

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

Coachinfo: Warming up from: 13:00 untill 13:50. 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: 10: 100M FREESTYLE MIXED 10-9					Heat:1, starttime: 14:00
Heat: 1/6 Lane : 6 Athlete: GHOOS DORIEN					Q-time: 99:99:99
PB (25m pool):		PB (50m pool):		SB:	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB					
					

Coach feedback:

Event number: 11: 200M BACKSTROKE WOMEN 11+							Heat:1, starttime: 14:14	
Heat: 1/7 Lane : 2 Athlete: DE BRIER ROSALIE							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: 11: 200M BACKSTROKE WOMEN 11+							Heat:2, starttime: 14:20	
Heat: 2/7 Lane : 6 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: 11: 200M BACKSTROKE WOMEN 11+							Heat:3, starttime: 14:24	
Heat: 3/7 Lane : 2 Athlete: VANGENECHTEN ANNA							Q-time: 03:41:33	
PB (25m pool): 03:41.33 Aarschot 16/03/2025				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		00:53.09		01:53.24		no time		03:41.33
	00:53.09		01:00.15					
								

Coach feedback:

Event number: 11: 200M BACKSTROKE WOMEN 11+							Heat:3, starttime: 14:24	
Heat: 3/7 Lane : 6 Athlete: VANMECHELEN KATO							Q-time: 03:34:54	
PB (25m pool): 03:34.54 Tremelo 25/05/2025				PB (50m pool): no time SB: 03:36.16 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		00:52.15		01:47.12		no time		03:34.54
	00:52.15		00:54.97					
								

Coach feedback:

Event number: 11: 200M BACKSTROKE WOMEN 11+							Heat:5, starttime: 14:34	
Heat: 5/7 Lane : 5 Athlete: GHOOS KATO							Q-time: 02:51:45	
PB (25m pool): 02:51.45 LEUVEN 21/12/2025			PB (50m pool): no time SB: 02:51.45 LEUVEN 21/12/2025					
	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		00:41.18		01:25.16		02:09.69		02:51.45
	00:41.18		00:43.98		00:44.53		00:41.76	
								

Coach feedback:

Event number: 11: 200M BACKSTROKE WOMEN 11+							Heat:7, starttime: 14:42	
Heat: 7/7 Lane : 5 Athlete: VANDERLINDEN PAULIEN							Q-time: 02:28:01	
PB (25m pool): 02:28.01 Leuven 12/10/2025				PB (50m pool): 02:34.04SB: 02:28.01 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		00:35.90		01:13.65		01:52.13		02:28.01
	00:35.90		00:37.75		00:38.48		00:35.88	
								

Coach feedback:

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Event number: 12: 200M BACKSTROKE MEN 11+							Heat:1, starttime: 14:44	
Heat: 1/6 Lane : 5 Athlete: VANINBROUKX TOON							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: 12: 200M BACKSTROKE MEN 11+							Heat:1, starttime: 14:44	
Heat: 1/6 Lane : 6 Athlete: VANGENECHTEN MATTHIAS							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: 12: 200M BACKSTROKE MEN 11+							Heat:6, starttime: 15:06	
Heat: 6/6 Lane : 8 Athlete: VAN HOOFF COBE							Q-time: 02:31:94	
PB (25m pool): 02:28.11 3500 Hasselt 24/11/2024				PB (50m pool): 02:31.94SB: 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		00:33.61		01:11.11		01:49.78		02:28.11
	00:33.61		00:37.50		00:38.67		00:38.33	
								

Coach feedback:

Event number: 13: 100M BACKSTROKE MIXED 10-9					Heat:2, starttime: 15:14			
Heat: 2/6 Lane : 8 Athlete: GHOOS DORIEN					Q-time: 99:99:99			
PB (25m pool):		PB (50m pool):			SB:			
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB								
								

Coach feedback:

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Event number: 16: 400M FREESTYLE WOMEN 11+							Heat:3, starttime: 16:10	
Heat: 3/9 Lane : 1 Athlete: BERTOLAZZI MONA							Q-time: 06:18:29	
PB (25m pool): 06:18.29 Aarschot 29/03/2026				PB (50m pool): no time SB: 06:18.29 Aarschot 29/03/2026				
	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		00:44.27		01:32.98		no time		03:12.09
	00:44.27		00:48.71					
								
	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		06:18.29
								

Coach feedback:

Event number: 16: 400M FREESTYLE WOMEN 11+							Heat:3, starttime: 16:10	
Heat: 3/9 Lane : 3 Athlete: VANMECHELEN KATO							Q-time: 06:07:70	
PB (25m pool): 06:07.70 Aarschot 29/03/2026			PB (50m pool): no time SB: 06:07.70 Aarschot 29/03/2026					
	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		00:42.86		01:29.71		no time		03:06.40
	00:42.86		00:46.85					
								
	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		06:07.70
								

Coach feedback:

Event number: 16: 400M FREESTYLE WOMEN 11+							Heat:3, starttime: 16:10	
Heat: 3/9 Lane : 7 Athlete: DE BRIER ROSALIE							Q-time: 06:17:02	
PB (25m pool): 06:17.02 Aarschot 29/03/2026				PB (50m pool): no time SB: 06:17.02 Aarschot 29/03/2026				
	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		00:44.15		01:32.26		no time		03:09.59
	00:44.15		00:48.11					
								
	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		06:17.02
								

Coach feedback:

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Event number: 16: 400M FREESTYLE WOMEN 11+							Heat:4, starttime: 16:18	
Heat: 4/9 Lane : 1 Athlete: VANGENECHTEN ANNA							Q-time: 06:05:10	
PB (25m pool): 06:05.10 Aarschot 29/03/2026				PB (50m pool): no time SB: 06:05.10 Aarschot 29/03/2026				
	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		01:28.98		no time		03:04.06
	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		06:05.10
								

Coach feedback:

Event number: 16: 400M FREESTYLE WOMEN 11+							Heat:9, starttime: 16:48	
Heat: 9/9 Lane : 1 Athlete: VANDERLINDEN PAULIEN							Q-time: 04:53:05	
PB (25m pool): 04:53.05 Tienen 26/10/2025				PB (50m pool): 05:09.57 SB: 04:53.05 Tienen 26/10/2025				
	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		01:09.68		no time		02:25.78
	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		04:53.05
								

Coach feedback:

Event number: 17: 200M MEDLEY MEN 11+							Heat:2, starttime: 16:58	
Heat: 2/7 Lane : 3 Athlete: VANGENECHTEN MATTHIAS							Q-time: 03:22:66	
PB (25m pool): 03:22.66 Tremelo 18/01/2026				PB (50m pool): 03:37.16SB: 03:22.66 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		00:52.91		no time		no time		03:22.66
	00:52.91							
								

Coach feedback:

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Event number: 17: 200M MEDLEY MEN 11+							Heat:2, starttime: 16:58	
Heat: 2/7 Lane : 6 Athlete: VANINBROUKX TOON							Q-time: 03:32:43	
PB (25m pool): no time			PB (50m pool): 03:32.43 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		no time		no time		no time		no time
	no time							
								

Coach feedback:

Event number: 17: 200M MEDLEY MEN 11+							Heat:7, starttime: 17:16	
Heat: 7/7 Lane : 2 Athlete: VAN HOOFF COBE							Q-time: 02:22:82	
PB (25m pool): 02:22.82 Leuven 12/10/2025			PB (50m pool): 02:26.31 SB: 02:22.82 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		00:31.28		01:08.52		01:49.58		02:22.82
	00:31.28		00:37.24		00:41.06		00:33.24	
								

Coach feedback: