

VBCSM 2 6: Session: 4: 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: 36: 200M MEDLEY WOMEN 11+							Heat:2, starttime: 15:42	
Heat: 2/7 Lane : 3 Athlete: SCHROOTEN LIEN							Q-time: 03:17:57	
PB (25m pool): 03:17.57 Lommel 22/02/2026				PB (50m pool): 03:39.32SB: 03:17.57 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		00:46.16		no time		no time		03:17.57
	00:46.16							
								

Coach feedback:

Event number: 36: 200M MEDLEY WOMEN 11+							Heat:3, starttime: 15:46	
Heat: 3/7 Lane : 6 Athlete: MOORS CALISTA							Q-time: 03:06:32	
PB (25m pool): 03:06.32 Lommel 22/02/2026				PB (50m pool): 03:44.69 SB: 03:06.32 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		00:44.67		no time		no time		03:06.32
	00:44.67							
								

Coach feedback:

Event number: 36: 200M MEDLEY WOMEN 11+							Heat:4, starttime: 15:50	
Heat: 4/7 Lane : 6 Athlete: NULENS AZZURRA							Q-time: 02:57:68	
PB (25m pool): 02:57.68 Lommel 22/02/2026				PB (50m pool): 03:11.21 SB: 02:57.68 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		00:39.71		no time		no time		02:57.68
	00:39.71							
								

Coach feedback:

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Event number: 37: 400M FREESTYLE MEN 11+							Heat:3, starttime: 16:20	
Heat: 3/5 Lane : 1 Athlete: NIJS VIKTOR							Q-time: 05:38:46	
PB (25m pool): 05:38.46 Beringen 08/02/2026			PB (50m pool): 08:41.54SB: 05:38.46 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		01:19.09		no time		02:47.31
	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		05:38.46
								

Coach feedback: