

VBCSM 2 6: Session: 1: COACH Evaluation sheet for TEAM: BEST

Coachinfo: Warming up from: 08:00 untill 08:50. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Mentens Nele HEADCOACH

PB => Personal Best time

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

Event number: 1: 50M BUTTERFLY WOMEN 11+			Heat:1, starttime: 09:00
Heat: 1/6 Lane : 5 Athlete: BERTOLAZZI MONA			Q-time: 00:52:52
PB (25m pool): no time			PB (50m pool): 00:52.52 SB: no time
	2 5 M	5 0 M	
PB		no time	
		no time	
			

Coach feedback:

Event number: 1: 50M BUTTERFLY WOMEN 11+			Heat:2, starttime: 09:02
Heat: 2/6 Lane : 1 Athlete: VANGENECHTEN ANNA			Q-time: 00:45:72
PB (25m pool): 00:45.72 Tremelo 18/01/2026			PB (50m pool): 00:46.39 SB: 00:45.72 Tremelo 18/01/2026
	2 5 M	5 0 M	
PB		00:45.72	
		00:45.72	
			

Coach feedback:

Event number: 1: 50M BUTTERFLY WOMEN 11+			Heat:3, starttime: 09:02
Heat: 3/6 Lane : 8 Athlete: VANMECHELEN KATO			Q-time: 00:42:25
PB (25m pool): no time			PB (50m pool): 00:42.25 SB: no time
	2 5 M	5 0 M	
PB		no time	
		no time	
			

Coach feedback:

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Event number: 1: 50M BUTTERFLY WOMEN 11+							Heat:4, starttime: 09:04		
Heat: 4/6 Lane : 5 Athlete: GHOOS KATO							Q-time: 00:35:64		
PB (25m pool): 00:35.64 Stedelijk Zwembad Geel 15/02/2026							PB (50m pool): 00:35.71 SB: 00:35.64 Stedelijk Zwembad Geel 15/02/2026		
	2 5 M		5 0 M						
PB			00:35.64						
			00:35.64						
									

Coach feedback:

Event number: 2: 50M BUTTERFLY MEN 11+							Heat:2, starttime: 09:08		
Heat: 2/5 Lane : 2 Athlete: VANGENECHTEN MATTHIAS							Q-time: 00:44:09		
PB (25m pool): 00:46.82 Stedelijk Zwembad Geel 15/02/2026							PB (50m pool): 00:44.09 SB: 00:46.82 Stedelijk Zwembad Geel 15/02/2026		
	2 5 M		5 0 M						
PB			00:46.82						
			00:46.82						
									

Coach feedback:

Event number: 2: 50M BUTTERFLY MEN 11+							Heat:2, starttime: 09:08		
Heat: 2/5 Lane : 4 Athlete: VANINBROUKX TOON							Q-time: 00:37:67		
PB (25m pool): 00:37.67 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 00:40.05 SB: 00:37.67 Stedelijk Zwembad Geel 15/02/2026									
	2 5 M		5 0 M						
PB			00:37.67						
			00:37.67						
									

Coach feedback:

Event number: 3: 200M FREESTYLE WOMEN 11+						Heat:6, starttime: 09:32	
Heat: 6/6 Lane : 2 Athlete: VANDERLINDEN PAULIEN						Q-time: 02:18:48	
PB (25m pool): 02:18.48 Leuven 12/10/2025						PB (50m pool): 02:25.27 SB: 02:18.48 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
PB		00:32.52		01:08.35		01:45.04	02:18.48
	00:32.52		00:35.83		00:36.69		00:33.44
							

Coach feedback:

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Event number: 4: 200M FREESTYLE MEN 11+							Heat:5, starttime: 09:50	
Heat: 5/6 Lane : 8 Athlete: PROUVé VIKTOR							Q-time: 02:20:67	
PB (25m pool): 02:20.67 Leuven 12/10/2025				PB (50m pool): 02:21.82SB: 02:20.67 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		00:32.13		01:08.41		01:44.88		02:20.67
	00:32.13		00:36.28		00:36.47		00:35.79	
								

Coach feedback:

Event number: 4: 200M FREESTYLE MEN 11+							Heat:6, starttime: 09:52	
Heat: 6/6 Lane : 1 Athlete: VAN HOOFF COBE							Q-time: 02:05:67	
PB (25m pool): 02:05.67 Leuven 12/10/2025				PB (50m pool): 02:08.08SB: 02:05.67 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		00:29.58		01:01.68		01:34.78		02:05.67
	00:29.58		00:32.10		00:33.10		00:30.89	
								

Coach feedback:

Event number: 5: 50M BACKSTROKE WOMEN 11+										Heat:3, starttime: 10:00	
Heat: 3/6 Lane : 1 Athlete: BERTOLAZZI MONA										Q-time: 00:43:05	
PB (25m pool): 00:43.05 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): no time SB: 00:43.05 Stedelijk Zwembad Geel 15/02/2026											
PB	2 5 M		5 0 M								
			00:43.05								
			00:43.05								
											

Coach feedback:

Event number: 5: 50M BACKSTROKE WOMEN 11+							Heat:3, starttime: 10:00			
Heat: 3/6 Lane : 3 Athlete: VANMECHELEN KATO							Q-time: 00:41:81			
PB (25m pool): 00:41.81 Aarschot 29/03/2026				PB (50m pool): 00:46.74SB: 00:41.81 Aarschot 29/03/2026						
	2 5 M		5 0 M							
PB			00:41.81							
			00:41.81							
										

Coach feedback:

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Event number: 5: 50M BACKSTROKE WOMEN 11+			Heat:3, starttime: 10:00
Heat: 3/6 Lane : 4 Athlete: VANGENECHTEN ANNA			Q-time: 00:40:38
PB (25m pool): 00:40.38 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): no time SB: 00:40.38 Stedelijk Zwembad Geel 15/02/2026			
	2 5 M	5 0 M	
PB		00:40.38	
		00:40.38	
			

Coach feedback:

Event number: 5: 50M BACKSTROKE WOMEN 11+			Heat:5, starttime: 10:02
Heat: 5/6 Lane : 8 Athlete: GHOOS KATO			Q-time: 00:38:12
PB (25m pool): 00:38.12 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): no time SB: 00:38.12 Stedelijk Zwembad Geel 15/02/2026			
	2 5 M	5 0 M	
PB		00:38.12	
		00:38.12	
			

Coach feedback:

Event number: 6: 50M BACKSTROKE MEN 11+			Heat:3, starttime: 10:26
Heat: 3/5 Lane : 2 Athlete: VANINBROUKX TOON			Q-time: 00:40:53
PB (25m pool): 00:40.96 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 00:40.53 SB: 00:40.96 Stedelijk Zwembad Geel 15/02/2026			
	2 5 M	5 0 M	
PB		00:40.96	
		00:40.96	
			

Coach feedback:

Event number: 6: 50M BACKSTROKE MEN 11+			Heat:3, starttime: 10:26
Heat: 3/5 Lane : 4 Athlete: VANGENECHTEN MATTHIAS			Q-time: 00:38:25
PB (25m pool): 00:38.25 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): no time SB: 00:38.25 Stedelijk Zwembad Geel 15/02/2026			
	2 5 M	5 0 M	
PB		00:38.25	
		00:38.25	
			

Coach feedback:

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Event number: 6: 50M BACKSTROKE MEN 11+							Heat:4, starttime: 10:28		
Heat: 4/5 Lane : 6 Athlete: PROUVé VIKTOR							Q-time: 00:33:63		
PB (25m pool): 00:33.63 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 00:34.14 SB: 00:33.63 Stedelijk Zwembad Geel 15/02/2026									
	2 5 M		5 0 M						
PB			00:33.63						
			00:33.63						
									

Coach feedback:

Event number: 7: 200M BREASTSTROKE WOMEN 11+							Heat:1, starttime: 10:30	
Heat: 1/4 Lane : 4 Athlete: VANGENECHTEN ANNA							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 BREASTSTROKE WOMEN 11+							Heat:2, starttime: 10:36	
Heat: 2/4 Lane : 4 Athlete: VANMECHELEN KATO							Q-time: 03:45:13	
PB (25m pool): 03:45.13 Mol 28/12/2025							PB (50m pool): no time SB: 03:45.13 Mol 28/12/2025	
	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		00:53.03		01:51.88		02:51.78		03:45.13
	00:53.03		00:58.85		00:59.90		00:53.35	
								

Coach feedback:

Event number: 7: 200M BREASTSTROKE WOMEN 11+							Heat:2, starttime: 10:36	
Heat: 2/4 Lane : 8 Athlete: BERTOLAZZI MONA							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: 7: 200M BREASTSTROKE WOMEN 11+							Heat:4, starttime: 10:44	
Heat: 4/4 Lane : 5 Athlete: VANDERLINDEN PAULIEN							Q-time: 02:58:06	
PB (25m pool): 02:58.06 LEUVEN 23/11/2025				PB (50m pool): 03:00.79SB: 02:58.06 LEUVEN 23/11/2025				
	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		00:39.76		01:25.38		02:14.01		02:58.06
	00:39.76		00:45.62		00:48.63		00:44.05	
								

Coach feedback:

Event number: 8: 200M BREASTSTROKE MEN 11+							Heat:4, starttime: 11:00	
Heat: 4/4 Lane : 5 Athlete: VAN HOOFF COBE							Q-time: 02:34:10	
PB (25m pool): 02:34.10 Leuven 12/10/2025				PB (50m pool): 02:42.15 SB: 02:34.10 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		00:34.43		01:13.39		01:53.22		02:34.10
	00:34.43		00:38.96		00:39.83		00:40.88	
								

Coach feedback:

Event number: 9: 400M MEDLEY WOMEN 11+							Heat:1, starttime: 11:04	
Heat: 1/3 Lane : 3 Athlete: GHOOS KATO							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 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		no time		no time		no time		no time
	no time							
								
	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		no time
								

Coach feedback: