

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

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

Coaches: Mees Brent

Coaches: Matthijs Laurenz

Coaches: Bogaerts Michel

Coaches: De Block Killian 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 : 3 Athlete: BOGAERTS ENYA |           |           |           |           | Q-time: 01:27:78                   |
| PB (25m pool): 01:27.78 Hannuit 28/03/2026 |           |           |           |           | PB (50m pool): no time SB: no time |
|                                            | 2 5 M     | 5 0 M     | 7 5 M     | 1 0 0 M   |                                    |
| PB                                         |           | no time   |           | 01:27.78  |                                    |
|                                            | no time   |           |           |           |                                    |
|                                            | . . . . . | . . . . . | . . . . . | . . . . . |                                    |

Coach feedback:

| Event number: 28: 100M MEDLEY WOMEN 11+    |           |           |           |           | Heat:5, starttime: 14:38           |
|--------------------------------------------|-----------|-----------|-----------|-----------|------------------------------------|
| Heat: 5/10 Lane : 6 Athlete: WEGENER LENA  |           |           |           |           | Q-time: 01:21:49                   |
| PB (25m pool): 01:21.49 Hannuit 28/03/2026 |           |           |           |           | PB (50m pool): no time SB: no time |
|                                            | 2 5 M     | 5 0 M     | 7 5 M     | 1 0 0 M   |                                    |
| PB                                         |           | no time   |           | 01:21.49  |                                    |
|                                            | no time   |           |           |           |                                    |
|                                            | . . . . . | . . . . . | . . . . . | . . . . . |                                    |

Coach feedback:

| Event number: 29: 200M FREESTYLE MEN 13+             |           |           |           |                                     |           |           | Heat:3, starttime: 14:55 |           |
|------------------------------------------------------|-----------|-----------|-----------|-------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 3/7    Lane : 7    Athlete: VANDERBORGHT MILAN |           |           |           |                                     |           |           | Q-time: 02:11:07         |           |
| PB (25m pool): 02:11.07    Leuven 12/10/2025         |           |           |           | PB (50m pool): 02:14.97 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                                                   |           | 00:30.92  |           | 01:04.87                            |           | 01:38.92  |                          | 02:11.07  |
|                                                      | 00:30.92  |           | 00:33.95  |                                     | 00:34.05  |           | 00:32.15                 |           |
|                                                      | . . . . . | . . . . . | . . . . . | . . . . .                           | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

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

| Event number: 29: 200M FREESTYLE MEN 13+        |           |           |           |                                     |           |           | Heat:4, starttime: 14:58 |           |
|-------------------------------------------------|-----------|-----------|-----------|-------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 4/7    Lane : 7    Athlete: SONUMUT ARMAN |           |           |           |                                     |           |           | Q-time: 02:07:34         |           |
| PB (25m pool): 02:07.34    Zaventem 15/07/2025  |           |           |           | PB (50m pool): 02:14.12 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                                              |           | 00:29.42  |           | 01:01.09                            |           | no time   |                          | 02:07.34  |
|                                                 | 00:29.42  |           | 00:31.67  |                                     |           |           |                          |           |
|                                                 | . . . . . | . . . . . | . . . . . | . . . . .                           | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 29: 200M FREESTYLE MEN 13+      |           |           |           |                                     |           |           | Heat:5, starttime: 15:01 |           |
|-----------------------------------------------|-----------|-----------|-----------|-------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 5/7    Lane : 3    Athlete: BOVE SAMUEL |           |           |           |                                     |           |           | Q-time: 02:05:56         |           |
| PB (25m pool): 02:05.56    Leuven 12/10/2025  |           |           |           | PB (50m pool): 02:06.77 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                                            |           | 00:29.65  |           | 01:01.64                            |           | 01:34.35  |                          | 02:05.56  |
|                                               | 00:29.65  |           | 00:31.99  |                                     | 00:32.71  |           | 00:31.21                 |           |
|                                               | . . . . . | . . . . . | . . . . . | . . . . .                           | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 29: 200M FREESTYLE MEN 13+     |           |           |           |                                    |           |           | Heat:7, starttime: 15:06 |           |
|----------------------------------------------|-----------|-----------|-----------|------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 7/7    Lane : 4    Athlete: MEES BRENT |           |           |           |                                    |           |           | Q-time: 01:54:20         |           |
| PB (25m pool): 01:54.20    Gent 09/11/2025   |           |           |           | PB (50m pool): 01:58.30SB: 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                                           |           | 00:26.16  |           | 00:54.66                           |           | 01:24.24  |                          | 01:54.20  |
|                                              | 00:26.16  |           | 00:28.50  |                                    | 00:29.58  |           | 00:29.96                 |           |
|                                              | . . . . . | . . . . . | . . . . . | . . . . .                          | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 29: 200M FREESTYLE MEN 13+                                                           |           |           |           |           |           |           | Heat:7, starttime: 15:06 |           |
|----------------------------------------------------------------------------------------------------|-----------|-----------|-----------|-----------|-----------|-----------|--------------------------|-----------|
| Heat: 7/7    Lane : 7    Athlete: MEES RUBEN                                                       |           |           |           |           |           |           | Q-time: 01:57:97         |           |
| PB (25m pool): 01:54.02    Gent(Sint-Amandsberg) 11/11/2024    PB (50m pool): 01:57.97 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                                                                                                 |           | 00:26.45  |           | 00:55.69  |           | 01:25.49  |                          | 01:54.02  |
|                                                                                                    | 00:26.45  |           | 00:29.24  |           | 00:29.80  |           | 00:28.53                 |           |
|                                                                                                    | . . . . . | . . . . . | . . . . . | . . . . . | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

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

| Event number: 30: 100M BUTTERFLY WOMEN 13+                                              |          |          |          |          | Heat:1, starttime: 15:09 |
|-----------------------------------------------------------------------------------------|----------|----------|----------|----------|--------------------------|
| Heat: 1/3 Lane : 4 Athlete: PETKOVA SOFIA                                               |          |          |          |          | Q-time: 01:15:60         |
| PB (25m pool): 01:15.60 Zwembad De Motte 14/07/2026 PB (50m pool): 01:18.19 SB: no time |          |          |          |          |                          |
|                                                                                         | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                          |
| PB                                                                                      |          | 00:35.13 |          | 01:15.60 |                          |
|                                                                                         | 00:35.13 |          | 00:40.47 |          |                          |
|                                                                                         | .....    | .....    | .....    | .....    |                          |

Coach feedback:

| Event number: 30: 100M BUTTERFLY WOMEN 13+                                      |          |          |          |          | Heat:2, starttime: 15:11 |
|---------------------------------------------------------------------------------|----------|----------|----------|----------|--------------------------|
| Heat: 2/3 Lane : 5 Athlete: MAASKANT KRISTINA                                   |          |          |          |          | Q-time: 01:10:34         |
| PB (25m pool): 01:10.34 Zaventem 15/07/2025 PB (50m pool): 01:11.13 SB: no time |          |          |          |          |                          |
|                                                                                 | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                          |
| PB                                                                              |          | 00:31.99 |          | 01:10.34 |                          |
|                                                                                 | 00:31.99 |          | 00:38.35 |          |                          |
|                                                                                 | .....    | .....    | .....    | .....    |                          |

Coach feedback:

| Event number: 31: 100M BREASTSTROKE MEN 11-12                                           |          |          |          |          | Heat:3, starttime: 15:19 |
|-----------------------------------------------------------------------------------------|----------|----------|----------|----------|--------------------------|
| Heat: 3/3 Lane : 5 Athlete: NABIULLIN TIM                                               |          |          |          |          | Q-time: 01:23:63         |
| PB (25m pool): 01:23.63 Zwembad De Motte 14/07/2026 PB (50m pool): 01:27.06 SB: no time |          |          |          |          |                          |
|                                                                                         | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                          |
| PB                                                                                      |          | 00:39.75 |          | 01:23.63 |                          |
|                                                                                         | 00:39.75 |          | 00:43.88 |          |                          |
|                                                                                         | .....    | .....    | .....    | .....    |                          |

Coach feedback:

| Event number: 31: 100M BREASTSTROKE MEN 11-12                                                 |          |          |          |          | Heat:3, starttime: 15:19 |
|-----------------------------------------------------------------------------------------------|----------|----------|----------|----------|--------------------------|
| Heat: 3/3 Lane : 8 Athlete: NABIULLIN MAX                                                     |          |          |          |          | Q-time: 01:33:23         |
| PB (25m pool): 01:33.23 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 01:33.58 SB: no time |          |          |          |          |                          |
|                                                                                               | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                          |
| PB                                                                                            |          | 00:43.06 |          | 01:33.23 |                          |
|                                                                                               | 00:43.06 |          | 00:50.17 |          |                          |
|                                                                                               | .....    | .....    | .....    | .....    |                          |

Coach feedback:

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

| Event number: 32: 100M BACKSTROKE WOMEN 11+  |          |          |          |          | Heat:4, starttime: 15:27            |
|----------------------------------------------|----------|----------|----------|----------|-------------------------------------|
| Heat: 4/10 Lane : 4 Athlete: WEGENER LENA    |          |          |          |          | Q-time: 01:18:78                    |
| PB (25m pool): 01:18.78 Vilvoorde 01/03/2026 |          |          |          |          | PB (50m pool): 01:20.54 SB: no time |
|                                              | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                                     |
| PB                                           |          | 00:38.66 |          | 01:18.78 |                                     |
|                                              | 00:38.66 |          | 00:40.12 |          |                                     |
|                                              | .....    | .....    | .....    | .....    |                                     |

Coach feedback:

| Event number: 32: 100M BACKSTROKE WOMEN 11+    |          |          |          |          | Heat:9, starttime: 15:37            |
|------------------------------------------------|----------|----------|----------|----------|-------------------------------------|
| Heat: 9/10 Lane : 6 Athlete: MAASKANT KRISTINA |          |          |          |          | Q-time: 01:10:19                    |
| PB (25m pool): 01:10.53 Overijse 29/11/2025    |          |          |          |          | PB (50m pool): 01:10.19 SB: no time |
|                                                | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                                     |
| PB                                             |          | 00:34.24 |          | 01:10.53 |                                     |
|                                                | 00:34.24 |          | 00:36.29 |          |                                     |
|                                                | .....    | .....    | .....    | .....    |                                     |

Coach feedback:

| Event number: 35: 50M FREESTYLE MEN 13+      |          |          |  |  | Heat:3, starttime: 16:36            |
|----------------------------------------------|----------|----------|--|--|-------------------------------------|
| Heat: 3/9 Lane : 1 Athlete: GAVENAS AUGUSTAS |          |          |  |  | Q-time: 00:27:71                    |
| PB (25m pool): 00:27.71 Hannuit 28/03/2026   |          |          |  |  | PB (50m pool): 00:28.14 SB: no time |
|                                              | 2 5 M    | 5 0 M    |  |  |                                     |
| PB                                           |          | 00:27.71 |  |  |                                     |
|                                              | 00:27.71 |          |  |  |                                     |
|                                              | .....    | .....    |  |  |                                     |

Coach feedback:

| Event number: 35: 50M FREESTYLE MEN 13+     |          |          |  |  | Heat:5, starttime: 16:38            |
|---------------------------------------------|----------|----------|--|--|-------------------------------------|
| Heat: 5/9 Lane : 2 Athlete: SONUMUT ARMAN   |          |          |  |  | Q-time: 00:26:41                    |
| PB (25m pool): 00:26.41 Zaventem 16/02/2025 |          |          |  |  | PB (50m pool): 00:26.82 SB: no time |
|                                             | 2 5 M    | 5 0 M    |  |  |                                     |
| PB                                          |          | 00:26.41 |  |  |                                     |
|                                             | 00:26.41 |          |  |  |                                     |
|                                             | .....    | .....    |  |  |                                     |

Coach feedback:

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

| Event number: 35: 50M FREESTYLE MEN 13+                                                       |           |           | Heat:6, starttime: 16:39 |
|-----------------------------------------------------------------------------------------------|-----------|-----------|--------------------------|
| Heat: 6/9 Lane : 4 Athlete: VANDERBORGHT MILAN                                                |           |           | Q-time: 00:25:87         |
| PB (25m pool): 00:25.87 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 00:26.11 SB: no time |           |           |                          |
|                                                                                               | 2 5 M     | 5 0 M     |                          |
| PB                                                                                            |           | 00:25.87  |                          |
|                                                                                               |           | 00:25.87  |                          |
|                                                                                               | . . . . . | . . . . . |                          |

Coach feedback:

| Event number: 35: 50M FREESTYLE MEN 13+                                                       |           |           | Heat:6, starttime: 16:39 |
|-----------------------------------------------------------------------------------------------|-----------|-----------|--------------------------|
| Heat: 6/9 Lane : 8 Athlete: BOVE SAMUEL                                                       |           |           | Q-time: 00:26:13         |
| PB (25m pool): 00:26.13 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 00:27.13 SB: no time |           |           |                          |
|                                                                                               | 2 5 M     | 5 0 M     |                          |
| PB                                                                                            |           | 00:26.13  |                          |
|                                                                                               |           | 00:26.13  |                          |
|                                                                                               | . . . . . | . . . . . |                          |

Coach feedback:

| Event number: 35: 50M FREESTYLE MEN 13+                                     |           |           | Heat:9, starttime: 16:42 |
|-----------------------------------------------------------------------------|-----------|-----------|--------------------------|
| Heat: 9/9 Lane : 4 Athlete: MEES BRENT                                      |           |           | Q-time: 00:23:19         |
| PB (25m pool): 00:23.19 Gent 09/11/2025 PB (50m pool): 00:24.08 SB: no time |           |           |                          |
|                                                                             | 2 5 M     | 5 0 M     |                          |
| PB                                                                          |           | 00:23.19  |                          |
|                                                                             |           | 00:23.19  |                          |
|                                                                             | . . . . . | . . . . . |                          |

Coach feedback:

| Event number: 35: 50M FREESTYLE MEN 13+                                     |           |           | Heat:9, starttime: 16:42 |
|-----------------------------------------------------------------------------|-----------|-----------|--------------------------|
| Heat: 9/9 Lane : 6 Athlete: MEES RUBEN                                      |           |           | Q-time: 00:23:67         |
| PB (25m pool): 00:23.67 Gent 09/11/2025 PB (50m pool): 00:23.78 SB: no time |           |           |                          |
|                                                                             | 2 5 M     | 5 0 M     |                          |
| PB                                                                          |           | 00:23.67  |                          |
|                                                                             |           | 00:23.67  |                          |
|                                                                             | . . . . . | . . . . . |                          |

Coach feedback:

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

|                                            |       |       |                |       |       |       |                          |         |
|--------------------------------------------|-------|-------|----------------|-------|-------|-------|--------------------------|---------|
| Event number: 37: 4x50M MEDLEY MEN 11+     |       |       |                |       |       |       | Heat:2, starttime: 16:56 |         |
| Heat: 2/3    Lane : 7    Athlete: TEAM SCZ |       |       |                |       |       |       | Q-time: 02:10:35         |         |
| 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:1, starttime: 17:01 |         |
| Heat: 1/3    Lane : 6    Athlete: TEAM SCZ |       |       |                |       |       |       | Q-time: 02:24:68         |         |
| 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: