

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

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

Coaches: Mous Phlippe HEADCOACH

Coaches: Van den Bossche Laure

Coaches: De Paepe Inge

Coaches: Geeroms Kristel

Coaches: Rauw Mathis

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 : 5 Athlete: VANDEROOST ANNA					Q-time: 01:27:72
PB (25m pool): 01:27.72 Ternat 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		01:27.72	
	no time				
					

Coach feedback:

Event number: 28: 100M MEDLEY WOMEN 11+					Heat:2, starttime: 14:32
Heat: 2/10 Lane : 6 Athlete: CLABAUT ELINA					Q-time: 01:27:80
PB (25m pool): 01:27.80 Ternat 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		01:27.80	
	no time				
					

Coach feedback:

Event number: 28: 100M MEDLEY WOMEN 11+					Heat:5, starttime: 14:38
Heat: 5/10 Lane : 1 Athlete: MOXHET TESS					Q-time: 01:22:52
PB (25m pool): 01:22.52 Ternat 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		01:22.52	
	no time				
					

Coach feedback:

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Event number: 28: 100M MEDLEY WOMEN 11+					Heat:5, starttime: 14:38
Heat: 5/10 Lane : 8 Athlete: EL HACHIMI NORA					Q-time: 01:22:53
PB (25m pool): 01:22.53 Ternat 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		01:22.53	
	no time				
					

Coach feedback:

Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:4, starttime: 15:27
Heat: 4/10 Lane : 2 Athlete: DE WILDE MARGOT					Q-time: 01:19:95
PB (25m pool): 01:19.95 Ternat 29/03/2026			PB (50m pool): 01:22.10 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.25		01:19.95	
	00:39.25		00:40.70		
					

Coach feedback:

Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:5, starttime: 15:29
Heat: 5/10 Lane : 8 Athlete: MOXHET TESS					Q-time: 01:18:00
PB (25m pool): 01:18.00 Leuven 12/10/2025			PB (50m pool): 01:19.58 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.41		01:18.00	
	00:38.41		00:39.59		
					

Coach feedback:

Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:9, starttime: 15:37
Heat: 9/10 Lane : 7 Athlete: VERHERSTRAETEN LORE					Q-time: 01:10:47
PB (25m pool): 01:10.47 Meise 21/06/2026			PB (50m pool): 01:13.13 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.90		01:10.47	
	00:34.90		00:35.57		
					

Coach feedback:

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Event number: 34: 400M MEDLEY WOMEN 13+							Heat:1, starttime: 15:51	
Heat: 1/2 Lane : 6 Athlete: MOXHET TESS							Q-time: 06:11:41	
PB (25m pool): 06:11.41 Overijse 29/11/2025				PB (50m pool): 06:22.51 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		00:40.72		01:28.16		no time		no time
	00:40.72		00:47.44					
								
	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		06:11.41
								

Coach feedback:

Event number: 35: 50M FREESTYLE MEN 13+							Heat:3, starttime: 16:36	
Heat: 3/9 Lane : 3 Athlete: VERHERSTRAETEN KOBE							Q-time: 00:27:30	
PB (25m pool): 00:27.30 Leuven 12/10/2025				PB (50m pool): 00:27.98SB: no time				
	2 5 M	5 0 M						
PB		00:27.30						
	00:27.30							
								

Coach feedback:

Event number: 36: 50M BREASTSTROKE WOMEN 13+							Heat:1, starttime: 16:43	
Heat: 1/4 Lane : 2 Athlete: DE WILDE MARGOT							Q-time: 00:40:45	
PB (25m pool): 00:40.45 Leuven 12/10/2025				PB (50m pool): 00:43.52SB: no time				
	2 5 M		5 0 M					
PB			00:40.45					
			00:40.45					
								

Coach feedback:

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Event number: 38: 4x50M MEDLEY WOMEN 11+							Heat:1, starttime: 17:01	
Heat: 1/3 Lane : 2 Athlete: TEAM DIZV							Q-time: 02:35:38	
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: