

VBCSM 2 6: Session: 4: 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: 30: 100M MEDLEY MIXED 10-9					Heat:1, starttime: 14:06
Heat: 1/3 Lane : 2 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: 30: 100M MEDLEY MIXED 10-9					Heat:3, starttime: 14:10
Heat: 3/3 Lane : 8 Athlete: KERCKHOFS DIEWKE					Q-time: 01:45:56
PB (25m pool): 01:45.56 Aarschot 29/03/2026		PB (50m pool): no time		SB: 01:45.56 Aarschot 29/03/2026	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:45.56	
		no time			
					

Coach feedback:

Event number: 31: 100M MEDLEY WOMEN 11+					Heat:3, starttime: 14:18
Heat: 3/8 Lane : 4 Athlete: BERTOLAZZI MONA					Q-time: 01:35:14
PB (25m pool): 01:35.14 Stedelijk Zwembad Geel 15/02/2026		PB (50m pool): no time		SB: 01:35.14 Stedelijk Zwembad Geel 15/02/2026	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:45.62		01:35.14	
		00:45.62		00:49.52	
					

Coach feedback:

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Event number: 31: 100M MEDLEY WOMEN 11+					Heat:3, starttime: 14:18
Heat: 3/8 Lane : 7 Athlete: DE BRIER ROSALIE					Q-time: 01:38:91
PB (25m pool): 01:38.91 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): no time SB: 01:38.91 Stedelijk Zwembad Geel 15/02/2026					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:47.39		01:38.91	
	00:47.39		00:51.52		
					

Coach feedback:

Event number: 31: 100M MEDLEY WOMEN 11+					Heat:4, starttime: 14:20
Heat: 4/8 Lane : 5 Athlete: KERCKHOFS WOUKE					Q-time: 01:25:93
PB (25m pool): 01:25.93 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): no time SB: 01:25.93 Stedelijk Zwembad Geel 15/02/2026					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:41.37		01:25.93	
	00:41.37		00:44.56		
					

Coach feedback:

Event number: 31: 100M MEDLEY WOMEN 11+					Heat:4, starttime: 14:20
Heat: 4/8 Lane : 6 Athlete: VANGENECHTEN ANNA					Q-time: 01:28:28
PB (25m pool): 01:28.28 Aarschot 29/03/2026 PB (50m pool): no time SB: 01:28.28 Aarschot 29/03/2026					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:28.28	
	no time				
					

Coach feedback:

Event number: 31: 100M MEDLEY WOMEN 11+					Heat:4, starttime: 14:20
Heat: 4/8 Lane : 7 Athlete: VANMECHELEN KATO					Q-time: 01:31:16
PB (25m pool): 01:31.16 Aarschot 29/03/2026 PB (50m pool): no time SB: 01:31.16 Aarschot 29/03/2026					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:31.16	
	no time				
					

Coach feedback:

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Event number: 31: 100M MEDLEY WOMEN 11+					Heat:6, starttime: 14:24
Heat: 6/8 Lane : 3 Athlete: GHOOS KATO					Q-time: 01:19:42
PB (25m pool): 01:19.42 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): no time SB: 01:19.42 Stedelijk Zwembad Geel 15/02/2026					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.99		01:19.42	
	00:36.99		00:42.43		
					

Coach feedback:

Event number: 31: 100M MEDLEY WOMEN 11+					Heat:7, starttime: 14:26
Heat: 7/8 Lane : 3 Athlete: KERCKHOFS NIENKE					Q-time: 01:14:44
PB (25m pool): 01:14.44 Mol 28/12/2025 PB (50m pool): no time SB: 01:14.44 Mol 28/12/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.48		01:14.44	
	00:34.48		00:39.96		
					

Coach feedback:

Event number: 31: 100M MEDLEY WOMEN 11+					Heat:8, starttime: 14:28
Heat: 8/8 Lane : 7 Athlete: VANDERLINDEN PAULIEN					Q-time: 01:10:50
PB (25m pool): 01:10.50 Tienen 26/10/2025 PB (50m pool): no time SB: 01:10.50 Tienen 26/10/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:10.50	
	no time				
					

Coach feedback:

Event number: 32: 100M MEDLEY MEN 11+					Heat:2, starttime: 14:32
Heat: 2/6 Lane : 1 Athlete: VANINBROUKX TOON					Q-time: 01:31:68
PB (25m pool): 01:31.68 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): no time SB: 01:31.68 Stedelijk Zwembad Geel 15/02/2026					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.24		01:31.68	
	00:39.24		00:52.44		
					

Coach feedback:

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Event number: 32: 100M MEDLEY MEN 11+					Heat:2, starttime: 14:32
Heat: 2/6 Lane : 6 Athlete: VANGENECHTEN MATTHIAS					Q-time: 01:28:72
PB (25m pool): 01:28.72 Aarschot 29/03/2026					PB (50m pool): no time SB: 01:28.72 Aarschot 29/03/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:28.72	
	no time				
					

Coach feedback:

Event number: 32: 100M MEDLEY MEN 11+					Heat:3, starttime: 14:34
Heat: 3/6 Lane : 8 Athlete: SCHEEPERS ELIAZ					Q-time: 01:26:23
PB (25m pool): 01:26.23 LEUVEN 21/12/2025					PB (50m pool): no time SB: 01:26.23 LEUVEN 21/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.40		01:26.23	
	00:40.40 00:45.83				
					

Coach feedback:

Event number: 32: 100M MEDLEY MEN 11+					Heat:4, starttime: 14:36
Heat: 4/6 Lane : 5 Athlete: PROUVé VIKTOR					Q-time: 01:11:97
PB (25m pool): 01:11.97 Stedelijk Zwembad Geel 15/02/2026					PB (50m pool): no time SB: 01:11.97 Stedelijk Zwembad Geel 15/02/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.88		01:11.97	
	00:32.88 00:39.09				
					

Coach feedback:

Event number: 32: 100M MEDLEY MEN 11+					Heat:6, starttime: 14:40
Heat: 6/6 Lane : 1 Athlete: VAN HOOFF COBE					Q-time: 01:05:60
PB (25m pool): 01:05.60 Stedelijk Zwembad Geel 15/02/2026					PB (50m pool): no time SB: 01:05.60 Stedelijk Zwembad Geel 15/02/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.78		01:05.60	
	00:30.78 00:34.82				
					

Coach feedback:

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Event number: 33: 100M BREASTSTROKE MIXED 10-9					Heat:2, starttime: 14:44
Heat: 2/4 Lane : 1 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: 33: 100M BREASTSTROKE MIXED 10-9					Heat:2, starttime: 14:44
Heat: 2/4 Lane : 4 Athlete: KERCKHOFS DIEWKE					Q-time: 02:02:17
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: 34: 100M BACKSTROKE WOMEN 11+					Heat:3, starttime: 15:00
Heat: 3/7 Lane : 5 Athlete: VANMECHELEN KATO					Q-time: 01:33:00
PB (25m pool): 01:37.48 Pelt 05/10/2025		PB (50m pool): 01:33.00		SB: 01:37.48 Pelt 05/10/2025	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:48.13		01:37.48	
	00:48.13		00:49.35		
					

Coach feedback:

Event number: 34: 100M BACKSTROKE WOMEN 11+					Heat:4, starttime: 15:02
Heat: 4/7 Lane : 2 Athlete: VANGENECHTEN ANNA					Q-time: 01:29:99
PB (25m pool): 01:35.90 Pelt 05/10/2025		PB (50m pool): 01:29.99		SB: 01:35.90 Pelt 05/10/2025	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:47.10		01:35.90	
	00:47.10		00:48.80		
					

Coach feedback:

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Event number: 34: 100M BACKSTROKE WOMEN 11+					Heat:4, starttime: 15:02
Heat: 4/7 Lane : 5 Athlete: KERCKHOFS WOUKE					Q-time: 01:27:93
PB (25m pool): 01:27.93 Pelt 05/10/2025			PB (50m pool): 01:30.26 SB: 01:27.93 Pelt 05/10/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:44.03		01:27.93	
	00:44.03		00:43.90		
					

Coach feedback:

Event number: 34: 100M BACKSTROKE WOMEN 11+					Heat:7, starttime: 15:10
Heat: 7/7 Lane : 7 Athlete: KERCKHOFS NIENKE					Q-time: 01:14:55
PB (25m pool): 01:14.55 Stedelijk Zwembad Geel 15/02/2026			PB (50m pool): 01:16.71 SB: 01:14.55 Stedelijk Zwembad Geel 15/02/2026		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.43		01:14.55	
	00:36.43		00:38.12		
					

Coach feedback:

Event number: 35: 100M BACKSTROKE MEN 11+					Heat:2, starttime: 15:14
Heat: 2/5 Lane : 5 Athlete: VANINBROUKX TOON					Q-time: 01:26:44
PB (25m pool): 01:26.44 Stedelijk Zwembad Geel 15/02/2026			PB (50m pool): 01:33.97 SB: 01:26.44 Stedelijk Zwembad Geel 15/02/2026		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:41.96		01:26.44	
	00:41.96		00:44.48		
					

Coach feedback:

Event number: 35: 100M BACKSTROKE MEN 11+					Heat:3, starttime: 15:16
Heat: 3/5 Lane : 1 Athlete: VANGENECHTEN MATTHIAS					Q-time: 01:23:34
PB (25m pool): 01:31.47 Pelt 05/10/2025			PB (50m pool): 01:23.34 SB: 01:31.47 Pelt 05/10/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:45.65		01:31.47	
	00:45.65		00:45.82		
					

Coach feedback:

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Event number: 35: 100M BACKSTROKE MEN 11+					Heat:3, starttime: 15:16
Heat: 3/5 Lane : 2 Athlete: SCHEEPERS ELIAZ					Q-time: 01:21:64
PB (25m pool): 01:25.85 LEUVEN 23/11/2025			PB (50m pool): 01:21.64 SB: 01:25.85 LEUVEN 23/11/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:42.01		01:25.85	
	00:42.01		00:43.84		
					

Coach feedback:

Event number: 35: 100M BACKSTROKE MEN 11+					Heat:4, starttime: 15:20
Heat: 4/5 Lane : 4 Athlete: PROUVÉ VIKTOR					Q-time: 01:11:01
PB (25m pool): 01:11.01 Stedelijk Zwembad Geel 15/02/2026			PB (50m pool): 01:13.67 SB: 01:11.01 Stedelijk Zwembad Geel 15/02/2026		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.27		01:11.01	
	00:34.27		00:36.74		
					

Coach feedback:

Event number: 36: 200M MEDLEY WOMEN 11+							Heat:1, starttime: 15:38	
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: 36: 200M MEDLEY WOMEN 11+							Heat:1, starttime: 15:38	
Heat: 1/7 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: 36: 200M MEDLEY WOMEN 11+							Heat:4, starttime: 15:50	
Heat: 4/7 Lane : 4 Athlete: GHOOS KATO							Q-time: 02:53:10	
PB (25m pool): 02:57.57 Leuven 12/10/2025				PB (50m pool): 02:53.10SB: 02:57.57 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		00:42.19		01:27.42		02:18.37		02:57.57
	00:42.19		00:45.23		00:50.95		00:39.20	
								

Coach feedback:

Event number: 36: 200M MEDLEY WOMEN 11+							Heat:7, starttime: 16:00	
Heat: 7/7 Lane : 1 Athlete: VANDERLINDEN PAULIEN							Q-time: 02:31:74	
PB (25m pool): 02:31.74 Leuven 12/10/2025			PB (50m pool): 02:34.74 SB: 02:31.74 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		00:33.30		01:11.71		01:56.36		02:31.74
	00:33.30		00:38.41		00:44.65		00:35.38	
								

Coach feedback:

Event number: 37: 400M FREESTYLE MEN 11+							Heat:5, starttime: 16:30	
Heat: 5/5 Lane : 8 Athlete: VAN HOOFF COBE							Q-time: 04:24:24	
PB (25m pool): 04:24.24 Leuven 12/10/2025				PB (50m pool): 04:31.63SB: 04:24.24 Leuven 12/10/2025				
	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		00:29.58		01:02.26		01:35.61		02:09.69
	00:29.58		00:32.68		00:33.35		00:34.08	
								
	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		02:43.73		03:17.87		03:52.20		04:24.24
	00:34.04		00:34.14		00:34.33		00:32.04	
								

Coach feedback:

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Event number: 38: 4x50M FREESTYLE WOMEN 11+							Heat:1, starttime: 16:40	
Heat: 1/2 Lane : 5 Athlete: TEAM BEST 1							Q-time: 99:99:99	
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: 38: 4x50M FREESTYLE WOMEN 11+							Heat:1, starttime: 16:40	
Heat: 1/2 Lane : 6 Athlete: TEAM BEST 2							Q-time: 99:99:99	
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: 39: 4x50M FREESTYLE MEN 11+							Heat:1, starttime: 16:46	
Heat: 1/2 Lane : 5 Athlete: TEAM BEST 1							Q-time: 99:99:99	
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: