

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

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

Coaches: Silvestre Coralie

Coaches: Leemans Mats

Coaches: Iannino David HEADCOACH

Coaches: Januarius Bart

Coaches: Januarius Elke

PB => Personal Best time

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

Event number: 28: 100M MEDLEY WOMEN 11+					Heat:4, starttime: 14:36
Heat: 4/10 Lane : 6 Athlete: MECHROUBI YASMINA					Q-time: 01:23:00
PB (25m pool): 01:23.00 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		00:38.67		01:23.00	
		00:38.67		00:44.33	
					

Coach feedback:

Event number: 28: 100M MEDLEY WOMEN 11+					Heat:9, starttime: 14:46
Heat: 9/10 Lane : 3 Athlete: IANNINO VALENTINA					Q-time: 01:10:86
PB (25m pool): 01:10.86 Tournai 18/01/2026					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.09		01:10.86	
		00:32.09		00:38.77	
					

Coach feedback:

Event number: 28: 100M MEDLEY WOMEN 11+					Heat:10, starttime: 14:48
Heat: 10/10 Lane : 6 Athlete: NAZARUK NICOLE					Q-time: 01:06:93
PB (25m pool): 01:06.93 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		00:29.49		01:06.93	
		00:29.49		00:37.44	
					

Coach feedback:

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Event number: 29: 200M FREESTYLE MEN 13+							Heat:1, starttime: 14:49	
Heat: 1/7 Lane : 6 Athlete: VANDERGUCHT JONAS							Q-time: 02:24:32	
PB (25m pool): 02:24.32 Sint-Pieters-Leeuw 01/03/2026				PB (50m pool): 02:27.63 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		00:33.39		01:10.60		no time		02:24.32
	00:33.39		00:37.21					
								

Coach feedback:

Event number: 29: 200M FREESTYLE MEN 13+							Heat:3, starttime: 14:55	
Heat: 3/7 Lane : 5 Athlete: HALLET BRENT							Q-time: 02:09:03	
PB (25m pool): 02:09.03 Temse 17/11/2025				PB (50m pool): 02:12.72 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		00:29.32		01:02.05		01:36.06		02:09.03
	00:29.32		00:32.73		00:34.01		00:32.97	
								

Coach feedback:

Event number: 29: 200M FREESTYLE MEN 13+							Heat:5, starttime: 15:01	
Heat: 5/7 Lane : 6 Athlete: TUBBE XANDER							Q-time: 02:05:65	
PB (25m pool): 02:05.65 Leuven 12/10/2025				PB (50m pool): 02:07.53SB: 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		00:28.01		00:59.92		01:32.89		02:05.65
	00:28.01		00:31.91		00:32.97		00:32.76	
								

Coach feedback:

Event number: 30: 100M BUTTERFLY WOMEN 13+					Heat:1, starttime: 15:09
Heat: 1/3 Lane : 5 Athlete: DHONDT ANNELIEN				Q-time: 01:17:08	
PB (25m pool): 01:17.08 Gent 23/02/2025			PB (50m pool): 01:20.51 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.85		01:17.08	
	00:34.85		00:42.23		
					

Coach feedback:

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Event number: 30: 100M BUTTERFLY WOMEN 13+					Heat:2, starttime: 15:11
Heat: 2/3 Lane : 1 Athlete: LOUCKX CÉLIE					Q-time: 01:13:35
PB (25m pool): 01:13.35 Leuven 12/10/2025			PB (50m pool): 01:15.18 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.26		01:13.35	
	00:34.26		00:39.09		
					

Coach feedback:

Event number: 30: 100M BUTTERFLY WOMEN 13+					Heat:2, starttime: 15:11
Heat: 2/3 Lane : 7 Athlete: AELEN BENTE					Q-time: 01:12:85
PB (25m pool): 01:12.85 Liedekerke 11/11/2025			PB (50m pool): 01:10.94 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.29		01:12.85	
	00:34.29		00:38.56		
					

Coach feedback:

Event number: 31: 100M BREASTSTROKE MEN 11-12					Heat:1, starttime: 15:14
Heat: 1/3 Lane : 4 Athlete: TIELEMANS WOLF					Q-time: 01:45:81
PB (25m pool): 01:50.02 Aarschot 26/04/2026			PB (50m pool): 01:45.81 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:52.44		01:50.02	
	00:52.44		00:57.58		
					

Coach feedback:

Event number: 31: 100M BREASTSTROKE MEN 11-12					Heat:2, starttime: 15:17
Heat: 2/3 Lane : 5 Athlete: HAAN ALEXANDER					Q-time: 01:35:26
PB (25m pool): 01:37.35 LEUVEN 21/12/2025			PB (50m pool): 01:35.26 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:46.18		01:37.35	
	00:46.18		00:51.17		
					

Coach feedback:

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Event number: 31: 100M BREASTSTROKE MEN 11-12					Heat:2, starttime: 15:17
Heat: 2/3 Lane : 8 Athlete: JANUARIUS JULES					Q-time: 01:44:94
PB (25m pool): 01:44.94 Liedekerke 11/11/2025					PB (50m pool): 01:50.04 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:49.67		01:44.94	
	00:49.67		00:55.27		
					

Coach feedback:

Event number: 31: 100M BREASTSTROKE MEN 11-12					Heat:3, starttime: 15:19
Heat: 3/3 Lane : 1 Athlete: LOUCKX TIM					Q-time: 01:32:73
PB (25m pool): 01:34.53 Sint-Pieters-Leeuw 05/10/2025					PB (50m pool): 01:32.73 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:44.83		01:34.53	
	00:44.83		00:49.70		
					

Coach feedback:

Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:3, starttime: 15:25
Heat: 3/10 Lane : 6 Athlete: MECHROUBI YASMINA					Q-time: 01:22:29
PB (25m pool): 01:23.35 Temse 17/11/2025					PB (50m pool): 01:22.29 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.73		01:23.35	
	00:40.73		00:42.62		
					

Coach feedback:

Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:9, starttime: 15:37
Heat: 9/10 Lane : 5 Athlete: AELEN BENTE					Q-time: 01:09:23
PB (25m pool): 01:09.23 LEUVEN 23/11/2025					PB (50m pool): 01:09.80 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.77		01:09.23	
	00:33.77		00:35.46		
					

Coach feedback:

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Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:9, starttime: 15:37
Heat: 9/10 Lane : 8 Athlete: IANNINO VALENTINA					Q-time: 01:10:90
PB (25m pool): 01:10.90 Temse 17/11/2025					PB (50m pool): 01:14.53 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.04		01:10.90	
	00:35.04		00:35.86		
					

Coach feedback:

Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:10, starttime: 15:38
Heat: 10/10 Lane : 4 Athlete: NAZARUK NICOLE					Q-time: 01:04:27
PB (25m pool): 01:02.83 Gent(Sint-Amandsberg) 11/11/2024					PB (50m pool): 01:05.24 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.60		01:02.83	
	00:30.60		00:32.23		
					

Coach feedback:

Event number: 33: 200M BREASTSTROKE MEN 13+					Heat:1, starttime: 15:40			
Heat: 1/3 Lane : 2 Athlete: SAADEH NAYIM					Q-time: 03:02:85			
PB (25m pool): 03:08.38 Aarschot 26/04/2026					PB (50m pool): 03:02.85 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		00:40.99		01:29.36		02:19.63		03:08.38
	00:40.99		00:48.37		00:50.27		00:48.75	
								

Coach feedback:

Event number: 33: 200M BREASTSTROKE MEN 13+					Heat:1, starttime: 15:40			
Heat: 1/3 Lane : 6 Athlete: VANDERGUCHT JONAS					Q-time: 03:00:10			
PB (25m pool): 03:05.38 LEUVEN 23/11/2025					PB (50m pool): 03:00.10 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		00:40.40		01:27.69		02:17.08		03:05.38
	00:40.40		00:47.29		00:49.39		00:48.30	
								

Coach feedback:

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Event number: 33: 200M BREASTSTROKE MEN 13+							Heat:2, starttime: 15:44	
Heat: 2/3 Lane : 5 Athlete: LESCRAUWAET MAX							Q-time: 02:40:92	
PB (25m pool): 02:43.34 Temse 17/11/2025				PB (50m pool): 02:40.92 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		00:36.20		01:18.27		02:00.96		02:43.34
	00:36.20		00:42.07		00:42.69		00:42.38	
								

Coach feedback:

Event number: 33: 200M BREASTSTROKE MEN 13+							Heat:2, starttime: 15:44	
Heat: 2/3 Lane : 7 Athlete: BAS BRIEK							Q-time: 02:47:12	
PB (25m pool): 02:47.12 Leuven 12/10/2025				PB (50m pool): 02:49.12SB: 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		00:37.45		01:19.58		02:02.57		02:47.12
	00:37.45		00:42.13		00:42.99		00:44.55	
								

Coach feedback:

Event number: 33: 200M BREASTSTROKE MEN 13+							Heat:3, starttime: 15:47	
Heat: 3/3 Lane : 4 Athlete: CLEYMANS KARSTEN							Q-time: 02:22:81	
PB (25m pool): 02:22.81 Leuven 12/10/2025				PB (50m pool): 02:32.63SB: 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		00:32.25		01:08.70		01:45.08		02:22.81
	00:32.25		00:36.45		00:36.38		00:37.73	
								

Coach feedback:

Event number: 35: 50M FREESTYLE MEN 13+										Heat:1, starttime: 16:34	
Heat: 1/9 Lane : 5 Athlete: GHISLAIN ANTOINE										Q-time: 00:29:94	
PB (25m pool): 00:29.94 Zwembad De Wauwer 13/09/2026										PB (50m pool): 00:32.05 SB: 00:29.94 Zwembad De Wauwer 13/09/2026	
PB	2 5 M		5 0 M								
			00:29.94								
			00:29.94								
											

Coach feedback:

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Event number: 35: 50M FREESTYLE MEN 13+			Heat:2, starttime: 16:35
Heat: 2/9 Lane : 3 Athlete: VANDERGUCHT JONAS			Q-time: 00:28:81
PB (25m pool): 00:34.26 Sint-Pieters-Leeuw 25/02/2024			PB (50m pool): 00:29.52 SB: no time
	2 5 M	5 0 M	
PB		00:34.26	
		00:34.26	
			

Coach feedback:

Event number: 35: 50M FREESTYLE MEN 13+			Heat:3, starttime: 16:36
Heat: 3/9 Lane : 4 Athlete: HALLET BRENT			Q-time: 00:27:26
PB (25m pool): 00:27.26 Zwembad De Wauwer 13/09/2026			PB (50m pool): 00:27.79 SB: 00:27.26 Zwembad De Wauwer 13/09/2026
	2 5 M	5 0 M	
PB		00:27.26	
		00:27.26	
			

Coach feedback:

Event number: 35: 50M FREESTYLE MEN 13+			Heat:4, starttime: 16:37
Heat: 4/9 Lane : 5 Athlete: DE HAES TIBO			Q-time: 00:26:90
PB (25m pool): 00:26.97 Sint-Pieters-Leeuw 01/03/2026			PB (50m pool): 00:26.90 SB: no time
	2 5 M	5 0 M	
PB		00:26.97	
		00:26.97	
			

Coach feedback:

Event number: 35: 50M FREESTYLE MEN 13+			Heat:4, starttime: 16:37
Heat: 4/9 Lane : 8 Athlete: BAS BRIEK			Q-time: 00:27:19
PB (25m pool): 00:27.19 Zwembad De Wauwer 13/09/2026			PB (50m pool): 00:27.65 SB: 00:27.19 Zwembad De Wauwer 13/09/2026
	2 5 M	5 0 M	
PB		00:27.19	
		00:27.19	
			

Coach feedback:

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Event number: 35: 50M FREESTYLE MEN 13+			Heat:6, starttime: 16:39
Heat: 6/9 Lane : 1 Athlete: SMISMANS KAMIL			Q-time: 00:26:12
PB (25m pool): 00:26.12 LEUVEN 23/11/2025			PB (50m pool): 00:27.42 SB: no time
	2 5 M	5 0 M	
PB		00:26.12	
		00:26.12	
			

Coach feedback:

Event number: 35: 50M FREESTYLE MEN 13+			Heat:8, starttime: 16:41
Heat: 8/9 Lane : 4 Athlete: CLEYMANS TORBEN			Q-time: 00:24:70
PB (25m pool): 00:24.70 Zwembad De Wauwer 13/09/2026			PB (50m pool): 00:25.20 SB: 00:24.70 Zwembad De Wauwer 13/09/2026
	2 5 M	5 0 M	
PB		00:24.70	
		00:24.70	
			

Coach feedback:

Event number: 36: 50M BREASTSTROKE WOMEN 13+			Heat:1, starttime: 16:43
Heat: 1/4 Lane : 6 Athlete: DHONDT ANNELIEN			Q-time: 00:40:20
PB (25m pool): 00:40.20 Zwembad De Wauwer 13/09/2026			PB (50m pool): no time SB: 00:40.20 Zwembad De Wauwer 13/09/2026
	2 5 M	5 0 M	
PB		00:40.20	
		00:40.20	
			

Coach feedback:

Event number: 36: 50M BREASTSTROKE WOMEN 13+			Heat:3, starttime: 16:45
Heat: 3/4 Lane : 5 Athlete: HENNEAU LOTTE			Q-time: 00:35:77
PB (25m pool): 00:36.75 Leuven 12/10/2025			PB (50m pool): 00:35.77 SB: no time
	2 5 M	5 0 M	
PB		00:36.75	
		00:36.75	
			

Coach feedback:

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Event number: 37: 4x50M MEDLEY MEN 11+							Heat:2, starttime: 16:56	
Heat: 2/3 Lane : 5 Athlete: TEAM STZ 1							Q-time: 02:01:37	
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: 37: 4x50M MEDLEY MEN 11+							Heat:3, starttime: 16:58	
Heat: 3/3 Lane : 8 Athlete: TEAM STZ 2							Q-time: 01:56:10	
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 : 7 Athlete: TEAM STZ 2							Q-time: 02:19:63	
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 : 4 Athlete: TEAM STZ 1							Q-time: 02:04:20	
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: