

PL VLB & B 26: Session: 4: COACH Evaluation sheet for TEAM: ALZV

Coachinfo: Warming up from: 13:20 untill 14:25. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Pinte Kevin HEADCOACH

PB => Personal Best time

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

Event number: 28: 100M MEDLEY WOMEN 11+					Heat:2, starttime: 14:32
Heat: 2/10 Lane : 8 Athlete: PINTE ELLA					Q-time: 01:29:14
PB (25m pool): 01:29.14 Sportoase De Watermolen 21/07/2026 PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:41.16		01:29.14	
	00:41.16		00:47.98		
					

Coach feedback:

Event number: 28: 100M MEDLEY WOMEN 11+					Heat:4, starttime: 14:36
Heat: 4/10 Lane : 4 Athlete: NECULAE MARIA IULIA					Q-time: 01:22:56
PB (25m pool): 01:22.56 LEUVEN 21/12/2025 PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.78		01:22.56	
	00:37.78		00:44.78		
					

Coach feedback:

Event number: 31: 100M BREASTSTROKE MEN 11-12					Heat:2, starttime: 15:17
Heat: 2/3 Lane : 4 Athlete: WAGEMANS DAAN					Q-time: 01:33:64
PB (25m pool): 01:33.64 Tremelo 24/05/2026 PB (50m pool): 01:35.40 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:44.46		01:33.64	
	00:44.46		00:49.18		
					

Coach feedback:

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Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:1, starttime: 15:21
Heat: 1/10 Lane : 2 Athlete: PINTE ELLA					Q-time: 01:30:06
PB (25m pool): 01:30.06 Meise 21/06/2026					PB (50m pool): 01:30.09 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:43.21		01:30.06	
	00:43.21		00:46.85		
					

Coach feedback:

Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:2, starttime: 15:23
Heat: 2/10 Lane : 6 Athlete: NECULAE MARIA IULIA					Q-time: 01:25:44
PB (25m pool): 01:25.44 LEUVEN 22/02/2026					PB (50m pool): 01:23.12 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:42.53		01:25.44	
	00:42.53		00:42.91		
					

Coach feedback:

Event number: 33: 200M BREASTSTROKE MEN 13+							Heat:1, starttime: 15:40	
Heat: 1/3 Lane : 1 Athlete: HERMAN WOUT							Q-time: 03:09:34	
PB (25m pool): 03:09.34 Leuven 12/10/2025				PB (50m pool): 03:05.96 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		00:43.53		01:32.11		02:21.41		03:09.34
	00:43.53		00:48.58		00:49.30		00:47.93	
								

Coach feedback:

Event number: 35: 50M FREESTYLE MEN 13+					Heat:5, starttime: 16:38
Heat: 5/9 Lane : 7 Athlete: CORNELISSEN LARS					Q-time: 00:26:50
PB (25m pool): 00:26.50 Leuven 23/02/2025					PB (50m pool): 00:27.78 SB: 00:27.36 Zwembad De Wauwer 13/09/2026
	2 5 M	5 0 M			
PB		00:26.50			
	00:26.50				
					

Coach feedback:

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Event number: 35: 50M FREESTYLE MEN 13+							Heat:7, starttime: 16:40		
Heat: 7/9 Lane : 5 Athlete: ROBBERECHTS ROBBE							Q-time: 00:25:35		
PB (25m pool): 00:25.35 LEUVEN 23/11/2025							PB (50m pool): 00:26.11 SB: no time		
	2 5 M		5 0 M						
PB			00:25.35						
			00:25.35						
									

Coach feedback:

Event number: 37: 4x50M MEDLEY MEN 11+							Heat:3, starttime: 16:58	
Heat: 3/3 Lane : 2 Athlete: TEAM ALZV							Q-time: 01:54:69	
PB (25m pool):			PB (50m pool):			SB:		
	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								
								

Coach feedback: