

PL VLB & B 26: Session: 4: COACH evaluation sheet for TEAM: BEST

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

Coaches: Roosbeek Stefanie HEADCOACH

PB => Personal Best time

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

Event number: 28: 100M MEDLEY WOMEN 11+					Heat:1, starttime: 14:30
Heat: 1/10 Lane : 7 Athlete: BERTOLAZZI MONA					Q-time: 01:33:75
PB (25m pool): 01:33.75 Aarschot 26/04/2026					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:44.51		01:33.75	
	00:44.51		00:49.24		
					

Coach feedback:

Event number: 28: 100M MEDLEY WOMEN 11+					Heat:2, starttime: 14:32
Heat: 2/10 Lane : 7 Athlete: VANGENECHTEN ANNA					Q-time: 01:28:28
PB (25m pool): 01:28.28 Aarschot 29/03/2026					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:28.28	
	no time				
					

Coach feedback:

Event number: 28: 100M MEDLEY WOMEN 11+					Heat:6, starttime: 14:40
Heat: 6/10 Lane : 2 Athlete: GHOOS KATO					Q-time: 01:19:42
PB (25m pool): 01:19.42 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		00:36.99		01:19.42	
	00:36.99		00:42.43		
					

Coach feedback:

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Event number: 28: 100M MEDLEY WOMEN 11+					Heat:7, starttime: 14:42
Heat: 7/10 Lane : 4 Athlete: KERCKHOFS NIENTKE					Q-time: 01:14:44
PB (25m pool): 01:14.44 Mol 28/12/2025					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.48		01:14.44	
	00:34.48		00:39.96		
					

Coach feedback:

Event number: 28: 100M MEDLEY WOMEN 11+					Heat:9, starttime: 14:46
Heat: 9/10 Lane : 5 Athlete: VANDERLINDEN PAULIEN					Q-time: 01:10:50
PB (25m pool): 01:10.50 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		01:10.50	
	no time				
					

Coach feedback:

Event number: 29: 200M FREESTYLE MEN 13+					Heat:2, starttime: 14:52			
Heat: 2/7 Lane : 1 Athlete: PROUVé VIKTOR					Q-time: 02:16:69			
PB (25m pool): 02:17.08 Tremelo 24/05/2026					PB (50m pool): 02:16.69 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		00:31.26		01:06.76		no time		02:17.08
	00:31.26		00:35.50					
								

Coach feedback:

Event number: 29: 200M FREESTYLE MEN 13+					Heat:5, starttime: 15:01			
Heat: 5/7 Lane : 2 Athlete: VAN HOOFF COBE					Q-time: 02:05:67			
PB (25m pool): 02:05.67 Leuven 12/10/2025					PB (50m pool): 02:08.08 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		00:29.58		01:01.68		01:34.78		02:05.67
	00:29.58		00:32.10		00:33.10		00:30.89	
								

Coach feedback:

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Event number: 31: 100M BREASTSTROKE MEN 11-12					Heat:2, starttime: 15:17
Heat: 2/3 Lane : 1 Athlete: VANGENECHTEN MATTHIAS					Q-time: 01:44:62
PB (25m pool): 01:44.62 Aarschot 26/04/2026					PB (50m pool): 01:46.86 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:49.40		01:44.62	
	00:49.40		00:55.22		
					

Coach feedback:

Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:1, starttime: 15:21
Heat: 1/10 Lane : 6 Athlete: VANGENECHTEN ANNA					Q-time: 01:29:99
PB (25m pool): 01:31.07 Aarschot 26/04/2026					PB (50m pool): 01:29.99 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:46.32		01:31.07	
	00:46.32		00:44.75		
					

Coach feedback:

Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:1, starttime: 15:21
Heat: 1/10 Lane : 7 Athlete: BERTOLAZZI MONA					Q-time: 01:33:46
PB (25m pool): 01:46.91 Tienen 26/10/2025					PB (50m pool): 01:33.46 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:46.91	
	no time				
					

Coach feedback:

Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:4, starttime: 15:27
Heat: 4/10 Lane : 8 Athlete: GHOOS KATO					Q-time: 01:21:57
PB (25m pool): 01:21.59 Temse 17/11/2025					PB (50m pool): 01:21.57 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.85		01:21.59	
	00:39.85		00:41.74		
					

Coach feedback:

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Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:6, starttime: 15:31
Heat: 6/10 Lane : 4 Athlete: KERCKHOFS NIENTKE					Q-time: 01:14:55
PB (25m pool): 01:14.55 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 01:15.01 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.43		01:14.55	
	00:36.43		00:38.12		
					

Coach feedback:

Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:9, starttime: 15:37
Heat: 9/10 Lane : 4 Athlete: VANDERLINDEN PAULIEN					Q-time: 01:09:08
PB (25m pool): 01:09.08 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 01:11.15 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.26		01:09.08	
	00:33.26		00:35.82		
					

Coach feedback:

Event number: 33: 200M BREASTSTROKE MEN 13+							Heat:3, starttime: 15:47	
Heat: 3/3 Lane : 2 Athlete: VAN HOOFF COBE							Q-time: 02:34:10	
PB (25m pool): 02:34.10 Leuven 12/10/2025							PB (50m pool): 02:42.15 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		00:34.43		01:13.39		01:53.22		02:34.10
	00:34.43		00:38.96		00:39.83		00:40.88	
								

Coach feedback:

Event number: 35: 50M FREESTYLE MEN 13+					Heat:2, starttime: 16:35
Heat: 2/9 Lane : 7 Athlete: PROUVÉ VIKTOR					Q-time: 00:29:08
PB (25m pool): 00:29.08 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 00:29.60 SB: no time					
	2 5 M	5 0 M			
PB		00:29.08			
	00:29.08				
					

Coach feedback:

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Event number: 37: 4x50M MEDLEY MEN 11+							Heat:2, starttime: 16:56	
Heat: 2/3 Lane : 6 Athlete: TEAM BEST							Q-time: 02:07:34	
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:

Event number: 38: 4x50M MEDLEY WOMEN 11+							Heat:2, starttime: 17:04	
Heat: 2/3 Lane : 1 Athlete: TEAM BEST							Q-time: 02:19:68	
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: