

# VBCSM 2 6: Session: 2: COACH evaluation sheet for TEAM: DMB

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

Coaches: Braeken Vera

PB => Personal Best time

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

| Event number: 16: 400M FREESTYLE WOMEN 11+        |         |         |         |                                                               |         |         | Heat:3, starttime: 16:10 |          |
|---------------------------------------------------|---------|---------|---------|---------------------------------------------------------------|---------|---------|--------------------------|----------|
| Heat: 3/9    Lane : 6    Athlete: BIANCHI MAIA    |         |         |         |                                                               |         |         | Q-time: 06:11:88         |          |
| PB (25m pool): 06:11.88    Beringen    08/02/2026 |         |         |         | PB (50m pool): 07:29.68SB: 06:11.88    Beringen    08/02/2026 |         |         |                          |          |
|                                                   | 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 |         | 01:25.01                                                      |         | no time |                          | 03:00.93 |
|                                                   | 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 |                          | 06:11.88 |
|                                                   |         |         |         |                                                               |         |         |                          |          |
|                                                   | .....   | .....   | .....   | .....                                                         | .....   | .....   | .....                    | .....    |

Coach feedback:

| Event number: 16: 400M FREESTYLE WOMEN 11+        |         |         |         |                                                                |         |         | Heat:6, starttime: 16:30 |          |
|---------------------------------------------------|---------|---------|---------|----------------------------------------------------------------|---------|---------|--------------------------|----------|
| Heat: 6/9    Lane : 7    Athlete: NULENS AZZURRA  |         |         |         |                                                                |         |         | Q-time: 05:31:21         |          |
| PB (25m pool): 05:31.21    Beringen    08/02/2026 |         |         |         | PB (50m pool): 06:23.74 SB: 05:31.21    Beringen    08/02/2026 |         |         |                          |          |
|                                                   | 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 |         | 01:18.98                                                       |         | no time |                          | 02:43.02 |
|                                                   | 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 |                          | 05:31.21 |
|                                                   |         |         |         |                                                                |         |         |                          |          |
|                                                   | .....   | .....   | .....   | .....                                                          | .....   | .....   | .....                    | .....    |

Coach feedback:

| Event number: 16: 400M FREESTYLE WOMEN 11+        |         |         |                                                                  |          |         |         | Heat:6, starttime: 16:30 |          |
|---------------------------------------------------|---------|---------|------------------------------------------------------------------|----------|---------|---------|--------------------------|----------|
| Heat: 6/9    Lane : 8    Athlete: MOORS CALISTA   |         |         |                                                                  |          |         |         | Q-time: 05:35:02         |          |
| PB (25m pool): 05:35.02    Beringen    08/02/2026 |         |         | PB (50m pool): no time    SB: 05:35.02    Beringen    08/02/2026 |          |         |         |                          |          |
|                                                   | 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 |                                                                  | 01:19.16 |         | no time |                          | 02:45.08 |
|                                                   | 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 |                          | 05:35.02 |
|                                                   |         |         |                                                                  |          |         |         |                          |          |
|                                                   | .....   | .....   | .....                                                            | .....    | .....   | .....   | .....                    | .....    |

# VBCSM 2 6: Session: 2: COACH evaluation sheet for TEAM: DMB

| Event number: 17: 200M MEDLEY MEN 11+           |           |           |           |                                                             |           |           | Heat:4, starttime: 17:06 |           |
|-------------------------------------------------|-----------|-----------|-----------|-------------------------------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 4/7    Lane : 1    Athlete: NIJS VIKTOR   |           |           |           |                                                             |           |           | Q-time: 02:58:69         |           |
| PB (25m pool): 02:58.69    Lommel    22/02/2026 |           |           |           | PB (50m pool): 03:37.43SB: 02:58.69    Lommel    22/02/2026 |           |           |                          |           |
|                                                 | 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                                              |           | 00:41.06  |           | no time                                                     |           | no time   |                          | 02:58.69  |
|                                                 | 00:41.06  |           |           |                                                             |           |           |                          |           |
|                                                 | . . . . . | . . . . . | . . . . . | . . . . .                                                   | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 17: 200M MEDLEY MEN 11+           |           |           |                                                          |           |           |           | Heat:4, starttime: 17:06 |           |
|-------------------------------------------------|-----------|-----------|----------------------------------------------------------|-----------|-----------|-----------|--------------------------|-----------|
| Heat: 4/7    Lane : 2    Athlete: JORISKES GIJS |           |           |                                                          |           |           |           | Q-time: 02:56:95         |           |
| PB (25m pool): 02:56.95    Lommel 22/02/2026    |           |           | PB (50m pool): 02:59.48SB: 02:56.95    Lommel 22/02/2026 |           |           |           |                          |           |
|                                                 | 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                                              |           | 00:39.50  |                                                          | no time   |           | no time   |                          | 02:56.95  |
|                                                 | 00:39.50  |           |                                                          |           |           |           |                          |           |
|                                                 | . . . . . | . . . . . | . . . . .                                                | . . . . . | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 17: 200M MEDLEY MEN 11+                 |           |           |           |                                                            |           |           | Heat:4, starttime: 17:06 |           |
|-------------------------------------------------------|-----------|-----------|-----------|------------------------------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 4/7    Lane : 6    Athlete: FERREIRA CRAVO ENZO |           |           |           |                                                            |           |           | Q-time: 02:56:87         |           |
| PB (25m pool): 02:58.84    Hasselt 12/10/2025         |           |           |           | PB (50m pool): 02:56.87 SB: 02:58.84    Hasselt 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                                                    |           | 00:40.13  |           | 01:24.80                                                   |           | 02:19.58  |                          | 02:58.84  |
|                                                       | 00:40.13  |           | 00:44.67  |                                                            | 00:54.78  |           | 00:39.26                 |           |
|                                                       | . . . . . | . . . . . | . . . . . | . . . . .                                                  | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback: