

CVB STZ 2026: Session: 1: COACH evaluation sheet for TEAM: DIZV

Coachinfo: Warming up from: 13:00 untill 13:50. Teamleadmeeting @ The listed starttimes are indicative!

PB => Personal Best time

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

Event number: 2: 200M BACKSTROKE WOMEN 11+

Heat:2, starttime: 14:09

Heat: 2/5 Lane : 1 Athlete: DE WILDE MARGOT

Q-time: 99:99:99

PB (25m pool): 03:10.33 Overijse 30/11/2024

PB (50m pool): 03:26.77 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		00:44.04		01:32.35		no time		03:10.33
	00:44.04		00:48.31					
								

Coach feedback:

Event number: 2: 200M BACKSTROKE WOMEN 11+

Heat:2, starttime: 14:09

Heat: 2/5 Lane : 6 Athlete: DE BUS ANNA-LENA

Q-time: 99:99:99

PB (25m pool): 03:07.64 Overijse 30/11/2024

PB (50m pool): 03:19.79 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		00:43.98		01:31.83		no time		03:07.64
	00:43.98		00:47.85					
								

Coach feedback:

Event number: 2: 200M BACKSTROKE WOMEN 11+

Heat:3, starttime: 14:14

Heat: 3/5 Lane : 1 Athlete: VANDEROOST ANNA

Q-time: 03:36:96

PB (25m pool): 03:36.96 Dilbeek 11/05/2025

PB (50m pool): 03:38.57 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		00:53.15		01:48.87		no time		03:36.96
	00:53.15		00:55.72					
								

Coach feedback:

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Event number: 2: 200M BACKSTROKE WOMEN 11+							Heat:3, starttime: 14:14	
Heat: 3/5 Lane : 2 Athlete: VANDEROOST CLARA							Q-time: 03:22:36	
PB (25m pool): 03:22.36 Dilbeek 11/05/2025				PB (50m pool): 03:56.47 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		00:47.57		01:39.63		no time		03:22.36
	00:47.57		00:52.06					
								

Coach feedback:

Event number: 2: 200M BACKSTROKE WOMEN 11+							Heat:4, starttime: 14:19	
Heat: 4/5 Lane : 1 Athlete: DE BUS ALISSIA							Q-time: 03:12:18	
PB (25m pool): 03:12.18 Meise 22/06/2025				PB (50m pool): 03:22.91 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		00:45.50		01:33.23		no time		03:12.18
	00:45.50		00:47.73					
								

Coach feedback:

Event number: 2: 200M BACKSTROKE WOMEN 11+							Heat:4, starttime: 14:19	
Heat: 4/5 Lane : 2 Athlete: DERIJCKE LAURA							Q-time: 03:07:63	
PB (25m pool): 03:04.32 Ternat 31/03/2024				PB (50m pool): 03:08.73SB: 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		03:04.32
	no time							
								

Coach feedback:

Event number: 2: 200M BACKSTROKE WOMEN 11+							Heat:4, starttime: 14:19	
Heat: 4/5 Lane : 5 Athlete: CLABAUT ELINA							Q-time: 03:08:70	
PB (25m pool): 03:12.91 Dilbeek 11/05/2025				PB (50m pool): 03:08.70 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		00:46.38		01:35.45		no time		03:12.91
	00:46.38		00:49.07					
								

Coach feedback:

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Event number: 2: 200M BACKSTROKE WOMEN 11+							Heat:5, starttime: 14:23	
Heat: 5/5 Lane : 1 Athlete: DE WILDE LORE							Q-time: 02:46:28	
PB (25m pool): 02:46.28 Meise 22/06/2025				PB (50m pool): 02:53.05 SB: 02:49.18 Leuven 12/10/2025				
	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		00:39.69		01:22.23		no time		02:46.28
	00:39.69		00:42.54					
								

Coach feedback:

Event number: 2: 200M BACKSTROKE WOMEN 11+							Heat:5, starttime: 14:23	
Heat: 5/5 Lane : 2 Athlete: VERHERSTRAETEN LORE							Q-time: 02:36:08	
PB (25m pool): 02:36.08 Leuven 12/10/2025			PB (50m pool): 02:43.85SB: 02:36.08 Leuven 12/10/2025					
	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		00:37.02		01:17.43		01:58.09		02:36.08
	00:37.02		00:40.41		00:40.66		00:37.99	
								

Coach feedback:

Event number: 3: 200M BUTTERFLY MEN 11+							Heat:1, starttime: 14:26	
Heat: 1/3 Lane : 3 Athlete: VERHERSTRAETEN KOBE							Q-time: 99:99:99	
PB (25m pool): no time			PB (50m pool): no time 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		no time
	no time							
								

Coach feedback:

Event number: 3: 200M BUTTERFLY MEN 11+							Heat:2, starttime: 14:31	
Heat: 2/3 Lane : 1 Athlete: ADAMS HENRY							Q-time: 99:99:99	
PB (25m pool): no time			PB (50m pool): no time 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		no time
	no time							
								

Coach feedback:

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Event number: 3: 200M BUTTERFLY MEN 11+							Heat:2, starttime: 14:31	
Heat: 2/3 Lane : 2 Athlete: VERSTRYNGE OSCAR							Q-time: 99:99:99	
PB (25m pool): no time			PB (50m pool): no time 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		no time
	no time							
								

Coach feedback:

Event number: 7: 200M FREESTYLE WOMEN 11+							Heat:5, starttime: 15:06	
Heat: 5/7 Lane : 3 Athlete: DERIJCKE LAURA							Q-time: 02:39:12	
PB (25m pool): 02:36.53 Dilbeek 12/05/2024				PB (50m pool): 02:43.28SB: 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		02:36.53
	no time							
								

Coach feedback:

Event number: 7: 200M FREESTYLE WOMEN 11+							Heat:6, starttime: 15:09	
Heat: 6/7 Lane : 6 Athlete: MOXHET TESS							Q-time: 02:37:87	
PB (25m pool): 02:37.87 Leuven 12/10/2025				PB (50m pool): 02:47.54SB: 02:37.87 Leuven 12/10/2025				
	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		00:36.39		01:16.80		01:58.81		02:37.87
	00:36.39		00:40.41		00:42.01		00:39.06	
								

Coach feedback:

Event number: 9: 50M BREASTSTROKE WOMEN 11+							Heat:2, starttime: 15:47	
Heat: 2/5 Lane : 3 Athlete: VANDEROOST CLARA							Q-time: 00:51:58	
PB (25m pool): 00:51.58 Aarschot 16/03/2025							PB (50m pool): no time SB: no time	
	2 5 M	5 0 M						
PB		00:51.58						
	00:51.58							
								

Coach feedback:

CVB STZ 2026: Session: 1: COACH evaluation sheet for TEAM: DIZV

Event number: 9: 50M BREASTSTROKE WOMEN 11+			Heat:2, starttime: 15:47
Heat: 2/5 Lane : 4 Athlete: VANDEROOST ANNA			Q-time: 00:51:67
PB (25m pool): 00:51.67 Aarschot 16/03/2025			PB (50m pool): no time SB: no time
	2 5 M	5 0 M	
PB		00:51.67	
		00:51.67	
			

Coach feedback:

Event number: 9: 50M BREASTSTROKE WOMEN 11+			Heat:3, starttime: 15:48
Heat: 3/5 Lane : 2 Athlete: LA MARCA EMMA			Q-time: 00:49:83
PB (25m pool): 00:50.78 Aarschot 16/03/2025			PB (50m pool): 00:49.83 SB: no time
	2 5 M	5 0 M	
PB		00:50.78	
		00:50.78	
			

Coach feedback:

Event number: 9: 50M BREASTSTROKE WOMEN 11+			Heat:3, starttime: 15:48
Heat: 3/5 Lane : 3 Athlete: DE WILDE LORE			Q-time: 00:46:99
PB (25m pool): 00:46.06 Tervuren 13/10/2024			PB (50m pool): 00:48.37 SB: no time
	2 5 M	5 0 M	
PB		00:46.06	
		00:46.06	
			

Coach feedback:

Event number: 9: 50M BREASTSTROKE WOMEN 11+			Heat:4, starttime: 15:50
Heat: 4/5 Lane : 5 Athlete: DE BUS ANNA-LENA			Q-time: 00:45:47
PB (25m pool): 00:45.07 Tervuren 13/10/2024			PB (50m pool): 00:45.47 SB: no time
	2 5 M	5 0 M	
PB		00:45.07	
		00:45.07	
			

Coach feedback:

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Event number: 11: 50M BREASTSTROKE MEN 11+			Heat:3, starttime: 16:11
Heat: 3/6 Lane : 4 Athlete: PROPS LUKAS			Q-time: 00:48:45
PB (25m pool): 00:48.45 Dilbeek 28/09/2025			PB (50m pool): no time SB: 00:48.45 Dilbeek 28/09/2025
	2 5 M	5 0 M	
PB		00:48.45	
		00:48.45	
			

Coach feedback:

Event number: 11: 50M BREASTSTROKE MEN 11+			Heat:3, starttime: 16:11
Heat: 3/6 Lane : 5 Athlete: HAEZEBROUCK THIJS			Q-time: 00:49:96
PB (25m pool): 00:50.00 Dilbeek 28/09/2025			PB (50m pool): 00:49.96 SB: 00:50.00 Dilbeek 28/09/2025
	2 5 M	5 0 M	
PB		00:50.00	
		00:50.00	
			

Coach feedback:

Event number: 11: 50M BREASTSTROKE MEN 11+			Heat:4, starttime: 16:13
Heat: 4/6 Lane : 4 Athlete: DIMITROV YOAN			Q-time: 00:44:02
PB (25m pool): 00:44.02 Dilbeek 28/09/2025			PB (50m pool): 00:44.68 SB: 00:44.02 Dilbeek 28/09/2025
	2 5 M	5 0 M	
PB		00:44.02	
		00:44.02	
			

Coach feedback:

Event number: 11: 50M BREASTSTROKE MEN 11+			Heat:5, starttime: 16:14
Heat: 5/6 Lane : 6 Athlete: BOSSUYT LIAS			Q-time: 00:42:33
PB (25m pool): 00:47.68 Meise 22/06/2025			PB (50m pool): 00:42.33 SB: no time
	2 5 M	5 0 M	
PB		00:47.68	
		00:47.68	
			

Coach feedback:

CVB STZ 2026: Session: 1: COACH evaluation sheet for TEAM: DIZV

Event number: 15: 200M MEDLEY WOMEN 11+							Heat:1, starttime: 16:22	
Heat: 1/6 Lane : 3 Athlete: DE BUS ALISSIA							Q-time: 99:99:99	
PB (25m pool): 03:27.53 Ternat 26/12/2023				PB (50m pool): 03:31.20 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		03:27.53
	no time							
								

Coach feedback:

Event number: 15: 200M MEDLEY WOMEN 11+							Heat:3, starttime: 16:31	
Heat: 3/6 Lane : 5 Athlete: LA MARCA EMMA							Q-time: 03:23:92	
PB (25m pool): 03:23.92 Tremelo 18/01/2026				PB (50m pool): 03:28.85SB: 03:23.92 Tremelo 18/01/2026				
	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		00:47.83		no time		no time		03:23.92
	00:47.83							
								

Coach feedback:

Event number: 15: 200M MEDLEY WOMEN 11+							Heat:4, starttime: 16:35	
Heat: 4/6 Lane : 1 Athlete: CLABAUT ELINA							Q-time: 03:13:56	
PB (25m pool): 03:13.56 Dendermonde 22/11/2025				PB (50m pool): 03:37.15SB: 03:13.56 Dendermonde 22/11/2025				
	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		00:50.18		no time		no time		03:13.56
	00:50.18							
								

Coach feedback:

Event number: 15: 200M MEDLEY WOMEN 11+							Heat:6, starttime: 16:42	
Heat: 6/6 Lane : 2 Athlete: VERHERSTRAETEN LORE							Q-time: 02:37:60	
PB (25m pool): 02:37.60 Leuven 12/10/2025				PB (50m pool): 02:41.90SB: 02:37.60 Leuven 12/10/2025				
	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		00:36.29		01:15.39		02:03.52		02:37.60
	00:36.29		00:39.10		00:48.13		00:34.08	
								

Coach feedback:

CVB STZ 2026: Session: 1: COACH evaluation sheet for TEAM: DIZV

Event number: 16: 200M FREESTYLE MEN 11+							Heat:2, starttime: 16:50	
Heat: 2/10 Lane : 3 Athlete: ADAMS HENRY							Q-time: 99:99:99	
PB (25m pool): 02:34.65 Dilbeek 12/05/2024				PB (50m pool): 02:41.30 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		02:34.65
	no time							
								

Coach feedback:

Event number: 16: 200M FREESTYLE MEN 11+							Heat:6, starttime: 17:06	
Heat: 6/10 Lane : 6 Athlete: PROPS LUKAS							Q-time: 02:53:71	
PB (25m pool): 02:54.75 Meise 22/06/2025				PB (50m pool): 02:53.71SB: 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		00:41.01		01:27.92		no time		02:54.75
	00:41.01		00:46.91					
								

Coach feedback:

Event number: 16: 200M FREESTYLE MEN 11+							Heat:7, starttime: 17:09	
Heat: 7/10 Lane : 3 Athlete: VERSTRYNGE OSCAR							Q-time: 02:40:24	
PB (25m pool): 02:40.24 Overijse 29/11/2025				PB (50m pool): no time SB: 02:40.24 Overijse 29/11/2025				
	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		00:36.17		01:18.33		no time		02:40.24
	00:36.17		00:42.16					
								

Coach feedback:

Event number: 17: 200M BUTTERFLY WOMEN 11+							Heat:1, starttime: 17:21	
Heat: 1/2 Lane : 3 Athlete: MOXHET TESS							Q-time: 99:99:99	
PB (25m pool): no time			PB (50m pool): no time 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		no time
	no time							
								

Coach feedback:

CVB STZ 2026: Session: 1: COACH evaluation sheet for TEAM: DIZV

Event number: 17: 200M BUTTERFLY WOMEN 11+							Heat:2, starttime: 17:24	
Heat: 2/2 Lane : 5 Athlete: DE WILDE MARGOT							Q-time: 99:99:99	
PB (25m pool): no time			PB (50m pool): no time 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		no time
	no time							
								

Coach feedback:

Event number: 18: 200M BACKSTROKE MEN 11+							Heat:1, starttime: 17:28	
Heat: 1/4 Lane : 5 Athlete: DIMITROV YOAN							Q-time: 99:99:99	
PB (25m pool): no time			PB (50m pool): no time 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		no time
	no time							
								

Coach feedback:

Event number: 18: 200M BACKSTROKE MEN 11+							Heat:3, starttime: 17:37	
Heat: 3/4 Lane : 6 Athlete: HAEZEBROUCK THIJS							Q-time: 03:24:31	
PB (25m pool): 03:26.85 Dilbeek 11/05/2025				PB (50m pool): 03:24.31 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		00:47.82		01:40.82		no time		03:26.85
	00:47.82		00:53.00					
								

Coach feedback:

Event number: 18: 200M BACKSTROKE MEN 11+							Heat:4, starttime: 17:41	
Heat: 4/4 Lane : 2 Athlete: VERHERSTRAETEN KOBE							Q-time: 02:42:35	
PB (25m pool): 02:42.35 Gent 23/02/2025				PB (50m pool): 02:43.72 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		00:38.38		01:19.80		02:02.84		02:42.35
	00:38.38		00:41.42		00:43.04		00:39.51	
								

Coach feedback:

CVB STZ 2026: Session: 1: COACH evaluation sheet for TEAM: DIZV

Event number: 18: 200M BACKSTROKE MEN 11+							Heat:4, starttime: 17:41	
Heat: 4/4 Lane : 6 Athlete: BOSSUYT LIAS							Q-time: 02:56:63	
PB (25m pool): 03:11.67 Dilbeek 11/05/2025				PB (50m pool): 02:56.63SB: 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		00:46.04		01:35.36		no time		03:11.67
	00:46.04		00:49.32					
								

Coach feedback:

Event number: 19: 4x50M FREESTYLE WOMEN 11+							Heat:2, starttime: 17:53	
Heat: 2/2 Lane : 1 Athlete: TEAM DIZV 2							Q-time: 02:20:00	
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: 19: 4x50M FREESTYLE WOMEN 11+							Heat:2, starttime: 17:53	
Heat: 2/2 Lane : 5 Athlete: TEAM DIZV 1							Q-time: 02:20:00	
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: 20: 4x50M FREESTYLE MEN 11+							Heat:2, starttime: 17:59	
Heat: 2/3 Lane : 5 Athlete: TEAM DIZV 1							Q-time: 02:20:00	
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: