

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

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

Coaches: Segers Ellen HEADCOACH

Coaches: Dubois Louis

Coaches: Houtevelt Kyllian

PB => Personal Best time

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

Event number: 28: 100M MEDLEY WOMEN 11+					Heat:7, starttime: 14:42
Heat: 7/10 Lane : 1 Athlete: DEROOST BEAU					Q-time: 01:16:54
PB (25m pool): 01:16.54 Kapelle-op-den-Bos 19/04/2026 PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:16.54	
	no time				
					

Coach feedback:

Event number: 28: 100M MEDLEY WOMEN 11+					Heat:10, starttime: 14:48
Heat: 10/10 Lane : 1 Athlete: VERROKEN MIRTE					Q-time: 01:10:14
PB (25m pool): 01:06.96 De Druppelteen 16/04/2023 PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:06.96	
	no time				
					

Coach feedback:

Event number: 28: 100M MEDLEY WOMEN 11+					Heat:10, starttime: 14:48
Heat: 10/10 Lane : 7 Athlete: DONIN MANON					Q-time: 01:08:70
PB (25m pool): 01:08.70 Leuven 23/02/2025 PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:08.70	
	no time				
					

Coach feedback:

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Event number: 29: 200M FREESTYLE MEN 13+							Heat:1, starttime: 14:49	
Heat: 1/7 Lane : 3 Athlete: BOMBAERT LOUIS							Q-time: 02:20:35	
PB (25m pool): 02:20.35 Sportoase De Watermolen 21/07/2026 PB (50m pool): 02:35.24 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		00:32.51		01:08.28		01:45.01		02:20.35
	00:32.51		00:35.77		00:36.73		00:35.34	
								

Coach feedback:

Event number: 29: 200M FREESTYLE MEN 13+							Heat:2, starttime: 14:52	
Heat: 2/7 Lane : 5 Athlete: DE BACKER BRENT							Q-time: 02:12:20	
PB (25m pool): 02:12.20 Sint-Pieters-Leeuw 01/03/2026 PB (50m pool): 02:25.27 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		00:29.43		01:03.08		no time		02:12.20
	00:29.43		00:33.65					
								

Coach feedback:

Event number: 29: 200M FREESTYLE MEN 13+							Heat:5, starttime: 15:01	
Heat: 5/7 Lane : 8 Athlete: VOLCKAERT THOMAS							Q-time: 02:05:83	
PB (25m pool): 02:05.83 Liedekerke 01/05/2026							PB (50m pool): 02:09.34 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		no time		no time		no time		02:05.83
	no time							
								

Coach feedback:

Event number: 29: 200M FREESTYLE MEN 13+							Heat:6, starttime: 15:03	
Heat: 6/7 Lane : 3 Athlete: VERROKEN GERBEN							Q-time: 02:01:19	
PB (25m pool): 01:59.30 Gent(Sint-Amandsberg) 11/11/2024 PB (50m pool): 02:02.49 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		00:27.74		00:58.50		01:29.03		01:59.30
	00:27.74		00:30.76		00:30.53		00:30.27	
								

Coach feedback:

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Event number: 29: 200M FREESTYLE MEN 13+							Heat:6, starttime: 15:03	
Heat: 6/7 Lane : 4 Athlete: PERSOONS EMIEL							Q-time: 02:00:10	
PB (25m pool): 02:00.10 Zwembad De Motte 14/07/2026				PB (50m pool): 02:04.37 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		00:28.23		00:58.64		no time		02:00.10
	00:28.23		00:30.41					
								

Coach feedback:

Event number: 30: 100M BUTTERFLY WOMEN 13+					Heat:2, starttime: 15:11
Heat: 2/3 Lane : 3 Athlete: LANDRIEU NORA				Q-time: 01:11:66	
PB (25m pool): 01:11.66 Zwembad De Treffer 06/04/2026 PB (50m pool): 01:32.76 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.66		01:11.66	
	00:32.66		00:39.00		
					

Coach feedback:

Event number: 30: 100M BUTTERFLY WOMEN 13+							Heat:3, starttime: 15:12	
Heat: 3/3 Lane : 1 Athlete: DONIN MANON							Q-time: 01:09:32	
PB (25m pool): 01:08.06 Liedekerke 03/11/2024				PB (50m pool): 01:09.51 SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:30.95		01:08.06				
	00:30.95		00:37.11					
								

Coach feedback:

Event number: 30: 100M BUTTERFLY WOMEN 13+							Heat:3, starttime: 15:12	
Heat: 3/3 Lane : 7 Athlete: DE BACKER BIRGIT							Q-time: 01:08:66	
PB (25m pool): 01:08.66 LEUVEN 22/02/2026				PB (50m pool): 01:09.26 SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:31.68		01:08.66				
	00:31.68		00:36.98					
								

Coach feedback:

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Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:4, starttime: 15:27
Heat: 4/10 Lane : 5 Athlete: BIESEMANS JANA					Q-time: 01:19:37
PB (25m pool): 01:19.37 Aarschot 27/07/2026 PB (50m pool): 01:21.25 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:19.37	
	no time				
					

Coach feedback:

Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:6, starttime: 15:31
Heat: 6/10 Lane : 2 Athlete: HEREMANS DITTE					Q-time: 01:16:31
PB (25m pool): 01:16.31 LEUVEN 22/02/2026 PB (50m pool): 01:17.94 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.32		01:16.31	
	00:37.32 00:38.99				
					

Coach feedback:

Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:8, starttime: 15:35
Heat: 8/10 Lane : 5 Athlete: VERROKEN MIRTE					Q-time: 01:11:41
PB (25m pool): 01:07.95 Liedekerke 01/05/2023 PB (50m pool): 01:11.65 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:07.95	
	no time				
					

Coach feedback:

Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:10, starttime: 15:38
Heat: 10/10 Lane : 7 Athlete: DE BACKER BIRGIT					Q-time: 01:07:97
PB (25m pool): 01:07.97 Zwembad De Motte 14/07/2026 PB (50m pool): 01:11.15 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.72		01:07.97	
	00:32.72 00:35.25				
					

Coach feedback:

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Event number: 33: 200M BREASTSTROKE MEN 13+							Heat:3, starttime: 15:47	
Heat: 3/3 Lane : 1 Athlete: DE PEYPER MATS							Q-time: 02:38:37	
PB (25m pool): 02:38.37 Tervuren 30/05/2026				PB (50m pool): 02:46.35 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		00:35.43		01:15.17		01:55.77		02:38.37
	00:35.43		00:39.74		00:40.60		00:42.60	
								

Coach feedback:

Event number: 33: 200M BREASTSTROKE MEN 13+							Heat:3, starttime: 15:47	
Heat: 3/3 Lane : 5 Athlete: VERROKEN GERBEN							Q-time: 02:29:33	
PB (25m pool): 02:29.33 Tervuren 30/05/2026				PB (50m pool): 02:36.33 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		01:12.07		01:51.82		02:29.33
	00:33.39		00:38.68		00:39.75		00:37.51	
								

Coach feedback:

Event number: 33: 200M BREASTSTROKE MEN 13+							Heat:3, starttime: 15:47	
Heat: 3/3 Lane : 6 Athlete: PERSOONS EMIEL							Q-time: 02:31:06	
PB (25m pool): 02:31.06 Tervuren 30/05/2026				PB (50m pool): 02:38.35 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		00:34.12		01:12.77		01:52.08		02:31.06
	00:34.12		00:38.65		00:39.31		00:38.98	
								

Coach feedback:

Event number: 34: 400M MEDLEY WOMEN 13+							Heat:1, starttime: 15:51	
Heat: 1/2 Lane : 5 Athlete: DEROOST BEAU							Q-time: 05:45:26	
PB (25m pool): 05:45.26 Sportoase De Watermolen 21/07/2026 PB (50m pool): 06:07.70SB: 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		00:35.50		01:18.35		02:03.99		02:49.14
	00:35.50		00:42.85		00:45.64		00:45.15	
								
	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		03:37.01		04:26.74		05:06.23		05:45.26
	00:47.87		00:49.73		00:39.49		00:39.03	
								

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Event number: 34: 400M MEDLEY WOMEN 13+							Heat:2, starttime: 15:57	
Heat: 2/2 Lane : 1 Athlete: LANDRIEU NORA							Q-time: 05:27:34	
PB (25m pool): 05:27.34 Meise 21/06/2026			PB (50m pool): 05:42.65SB: 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		00:33.52		01:12.82		no time		no time
	00:33.52		00:39.30					
								
	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		05:27.34
								

Coach feedback:

Event number: 35: 50M FREESTYLE MEN 13+							Heat:4, starttime: 16:37	
Heat: 4/9 Lane : 1 Athlete: DE PEYPER MATS							Q-time: 00:27:12	
PB (25m pool): 00:27.28 Kapelle-op-den-Bos 19/04/2026							PB (50m pool): 00:27.12 SB: no time	
	2 5 M		5 0 M					
PB			00:27.28					
	00:27.28							
								

Coach feedback:

Event number: 35: 50M FREESTYLE MEN 13+										Heat:4, starttime: 16:37	
Heat: 4/9 Lane : 4 Athlete: VOLCKAERT THOMAS										Q-time: 00:26:84	
PB (25m pool): 00:26.84 LEUVEN. 22/02/2026										PB (50m pool): 00:26.94SB: no time	
PB	2 5 M			5 0 M							
				00:26.84							
				00:26.84							
											

Coach feedback:

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Event number: 35: 50M FREESTYLE MEN 13+			Heat:5, starttime: 16:38
Heat: 5/9 Lane : 4 Athlete: DONIN THIBAUT			Q-time: 00:26:14
PB (25m pool): 00:25.97 Sportoase Philipssite 26/02/2023			PB (50m pool): 00:26.90 SB: no time
	2 5 M	5 0 M	
PB		00:25.97	
		00:25.97	
			

Coach feedback:

Event number: 35: 50M FREESTYLE MEN 13+			Heat:5, starttime: 16:38
Heat: 5/9 Lane : 5 Athlete: DE BACKER BRENT			Q-time: 00:26:31
PB (25m pool): 00:26.31 Aarschoot 27/07/2026			PB (50m pool): 00:27.53 SB: no time
	2 5 M	5 0 M	
PB		00:26.31	
		00:26.31	
			

Coach feedback:

Event number: 35: 50M FREESTYLE MEN 13+			Heat:6, starttime: 16:39
Heat: 6/9 Lane : 3 Athlete: PERSOONS EMIEL			Q-time: 00:25:96
PB (25m pool): 00:25.96 Kapelle-op-den-Bos 19/04/2026			PB (50m pool): 00:27.22 SB: no time
	2 5 M	5 0 M	
PB		00:25.96	
		00:25.96	
			

Coach feedback:

Event number: 35: 50M FREESTYLE MEN 13+			Heat:8, starttime: 16:41
Heat: 8/9 Lane : 5 Athlete: VOLCKAERT MATTHIAS			Q-time: 00:24:81
PB (25m pool): 00:24.81 Hannuit 18/01/2025			PB (50m pool): 00:25.55 SB: no time
	2 5 M	5 0 M	
PB		00:24.81	
		00:24.81	
			

Coach feedback:

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Event number: 35: 50M FREESTYLE MEN 13+			Heat:9, starttime: 16:42
Heat: 9/9 Lane : 1 Athlete: BOUDCHICH ILYAS			Q-time: 00:24:44
PB (25m pool): 00:24.44 Liedekerke 01/05/2026			PB (50m pool): 00:24.92 SB: no time
	2 5 M	5 0 M	
PB		00:24.44	
		00:24.44	
			

Coach feedback:

Event number: 36: 50M BREASTSTROKE WOMEN 13+			Heat:1, starttime: 16:43
Heat: 1/4 Lane : 5 Athlete: VEIRMAN LOTTE			Q-time: 00:39:97
PB (25m pool): 00:39.97 Sint-Pieters-Leeuw 01/03/2026			PB (50m pool): 00:41.50 SB: no time
	2 5 M	5 0 M	
PB		00:39.97	
		00:39.97	
			

Coach feedback:

Event number: 36: 50M BREASTSTROKE WOMEN 13+			Heat:2, starttime: 16:44
Heat: 2/4 Lane : 8 Athlete: BIESEMANS JANA			Q-time: 00:39:34
PB (25m pool): 00:39.34 Aarschot 27/07/2026			PB (50m pool): 00:39.95 SB: no time
	2 5 M	5 0 M	
PB		00:39.34	
		00:39.34	
			

Coach feedback:

Event number: 36: 50M BREASTSTROKE WOMEN 13+			Heat:4, starttime: 16:47
Heat: 4/4 Lane : 3 Athlete: DONIN MANON			Q-time: 00:33:73
PB (25m pool): 00:33.73 Hannuit 18/01/2025			PB (50m pool): 00:34.24 SB: no time
	2 5 M	5 0 M	
PB		00:33.73	
		00:33.73	
			

Coach feedback:

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Event number: 37: 4x50M MEDLEY MEN 11+							Heat:3, starttime: 16:58	
Heat: 3/3 Lane : 7 Athlete: TEAM ZIOS							Q-time: 01:55:00	
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 : 8 Athlete: TEAM ZIOS							Q-time: 02:08:00	
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: