M FREESTYLE WOMEN 13+							Heat:6, starttime: 10:00	
Heat: 6/6 Lane : 8 Athlete: LANDRIEU NORA							Q-time: 02:13:48	
PB (25m pool): 02:13.48 Dilbeek 10/05/2026							PB (50m pool): 02:13.30 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		00:30.07		01:04.38		no time		02:13.48
	00:30.07		00:34.31					
								

Coach feedback:

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Event number: 21: 100M BUTTERFLY MEN 13+					Heat:1, starttime: 10:03
Heat: 1/4 Lane : 2 Athlete: BOMBAERT LOUIS					Q-time: 01:11:14
PB (25m pool): 01:11.14 Aarschot 27/07/2026 PB (50m pool): 01:17.01 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.11		01:11.14	
	00:33.11		00:38.03		
					

Coach feedback:

Event number: 21: 100M BUTTERFLY MEN 13+					Heat:2, starttime: 10:05
Heat: 2/4 Lane : 1 Athlete: VOLCKAERT THOMAS					Q-time: 01:05:53
PB (25m pool): 01:05.53 Aarschot 27/07/2026 PB (50m pool): 01:06.92 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:29.53		01:05.53	
	00:29.53		00:36.00		
					

Coach feedback:

Event number: 23: 100M BACKSTROKE MEN 11+					Heat:6, starttime: 10:54
Heat: 6/8 Lane : 8 Athlete: VOLCKAERT THOMAS					Q-time: 01:09:31
PB (25m pool): 01:09.31 Liedekerke 11/11/2025 PB (50m pool): 01:12.07 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.51		01:09.31	
	00:33.51		00:35.80		
					

Coach feedback:

Event number: 23: 100M BACKSTROKE MEN 11+					Heat:8, starttime: 10:57
Heat: 8/8 Lane : 5 Athlete: VOLCKAERT MATTHIAS					Q-time: 01:00:97
PB (25m pool): 01:00.97 Gent 09/11/2025 PB (50m pool): 01:02.50 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:29.54		01:00.97	
	00:29.54		00:31.43		
					

Coach feedback:

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Event number: 24: 200M BREASTSTROKE WOMEN 13+							Heat:1, starttime: 10:59	
Heat: 1/4 Lane : 5 Athlete: BIESEMANS JANA							Q-time: 03:07:01	
PB (25m pool): 03:07.01 Liedekerke 01/05/2026				PB (50m pool): 03:13.61SB: 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		00:41.79		01:30.60		no time		03:07.01
	00:41.79		00:48.81					
								

Coach feedback:

Event number: 24: 200M BREASTSTROKE WOMEN 13+							Heat:4, starttime: 11:10	
Heat: 4/4 Lane : 4 Athlete: DONIN MANON							Q-time: 02:42:08	
PB (25m pool): 02:42.08 Liedekerke 01/05/2026				PB (50m pool): 02:47.22 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		00:35.78		01:16.59		no time		02:42.08
	00:35.78		00:40.81					
								

Coach feedback:

Event number: 25: 400M MEDLEY MEN 13+							Heat:1, starttime: 11:13	
Heat: 1/2 Lane : 6 Athlete: BOMBAERT LOUIS							Q-time: 05:42:36	
PB (25m pool): 05:42.36 Liedekerke 01/05/2026				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		00:34.69		01:16.95		no time		no time
	00:34.69		00:42.26					
								
	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		05:42.36
								

Coach feedback:

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Event number: 26: 50M FREESTYLE WOMEN 13+			Heat:2, starttime: 11:47
Heat: 2/9 Lane : 3 Athlete: BIESEMANS JANA			Q-time: 00:31:93
PB (25m pool): 00:32.39 LEUVEN 23/11/2025			PB (50m pool): 00:31.93 SB: no time
	2 5 M	5 0 M	
PB		00:32.39	
		00:32.39	
			

Coach feedback:

Event number: 26: 50M FREESTYLE WOMEN 13+			Heat:4, starttime: 11:49
Heat: 4/9 Lane : 8 Athlete: DEROOST BEAU			Q-time: 00:30:39
PB (25m pool): 00:30.39 LEUVEN. 22/02/2026			PB (50m pool): 00:30.53 SB: no time
	2 5 M	5 0 M	
PB		00:30.39	
		00:30.39	
			

Coach feedback:

Event number: 26: 50M FREESTYLE WOMEN 13+			Heat:5, starttime: 11:50
Heat: 5/9 Lane : 6 Athlete: BOMBAERT MILLA			Q-time: 00:29:71
PB (25m pool): 00:29.71 Leuven 12/10/2025			PB (50m pool): 00:30.70 SB: no time
	2 5 M	5 0 M	
PB		00:29.71	
		00:29.71	
			

Coach feedback:

Event number: 26: 50M FREESTYLE WOMEN 13+			Heat:7, starttime: 11:52
Heat: 7/9 Lane : 1 Athlete: VERROKEN MIRTE			Q-time: 00:28:92
PB (25m pool): 00:28.65 Leuven 17/10/2021			PB (50m pool): 00:28.92 SB: no time
	2 5 M	5 0 M	
PB		00:28.65	
		00:28.65	
			

Coach feedback:

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

Event number: 26: 50M FREESTYLE WOMEN 13+			Heat:8, starttime: 11:53
Heat: 8/9 Lane : 2 Athlete: LANDRIEU NORA			Q-time: 00:28:28
PB (25m pool): 00:28.28 Meise 21/06/2026			PB (50m pool): 00:28.69 SB: no time
	2 5 M	5 0 M	
PB		00:28.28	
		00:28.28	
			

Coach feedback:

Event number: 26: 50M FREESTYLE WOMEN 13+			Heat:8, starttime: 11:53
Heat: 8/9 Lane : 5 Athlete: DONIN MANON			Q-time: 00:27:73
PB (25m pool): 00:27.73 Dilbeek 11/05/2025			PB (50m pool): 00:28.56 SB: no time
	2 5 M	5 0 M	
PB		00:27.73	
		00:27.73	
			

Coach feedback:

Event number: 26: 50M FREESTYLE WOMEN 13+			Heat:9, starttime: 11:54
Heat: 9/9 Lane : 8 Athlete: DE BACKER BIRGIT			Q-time: 00:27:56
PB (25m pool): 00:27.56 Aarschot 27/07/2026			PB (50m pool): 00:28.13 SB: no time
	2 5 M	5 0 M	
PB		00:27.56	
		00:27.56	
			

Coach feedback:

Event number: 27: 50M BREASTSTROKE MEN 13+			Heat:3, starttime: 11:58
Heat: 3/6 Lane : 7 Athlete: DE BACKER BRENT			Q-time: 00:34:38
PB (25m pool): 00:34.38 Kapelle-op-den-Bos 19/04/2026			PB (50m pool): 00:36.39 SB: no time
	2 5 M	5 0 M	
PB		00:34.38	
		00:34.38	
			

Coach feedback:

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

Event number: 27: 50M BREASTSTROKE MEN 13+			Heat:4, starttime: 11:59
Heat: 4/6 Lane : 5 Athlete: VOLCKAERT MATTHIAS			Q-time: 00:32:27
PB (25m pool): 00:32.27 Hannuit 18/01/2025			PB (50m pool): 00:33.13 SB: no time
	2 5 M	5 0 M	
PB		00:32.27	
		00:32.27	
			

Coach feedback:

Event number: 27: 50M BREASTSTROKE MEN 13+			Heat:5, starttime: 12:00
Heat: 5/6 Lane : 1 Athlete: DE PEYPER MATS			Q-time: 00:31:96
PB (25m pool): 00:31.96 Kapelle-op-den-Bos 19/04/2026			PB (50m pool): 00:32.93 SB: no time
	2 5 M	5 0 M	
PB		00:31.96	
		00:31.96	
			

Coach feedback:

Event number: 27: 50M BREASTSTROKE MEN 13+			Heat:5, starttime: 12:00
Heat: 5/6 Lane : 2 Athlete: VERROKEN GERBEN			Q-time: 00:31:61
PB (25m pool): 00:31.61 Kapelle-op-den-Bos 19/04/2026			PB (50m pool): 00:32.07 SB: no time
	2 5 M	5 0 M	
PB		00:31.61	
		00:31.61	
			

Coach feedback: