

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

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

Coaches: Lauwers Jitske

Coaches: Vanderhulst Kasper

Coaches: Franckx Stan

Coaches: Feyaerts Joeri 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 : 1 Athlete: NIJS LOES					Q-time: 01:38:73
PB (25m pool): 01:38.73 Sint-Pieters-Leeuw 05/10/2025 PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:38.73	
	no time				
					

Coach feedback:

Event number: 28: 100M MEDLEY WOMEN 11+					Heat:1, starttime: 14:30
Heat: 1/10 Lane : 2 Athlete: VANDINGENEN JOKE					Q-time: 01:33:71
PB (25m pool): 01:33.71 LEUVEN 23/11/2025 PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:48.07		01:33.71	
	00:48.07 00:45.64				
					

Coach feedback:

Event number: 28: 100M MEDLEY WOMEN 11+					Heat:3, starttime: 14:34
Heat: 3/10 Lane : 5 Athlete: REMANS ALICE					Q-time: 01:24:83
PB (25m pool): 01:24.83 LEUVEN 23/11/2025 PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.32		01:24.83	
	00:37.32 00:47.51				
					

Coach feedback:

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Event number: 28: 100M MEDLEY WOMEN 11+					Heat:4, starttime: 14:36
Heat: 4/10 Lane : 2 Athlete: CLAESEN SARAH					Q-time: 01:23:06
PB (25m pool): 01:23.06 Hannuit 29/11/2025 PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:23.06	
	no time				
					

Coach feedback:

Event number: 28: 100M MEDLEY WOMEN 11+					Heat:6, starttime: 14:40
Heat: 6/10 Lane : 5 Athlete: REMANS ROSALIE					Q-time: 01:18:96
PB (25m pool): 01:18.96 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		01:18.96	
	no time				
					

Coach feedback:

Event number: 28: 100M MEDLEY WOMEN 11+					Heat:6, starttime: 14:40
Heat: 6/10 Lane : 7 Athlete: ROSSEEL JANNE					Q-time: 01:19:72
PB (25m pool): 01:19.72 Sportoase De Watermolen 21/07/2026 PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.62		01:19.72	
	00:35.62		00:44.10		
					

Coach feedback:

Event number: 28: 100M MEDLEY WOMEN 11+					Heat:7, starttime: 14:42
Heat: 7/10 Lane : 3 Athlete: VANDERVELPEN MEREL					Q-time: 01:15:08
PB (25m pool): 01:15.08 Zaventem 15/07/2025 PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:15.08	
	no time				
					

Coach feedback:

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Event number: 28: 100M MEDLEY WOMEN 11+					Heat:9, starttime: 14:46
Heat: 9/10 Lane : 4 Athlete: LENAERTS HAILEY					Q-time: 01:10:36
PB (25m pool): 01:10.36 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		00:33.28		01:10.36	
	00:33.28		00:37.08		
					

Coach feedback:

Event number: 29: 200M FREESTYLE MEN 13+							Heat:2, starttime: 14:52	
Heat: 2/7 Lane : 2 Athlete: NIJS BAS							Q-time: 02:14:13	
PB (25m pool): 02:14.13 Bastogne 05/04/2026				PB (50m pool): 02:20.69SB: 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		00:30.77		01:05.29		01:40.41		02:14.13
	00:30.77		00:34.52		00:35.12		00:33.72	
								

Coach feedback:

Event number: 29: 200M FREESTYLE MEN 13+							Heat:5, starttime: 15:01	
Heat: 5/7 Lane : 5 Athlete: STERCKX DAAN							Q-time: 02:05:17	
PB (25m pool): 02:05.17 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		00:28.76		01:00.46		01:33.11		02:05.17
	00:28.76		00:31.70		00:32.65		00:32.06	
								

Coach feedback:

Event number: 29: 200M FREESTYLE MEN 13+							Heat:7, starttime: 15:06	
Heat: 7/7 Lane : 3 Athlete: DE SWERDT MATHIAS							Q-time: 01:56:12	
PB (25m pool): 01:55.62 Gent(Sint-Amandsberg) 11/11/2024 PB (50m pool): 02:00.43 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		00:26.20		00:54.92		01:25.20		01:55.62
	00:26.20		00:28.72		00:30.28		00:30.42	
								

Coach feedback:

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Event number: 30: 100M BUTTERFLY WOMEN 13+					Heat:1, starttime: 15:09
Heat: 1/3 Lane : 2 Athlete: REMANS ROSALIE					Q-time: 01:21:88
PB (25m pool): 01:21.88 Bastogne 05/04/2026			PB (50m pool): 01:23.28 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.38		01:21.88	
	00:37.38		00:44.50		
					

Coach feedback:

Event number: 30: 100M BUTTERFLY WOMEN 13+					Heat:1, starttime: 15:09
Heat: 1/3 Lane : 6 Athlete: MAES JULIE					Q-time: 01:18:77
PB (25m pool): 01:18.77 Bastogne 05/04/2026			PB (50m pool): 01:21.56 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.74		01:18.77	
	00:35.74		00:43.03		
					

Coach feedback:

Event number: 31: 100M BREASTSTROKE MEN 11-12					Heat:1, starttime: 15:14
Heat: 1/3 Lane : 5 Athlete: MAES TILL					Q-time: 01:52:94
PB (25m pool): 01:52.94 Sint-Pieters-Leeuw 05/10/2025			PB (50m pool): 01:51.51 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:53.74		01:52.94	
	00:53.74		00:59.20		
					

Coach feedback:

Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:1, starttime: 15:21
Heat: 1/10 Lane : 8 Athlete: NIJS LOES					Q-time: 01:34:46
PB (25m pool): 01:34.46 LEUVEN 21/12/2025			PB (50m pool): 01:33.45 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:46.53		01:34.46	
	00:46.53		00:47.93		
					

Coach feedback:

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Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:2, starttime: 15:23
Heat: 2/10 Lane : 5 Athlete: REMANS ALICE					Q-time: 01:24:05
PB (25m pool): 01:24.05 LEUVEN 21/12/2025					PB (50m pool): 01:28.69 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.28		01:24.05	
	00:40.28		00:43.77		
					

Coach feedback:

Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:2, starttime: 15:23
Heat: 2/10 Lane : 8 Athlete: VANDINGENEN JOKE					Q-time: 01:27:72
PB (25m pool): 01:27.72 Bastogne 05/04/2026					PB (50m pool): 01:31.03 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:43.17		01:27.72	
	00:43.17		00:44.55		
					

Coach feedback:

Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:5, starttime: 15:29
Heat: 5/10 Lane : 1 Athlete: ROSSEEL JANNE					Q-time: 01:17:97
PB (25m pool): 01:17.97 Bastogne 05/04/2026					PB (50m pool): 01:20.70 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.31		01:17.97	
	00:37.31		00:40.66		
					

Coach feedback:

Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:8, starttime: 15:35
Heat: 8/10 Lane : 7 Athlete: ROSKIN LOTTE					Q-time: 01:12:67
PB (25m pool): 01:12.67 LEUVEN 21/12/2025					PB (50m pool): 01:14.94 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.77		01:12.67	
	00:34.77		00:37.90		
					

Coach feedback:

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Event number: 33: 200M BREASTSTROKE MEN 13+							Heat:3, starttime: 15:47	
Heat: 3/3 Lane : 3 Athlete: VANDEVELDE RAF							Q-time: 02:30:06	
PB (25m pool): 02:30.06 Sportoase De Watermolen 21/07/2026 PB (50m pool): 02:40.97 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		00:32.60		01:09.60		01:48.23		02:30.06
	00:32.60		00:37.00		00:38.63		00:41.83	
								

Coach feedback:

Event number: 35: 50M FREESTYLE MEN 13+										Heat:1, starttime: 16:34	
Heat: 1/9 Lane : 3 Athlete: LEMMENS LUCA										Q-time: 00:30:26	
PB (25m pool): 00:30.26 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 00:31.12SB: no time											
PB	2 5 M		5 0 M								
			00:30.26								
			00:30.26								
											

Coach feedback:

Event number: 35: 50M FREESTYLE MEN 13+							Heat:2, starttime: 16:35	
Heat: 2/9 Lane : 4 Athlete: NIJS BAS							Q-time: 00:28:06	
PB (25m pool): 00:28.06 Sportoase De Watermolen 21/07/2026 PB (50m pool): 00:29.05SB: no time								
	2 5 M		5 0 M					
PB			00:28.06					
			00:28.06					
								

Coach feedback:

Event number: 35: 50M FREESTYLE MEN 13+							Heat:3, starttime: 16:36	
Heat: 3/9 Lane : 5 Athlete: DEHAEN FERRE							Q-time: 00:27:28	
PB (25m pool): 00:27.28 Leuven 12/10/2025							PB (50m pool): 00:28.05SB: no time	
PB	2 5 M		5 0 M					
			00:27.28					
			00:27.28					
								

Coach feedback:

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Event number: 35: 50M FREESTYLE MEN 13+			Heat:6, starttime: 16:39
Heat: 6/9 Lane : 2 Athlete: STERCKX DAAN			Q-time: 00:26:03
PB (25m pool): 00:26.03 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 00:26.58 SB: no time			
	2 5 M	5 0 M	
PB		00:26.03	
		00:26.03	
			

Coach feedback:

Event number: 35: 50M FREESTYLE MEN 13+			Heat:7, starttime: 16:40
Heat: 7/9 Lane : 4 Athlete: DEPREZ LUKAS			Q-time: 00:25:35
PB (25m pool): 00:25.35 Bastogne 05/04/2026 PB (50m pool): 00:25.61 SB: no time			
	2 5 M	5 0 M	
PB		00:25.35	
		00:25.35	
			

Coach feedback:

Event number: 35: 50M FREESTYLE MEN 13+			Heat:9, starttime: 16:42
Heat: 9/9 Lane : 2 Athlete: DE SWERDT NIELS			Q-time: 00:23:83
PB (25m pool): 00:23.46 Gent(Sint-Amandsberg) 11/11/2024 PB (50m pool): 00:24.71 SB: no time			
	2 5 M	5 0 M	
PB		00:23.46	
		00:23.46	
			

Coach feedback:

Event number: 35: 50M FREESTYLE MEN 13+			Heat:9, starttime: 16:42
Heat: 9/9 Lane : 3 Athlete: MATTHEUS IBE			Q-time: 00:23:54
PB (25m pool): 00:23.54 Gent 09/11/2025 PB (50m pool): 00:24.71 SB: no time			
	2 5 M	5 0 M	
PB		00:23.54	
		00:23.54	
			

Coach feedback:

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

Event number: 35: 50M FREESTYLE MEN 13+			Heat:9, starttime: 16:42
Heat: 9/9 Lane : 5 Athlete: CIOMMO ALESSANDER			Q-time: 00:23:46
PB (25m pool): 00:23.46 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 00:24.15 SB: no time			
	2 5 M	5 0 M	
PB		00:23.46	
		00:23.46	
			

Coach feedback:

Event number: 35: 50M FREESTYLE MEN 13+			Heat:9, starttime: 16:42
Heat: 9/9 Lane : 7 Athlete: DE SWERDT MATHIAS			Q-time: 00:24:04
PB (25m pool): 00:24.04 LEUVEN 23/11/2025 PB (50m pool): 00:24.77 SB: no time			
	2 5 M	5 0 M	
PB		00:24.04	
		00:24.04	
			

Coach feedback:

Event number: 35: 50M FREESTYLE MEN 13+			Heat:9, starttime: 16:42
Heat: 9/9 Lane : 8 Athlete: VANDERHULST MIDAS			Q-time: 00:24:47
PB (25m pool): 00:24.47 Mons 27/06/2026 PB (50m pool): 00:25.29 SB: no time			
	2 5 M	5 0 M	
PB		00:24.47	
		00:24.47	
			

Coach feedback:

Event number: 36: 50M BREASTSTROKE WOMEN 13+			Heat:2, starttime: 16:44
Heat: 2/4 Lane : 1 Athlete: MAES JULIE			Q-time: 00:38:94
PB (25m pool): 00:38.94 Hannuit 28/03/2026 PB (50m pool): 00:40.79 SB: no time			
	2 5 M	5 0 M	
PB		00:38.94	
		00:38.94	
			

Coach feedback:

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Event number: 36: 50M BREASTSTROKE WOMEN 13+							Heat:4, starttime: 16:47	
Heat: 4/4 Lane : 1 Athlete: ROSKIN LOTTE							Q-time: 00:35:47	
PB (25m pool): 00:35.47 Gent 09/11/2025							PB (50m pool): 00:36.53 SB: no time	
	2 5 M		5 0 M					
PB			00:35.47					
			00:35.47					
								

Coach feedback:

Event number: 36: 50M BREASTSTROKE WOMEN 13+						Heat:4, starttime: 16:47	
Heat: 4/4 Lane : 6 Athlete: LENAERTS HAILEY					Q-time: 00:34:67		
PB (25m pool): 00:34.67 Gent 09/11/2025						PB (50m pool): 00:35.00SB: no time	
	2 5 M		5 0 M				
PB			00:34.67				
			00:34.67				
							

Coach feedback:

Event number: 37: 4x50M MEDLEY MEN 11+						Heat:1, starttime: 16:53		
Heat: 1/3 Lane : 4 Athlete: TEAM TRUST 3						Q-time: 02:13:64		
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 : 4 Athlete: TEAM TRUST 1						Q-time: 01:49:85		
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:

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Event number: 37: 4x50M MEDLEY MEN 11+							Heat:3, starttime: 16:58	
Heat: 3/3 Lane : 5 Athlete: TEAM TRUST 2							Q-time: 01:50:49	
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 : 7 Athlete: TEAM TRUST 3							Q-time: 02:41:18	
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 : 5 Athlete: TEAM TRUST 1							Q-time: 02:10:49	
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 : 8 Athlete: TEAM TRUST 2							Q-time: 02:21:42	
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: