

VBCSM 2 6: Session: 3: COACH evaluation sheet for TEAM: STZ

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

Coaches: Leemans Mats

Coaches: Chrispeels Sarah

Coaches: Januarius Bart

Coaches: Silvestre Coralie

PB => Personal Best time

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

Event number: 20: 100M BREASTSTROKE MEN 11+					Heat:1, starttime: 09:16
Heat: 1/4 Lane : 5 Athlete: CLAESSENS MATTIZ					Q-time: 02:20:41
PB (25m pool): 02:20.41 Ternat 30/03/2025					PB (50m pool): 02:14.95 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		01:05.49		02:20.41	
		01:05.49		01:14.92	
					

Coach feedback:

Event number: 20: 100M BREASTSTROKE MEN 11+					Heat:1, starttime: 09:16
Heat: 1/4 Lane : 6 Athlete: DHONDT MICHIEL					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	
PB		no time		no time	
		no time			
					

Coach feedback:

Event number: 20: 100M BREASTSTROKE MEN 11+					Heat:2, starttime: 09:18
Heat: 2/4 Lane : 6 Athlete: TIELEMANS WOLF					Q-time: 01:51:39
PB (25m pool): 01:51.39 Tournai 18/01/2026					PB (50m pool): 01:52.73 SB: 01:51.39 Tournai 18/01/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:53.93		01:51.39	
		00:53.93		00:57.46	
					

Coach feedback:

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Event number: 20: 100M BREASTSTROKE MEN 11+					Heat:2, starttime: 09:18
Heat: 2/4 Lane : 8 Athlete: SZAUKA DAVID					Q-time: 02:01:91
PB (25m pool): 02:01.91 Liedekerke 11/11/2025			PB (50m pool): no time SB: 02:01.91 Liedekerke 11/11/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:58.56		02:01.91	
	00:58.56		01:03.35		
					

Coach feedback:

Event number: 20: 100M BREASTSTROKE MEN 11+					Heat:3, starttime: 09:20
Heat: 3/4 Lane : 3 Athlete: GHISLAIN ANTOINE					Q-time: 01:34:59
PB (25m pool): 01:34.59 LEUVEN 21/12/2025			PB (50m pool): 01:38.25 SB: 01:34.59 LEUVEN 21/12/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:44.23		01:34.59	
	00:44.23		00:50.36		
					

Coach feedback:

Event number: 22: 100M FREESTYLE MEN 11+					Heat:1, starttime: 09:36
Heat: 1/6 Lane : 4 Athlete: JANUARIUS JULES					Q-time: 01:24:80
PB (25m pool): 01:24.80 Tournai 18/01/2026			PB (50m pool): 01:23.57 SB: 01:24.80 Tournai 18/01/2026		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.83		01:24.80	
	00:38.83		00:45.97		
					

Coach feedback:

Event number: 22: 100M FREESTYLE MEN 11+					Heat:1, starttime: 09:36
Heat: 1/6 Lane : 5 Athlete: SZAUKA DAVID					Q-time: 01:26:94
PB (25m pool): 01:26.94 Sint-Pieters-Leeuw 05/10/2025			PB (50m pool): 01:35.16 SB: 01:26.94 Sint-Pieters-Leeuw 05/10/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:42.09		01:26.94	
	00:42.09		00:44.85		
					

Coach feedback:

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Event number: 23: 100M FREESTYLE WOMEN 11+					Heat:2, starttime: 09:50
Heat: 2/8 Lane : 6 Athlete: PEETERS RUCHE ALICIA					Q-time: 01:32:48
PB (25m pool): 01:32.48 Gent 23/02/2025					PB (50m pool): 01:20.40 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:42.28		01:32.48	
	00:42.28		00:50.20		
					

Coach feedback:

Event number: 24: 50M BREASTSTROKE MEN 11+					Heat:1, starttime: 10:18
Heat: 1/2 Lane : 2 Athlete: DHONDT MICHIEL					Q-time: 00:55:59
PB (25m pool): 00:55.59 Sint-Pieters-Leeuw 01/03/2026					PB (50m pool): no time SB: 00:55.59 Sint-Pieters-Leeuw 01/03/2026
	2 5 M	5 0 M			
PB		00:55.59			
	00:55.59				
					

Coach feedback:

Event number: 24: 50M BREASTSTROKE MEN 11+					Heat:1, starttime: 10:18
Heat: 1/2 Lane : 5 Athlete: TIELEMANS WOLF					Q-time: 00:51:16
PB (25m pool): 00:51.16 Tienen 26/10/2025					PB (50m pool): no time SB: 00:51.16 Tienen 26/10/2025
	2 5 M	5 0 M			
PB		00:51.16			
	00:51.16				
					

Coach feedback:

Event number: 26: 50M FREESTYLE MEN 11+					Heat:1, starttime: 10:26
Heat: 1/6 Lane : 3 Athlete: DHONDT MICHIEL					Q-time: 99:99:99
PB (25m pool): 00:42.99 Kapelle-op-den-Bos 19/04/2026					PB (50m pool): no time SB: 00:42.99 Kapelle-op-den-Bos 19/04/2026
	2 5 M	5 0 M			
PB		00:42.99			
	00:42.99				
					

Coach feedback:

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Event number: 26: 50M FREESTYLE MEN 11+			Heat:2, starttime: 10:28
Heat: 2/6 Lane : 3 Athlete: JANUARIUS JULES			Q-time: 00:40:13
PB (25m pool): 00:40.13 Dilbeek 28/09/2025			PB (50m pool): no time SB: 00:40.13 Dilbeek 28/09/2025
	2 5 M	5 0 M	
PB		00:40.13	
		00:40.13	
			

Coach feedback:

Event number: 26: 50M FREESTYLE MEN 11+			Heat:2, starttime: 10:28
Heat: 2/6 Lane : 4 Athlete: SZAUKA DAVID			Q-time: 00:39:90
PB (25m pool): 00:38.09 Kapelle-op-den-Bos 19/04/2026			PB (50m pool): no time SB: 00:38.09 Kapelle-op-den-Bos 19/04/2026
	2 5 M	5 0 M	
PB		00:38.09	
		00:38.09	
			

Coach feedback:

Event number: 26: 50M FREESTYLE MEN 11+			Heat:3, starttime: 10:28
Heat: 3/6 Lane : 8 Athlete: CLAESSENS MATTIZ			Q-time: 00:39:65
PB (25m pool): 00:39.65 Sint-Pieters-Leeuw 01/03/2026			PB (50m pool): no time SB: 00:39.65 Sint-Pieters-Leeuw 01/03/2026
	2 5 M	5 0 M	
PB		00:39.65	
		00:39.65	
			

Coach feedback:

Event number: 26: 50M FREESTYLE MEN 11+			Heat:4, starttime: 10:30
Heat: 4/6 Lane : 8 Athlete: GHISLAIN ANTOINE			Q-time: 00:34:67
PB (25m pool): 00:34.67 Wildersportcomplex 16/03/2025			PB (50m pool): 00:32.05 SB: no time
	2 5 M	5 0 M	
PB		00:34.67	
		00:34.67	
			

Coach feedback:

VBCSM 2 6: Session: 3: COACH evaluation sheet for TEAM: STZ

Event number: 27: 50M FREESTYLE WOMEN 11+							Heat:2, starttime: 10:34		
Heat: 2/6 Lane : 3 Athlete: PEETERS RUCHE ALICIA							Q-time: 00:38:29		
PB (25m pool): 00:37.50 Kapelle-op-den-Bos 19/04/2026							PB (50m pool): no time SB: 00:37.50 Kapelle-op-den-Bos 19/04/2026		
	2 5 M		5 0 M						
PB			00:37.50						
			00:37.50						
									

Coach feedback:

Event number: 28: 400M MEDLEY MEN 11+						Heat:1, starttime: 10:40		
Heat: 1/2 Lane : 4 Athlete: GHISLAIN ANTOINE						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: