

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

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

Coaches: Geelen Sofie 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 : 3 Athlete: WILLEN LENTHE					Q-time: 01:33:21
PB (25m pool): 01:33.21 Zwembad De Motte 14/07/2026 PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:33.21	
	no time				
					

Coach feedback:

Event number: 28: 100M MEDLEY WOMEN 11+					Heat:2, starttime: 14:32
Heat: 2/10 Lane : 4 Athlete: SMEKENS ELLA					Q-time: 01:27:42
PB (25m pool): 01:27.42 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		01:27.42	
	no time				
					

Coach feedback:

Event number: 28: 100M MEDLEY WOMEN 11+					Heat:3, starttime: 14:34
Heat: 3/10 Lane : 1 Athlete: VANDER WAEREN KATO					Q-time: 01:27:32
PB (25m pool): 01:27.32 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		01:27.32	
	no time				
					

Coach feedback:

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Event number: 28: 100M MEDLEY WOMEN 11+					Heat:3, starttime: 14:34
Heat: 3/10 Lane : 3 Athlete: LEMBRECHTS KAAT					Q-time: 01:25:34
PB (25m pool): 01:25.34 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		01:25.34	
	no time				
					

Coach feedback:

Event number: 28: 100M MEDLEY WOMEN 11+					Heat:3, starttime: 14:34
Heat: 3/10 Lane : 7 Athlete: DEXTERS MILA					Q-time: 01:27:25
PB (25m pool): 01:27.25 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		01:27.25	
	no time				
					

Coach feedback:

Event number: 28: 100M MEDLEY WOMEN 11+					Heat:4, starttime: 14:36
Heat: 4/10 Lane : 7 Athlete: FEYAERTS SAVANNAH					Q-time: 01:23:27
PB (25m pool): 01:23.27 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		00:38.30		01:23.27	
	00:38.30		00:44.97		
					

Coach feedback:

Event number: 28: 100M MEDLEY WOMEN 11+					Heat:5, starttime: 14:38
Heat: 5/10 Lane : 4 Athlete: LEMBRECHTS SIEN					Q-time: 01:20:29
PB (25m pool): 01:20.29 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		00:37.29		01:20.29	
	00:37.29		00:43.00		
					

Coach feedback:

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Event number: 28: 100M MEDLEY WOMEN 11+					Heat:8, starttime: 14:44
Heat: 8/10 Lane : 3 Athlete: GYPEN KAAT					Q-time: 01:12:41
PB (25m pool): 01:12.41 Aarschot 27/07/2026					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:12.41	
	no time				
					

Coach feedback:

Event number: 28: 100M MEDLEY WOMEN 11+					Heat:10, starttime: 14:48
Heat: 10/10 Lane : 3 Athlete: WOUTERS BRIANA					Q-time: 01:06:16
PB (25m pool): 01:06.05 Heist Op Den Berg 14/01/2023					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:06.05	
	no time				
					

Coach feedback:

Event number: 29: 200M FREESTYLE MEN 13+						Heat:3, starttime: 14:55		
Heat: 3/7 Lane : 2 Athlete: VOET LARS						Q-time: 02:10:61		
PB (25m pool): 02:13.45 Leuven 12/10/2025						PB (50m pool): 02:10.61 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		00:30.20		01:04.81		01:39.84		02:13.45
	00:30.20		00:34.61		00:35.03		00:33.61	
								

Coach feedback:

Event number: 29: 200M FREESTYLE MEN 13+						Heat:3, starttime: 14:55		
Heat: 3/7 Lane : 3 Athlete: ASSCHERICKX SEBASTIAAN						Q-time: 02:10:41		
PB (25m pool): 02:10.41 Aarschot 27/07/2026						PB (50m pool): 02:13.02 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		00:30.15		01:03.93		no time		02:10.41
	00:30.15		00:33.78					
								

Coach feedback:

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Event number: 29: 200M FREESTYLE MEN 13+							Heat:3, starttime: 14:55	
Heat: 3/7 Lane : 8 Athlete: VERVLOESSEM FRITS							Q-time: 02:11:54	
PB (25m pool): 02:11.54 Sportoase De Watermolen 21/07/2026 PB (50m pool): 02:20.12SB: 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		00:30.75		01:04.00		01:38.63		02:11.54
	00:30.75		00:33.25		00:34.63		00:32.91	
								

Coach feedback:

Event number: 29: 200M FREESTYLE MEN 13+							Heat:4, starttime: 14:58	
Heat: 4/7 Lane : 6 Athlete: WILLEM ARTHUR							Q-time: 02:07:07	
PB (25m pool): 02:07.07 Aarschot 26/04/2026				PB (50m pool): 02:08.99 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		00:28.60		01:00.82		01:34.34		02:07.07
	00:28.60		00:32.22		00:33.52		00:32.73	
								

Coach feedback:

Event number: 29: 200M FREESTYLE MEN 13+							Heat:5, starttime: 15:01	
Heat: 5/7 Lane : 1 Athlete: VETS WANNES							Q-time: 02:05:79	
PB (25m pool): 02:05.79 Sinbad 22/07/2025							PB (50m pool): 02:08.72 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		00:29.02		01:00.85		no time		02:05.79
	00:29.02		00:31.83					
								

Coach feedback:

Event number: 29: 200M FREESTYLE MEN 13+							Heat:6, starttime: 15:03	
Heat: 6/7 Lane : 5 Athlete: VETS SIEBE							Q-time: 02:00:79	
PB (25m pool): 02:00.79 Aarschot 27/07/2026								

Coach feedback:

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Event number: 29: 200M FREESTYLE MEN 13+							Heat:7, starttime: 15:06	
Heat: 7/7 Lane : 1 Athlete: RAES DRIES							Q-time: 01:58:70	
PB (25m pool): 01:58.70 Aarschot 27/07/2026				PB (50m pool): 02:03.77 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		00:27.19		00:57.32		no time		01:58.70
	00:27.19		00:30.13					
								

Coach feedback:

Event number: 29: 200M FREESTYLE MEN 13+							Heat:7, starttime: 15:06	
Heat: 7/7 Lane : 8 Athlete: DE WITTE LEO							Q-time: 01:58:97	
PB (25m pool): 01:58.97 Aarschot 27/07/2026				PB (50m pool): 02:06.36SB: 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		00:27.62		00:57.59		no time		01:58.97
	00:27.62		00:29.97					
								

Coach feedback:

Event number: 30: 100M BUTTERFLY WOMEN 13+					Heat:1, starttime: 15:09
Heat: 1/3 Lane : 3 Athlete: VANSINA ELLE				Q-time: 01:17:41	
PB (25m pool): 01:17.41 LEUVEN 23/11/2025			PB (50m pool): 01:18.31SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.04		01:17.41	
	00:36.04		00:41.37		
					

Coach feedback:

Event number: 30: 100M BUTTERFLY WOMEN 13+					Heat:2, starttime: 15:11
Heat: 2/3 Lane : 4 Athlete: ASSCHERICKX CHLOé				Q-time: 01:09:93	
PB (25m pool): 01:09.93 Stedelijk Zwembad Geel 16/02/2025 PB (50m pool): 01:11.55SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.79		01:09.93	
	00:31.79		00:38.14		
					

Coach feedback:

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Event number: 30: 100M BUTTERFLY WOMEN 13+					Heat:3, starttime: 15:12
Heat: 3/3 Lane : 3 Athlete: MEYER THYRVI					Q-time: 01:07:19
PB (25m pool): 01:07.19 Stedelijk Zwembad Geel 16/02/2025 PB (50m pool): 01:08.71 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.55		01:07.19	
	00:31.55		00:35.64		
					

Coach feedback:

Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:1, starttime: 15:21
Heat: 1/10 Lane : 4 Athlete: LEMBRECHTS KAAT					Q-time: 01:28:61
PB (25m pool): 01:28.61 Aarschot 26/04/2026 PB (50m pool): 01:29.84 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:43.39		01:28.61	
	00:43.39		00:45.22		
					

Coach feedback:

Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:2, starttime: 15:23
Heat: 2/10 Lane : 1 Athlete: DEXTERS MILA					Q-time: 01:27:53
PB (25m pool): 01:27.53 Aarschot 26/04/2026 PB (50m pool): 01:28.45 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:43.67		01:27.53	
	00:43.67		00:43.86		
					

Coach feedback:

Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:2, starttime: 15:23
Heat: 2/10 Lane : 4 Athlete: SMEKENS ELLA					Q-time: 01:23:80
PB (25m pool): 01:23.80 Sportoase De Watermolen 21/07/2026 PB (50m pool): 01:22.96 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:41.01		01:23.80	
	00:41.01		00:42.79		
					

Coach feedback:

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Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:4, starttime: 15:27
Heat: 4/10 Lane : 1 Athlete: LEMBRECHTS SIEN					Q-time: 01:20:20
PB (25m pool): 01:20.53 LEUVEN 21/12/2025					PB (50m pool): 01:20.20 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.07		01:20.53	
	00:39.07		00:41.46		
					

Coach feedback:

Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:5, starttime: 15:29
Heat: 5/10 Lane : 5 Athlete: DEVUE ROSALIE					Q-time: 01:16:78
PB (25m pool): 01:16.78 Aarschot 27/07/2026					PB (50m pool): 01:17.45 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:16.78	
	no time				
					

Coach feedback:

Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:6, starttime: 15:31
Heat: 6/10 Lane : 6 Athlete: SILVERANS MILA					Q-time: 01:16:22
PB (25m pool): 01:16.22 Heist-op-den-Berg 10/01/2026					PB (50m pool): 01:18.27 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.25		01:16.22	
	00:37.25		00:38.97		
					

Coach feedback:

Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:6, starttime: 15:31
Heat: 6/10 Lane : 8 Athlete: VANSINA ELLE					Q-time: 01:16:59
PB (25m pool): 01:16.59 LEUVEN 21/12/2025					PB (50m pool): 01:18.12 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.86		01:16.59	
	00:37.86		00:38.73		
					

Coach feedback:

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Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:8, starttime: 15:35
Heat: 8/10 Lane : 3 Athlete: WOUTERS STIEN					Q-time: 01:12:19
PB (25m pool): 01:12.19 Aarschot 28/07/2025					PB (50m pool): 01:14.56 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:12.19	
	no time				
					

Coach feedback:

Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:8, starttime: 15:35
Heat: 8/10 Lane : 4 Athlete: ASSCHERICKX CHLOé					Q-time: 01:11:07
PB (25m pool): 01:11.07 Sinbad 22/07/2025					PB (50m pool): 01:13.23 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.49		01:11.07	
	00:34.49 00:36.58				
					

Coach feedback:

Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:9, starttime: 15:37
Heat: 9/10 Lane : 1 Athlete: GYPEN KAAT					Q-time: 01:10:80
PB (25m pool): 01:10.80 Aarschot 28/07/2025					PB (50m pool): 01:13.59 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:10.80	
	no time				
					

Coach feedback:

Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:10, starttime: 15:38
Heat: 10/10 Lane : 5 Athlete: WOUTERS BRIANA					Q-time: 01:04:27
PB (25m pool): 01:04.27 Stedelijk Zwembad Geel 16/02/2025					PB (50m pool): 01:07.67 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.10		01:04.27	
	00:31.10 00:33.17				
					

Coach feedback:

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Event number: 34: 400M MEDLEY WOMEN 13+							Heat:1, starttime: 15:51	
Heat: 1/2 Lane : 4 Athlete: WOUTERS STIEN							Q-time: 05:37:65	
PB (25m pool): 05:37.65 LEUVEN. 22/02/2026				PB (50m pool): 05:51.04SB: 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		no time		01:22.49		no time		no time
	no time							
								
	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		05:37.65
								

Coach feedback:

Event number: 34: 400M MEDLEY WOMEN 13+							Heat:2, starttime: 15:57	
Heat: 2/2 Lane : 6 Athlete: MEYER THYRVI							Q-time: 05:17:13	
PB (25m pool): 05:17.13 LEUVEN 23/11/2025				PB (50m pool): 05:24.92SB: 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		00:34.32		01:13.47		01:53.99		02:33.67
	00:34.32		00:39.15		00:40.52		00:39.68	
								
	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		03:20.13		04:07.08		04:42.65		05:17.13
	00:46.46		00:46.95		00:35.57		00:34.48	
								

Coach feedback:

Event number: 35: 50M FREESTYLE MEN 13+							Heat:3, starttime: 16:36	
Heat: 3/9 Lane : 2 Athlete: ASSCHERICKX SEBASTIAAN							Q-time: 00:27:60	
PB (25m pool): 00:27.60 Aarschot 26/04/2026							PB (50m pool): 00:27.96SB: no time	
PB	2 5 M		5 0 M					
			00:27.60					
			00:27.60					
								

Coach feedback:

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Event number: 35: 50M FREESTYLE MEN 13+			Heat:3, starttime: 16:36
Heat: 3/9 Lane : 8 Athlete: VANHELMONT DANTE			Q-time: 00:27:78
PB (25m pool): 00:27.78 Herentals 09/05/2026			PB (50m pool): 00:28.45 SB: no time
	2 5 M	5 0 M	
PB		00:27.78	
		00:27.78	
			

Coach feedback:

Event number: 35: 50M FREESTYLE MEN 13+			Heat:4, starttime: 16:37
Heat: 4/9 Lane : 7 Athlete: VETS WANNES			Q-time: 00:27:10
PB (25m pool): 00:27.10 LEUVEN. 22/02/2026			PB (50m pool): 00:28.17 SB: no time
	2 5 M	5 0 M	
PB		00:27.10	
		00:27.10	
			

Coach feedback:

Event number: 35: 50M FREESTYLE MEN 13+			Heat:6, starttime: 16:39
Heat: 6/9 Lane : 5 Athlete: DE WITTE LEO			Q-time: 00:25:88
PB (25m pool): 00:25.88 LEUVEN. 22/02/2026			PB (50m pool): 00:26.24 SB: no time
	2 5 M	5 0 M	
PB		00:25.88	
		00:25.88	
			

Coach feedback:

Event number: 35: 50M FREESTYLE MEN 13+			Heat:6, starttime: 16:39
Heat: 6/9 Lane : 6 Athlete: DELEN KOBE			Q-time: 00:25:97
PB (25m pool): 00:25.97 Aarschot 26/04/2026			PB (50m pool): 00:27.51 SB: no time
	2 5 M	5 0 M	
PB		00:25.97	
		00:25.97	
			

Coach feedback:

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Event number: 35: 50M FREESTYLE MEN 13+			Heat:7, starttime: 16:40
Heat: 7/9 Lane : 1 Athlete: VOET LARS			Q-time: 00:25:76
PB (25m pool): 00:25.76 Herentals 09/05/2026			PB (50m pool): 00:25.93 SB: no time
	2 5 M	5 0 M	
PB		00:25.76	
		00:25.76	
			

Coach feedback:

Event number: 35: 50M FREESTYLE MEN 13+			Heat:7, starttime: 16:40
Heat: 7/9 Lane : 8 Athlete: VETS SIEBE			Q-time: 00:25:83
PB (25m pool): 00:25.83 LEUVEN. 22/02/2026			PB (50m pool): 00:26.28 SB: no time
	2 5 M	5 0 M	
PB		00:25.83	
		00:25.83	
			

Coach feedback:

Event number: 35: 50M FREESTYLE MEN 13+			Heat:8, starttime: 16:41
Heat: 8/9 Lane : 3 Athlete: RAES DRIES			Q-time: 00:24:81
PB (25m pool): 00:24.81 Aarschot 27/07/2026			PB (50m pool): 00:25.65 SB: no time
	2 5 M	5 0 M	
PB		00:24.81	
		00:24.81	
			

Coach feedback:

Event number: 36: 50M BREASTSTROKE WOMEN 13+			Heat:1, starttime: 16:43
Heat: 1/4 Lane : 7 Athlete: DEVUE ROSALIE			Q-time: 00:40:91
PB (25m pool): 00:40.91 Herentals 09/05/2026			PB (50m pool): 00:40.96 SB: no time
	2 5 M	5 0 M	
PB		00:40.91	
		00:40.91	
			

Coach feedback:

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Event number: 37: 4x50M MEDLEY MEN 11+							Heat:3, starttime: 16:58	
Heat: 3/3 Lane : 6 Athlete: TEAM KAZS							Q-time: 01:54:51	
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:3, starttime: 17:07	
Heat: 3/3 Lane : 7 Athlete: TEAM KAZS							Q-time: 02:07:40	
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: