

VBCSM 2 6: Session: 4: COACH evaluation sheet for TEAM: HEST

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

Coaches: Bombois Ann

PB => Personal Best time

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

Event number: 30: 100M MEDLEY MIXED 10-9					Heat:2, starttime: 14:08
Heat: 2/3 Lane : 4 Athlete: DE CLERCK LOWIE					Q-time: 01:48:12
PB (25m pool): 01:48.12 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): no time SB: 01:48.12 Stedelijk Zwembad Geel 15/02/2026					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:53.58		01:48.12	
	00:53.58		00:54.54		
					

Coach feedback:

Event number: 31: 100M MEDLEY WOMEN 11+					Heat:1, starttime: 14:14
Heat: 1/8 Lane : 3 Athlete: BRAEM ARIELLA ESE					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: 31: 100M MEDLEY WOMEN 11+					Heat:2, starttime: 14:16
Heat: 2/8 Lane : 6 Athlete: VETTERS GLUZA NINA					Q-time: 01:48:49
PB (25m pool): 01:48.49 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): no time SB: 01:48.49 Stedelijk Zwembad Geel 15/02/2026					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:52.00		01:48.49	
	00:52.00		00:56.49		
					

Coach feedback:

VBCSM 2 6: Session: 4: COACH evaluation sheet for TEAM: HEST

Event number: 33: 100M BREASTSTROKE MIXED 10-9				Heat:2, starttime: 14:44	
Heat: 2/4 Lane : 5 Athlete: DE CLERCK LOWIE				Q-time: 02:03:57	
PB (25m pool): 02:03.57 Heist-op-den-Berg 10/01/2026				PB (50m pool): 02:13.40 SB: 02:03.57 Heist-op-den-Berg 10/01/2026	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:59.39		02:03.57	
	00:59.39		01:04.18		
					

Coach feedback:

Event number: 34: 100M BACKSTROKE WOMEN 11+				Heat:2, starttime: 14:56	
Heat: 2/7 Lane : 8 Athlete: VETTERS GLUZA NINA				Q-time: 02:02:93	
PB (25m pool): 02:02.93 Tremelo 25/05/2025				PB (50m pool): 01:58.13 SB: no time	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		01:01.11		02:02.93	
	01:01.11		01:01.82		
					

Coach feedback:

Event number: 34: 100M BACKSTROKE WOMEN 11+				Heat:3, starttime: 15:00	
Heat: 3/7 Lane : 7 Athlete: BRAEM ARIELLA ESE				Q-time: 01:36:34	
PB (25m pool): 01:36.34 Tremelo 14/12/2025				PB (50m pool): 01:40.52 SB: 01:36.34 Tremelo 14/12/2025	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:45.48		01:36.34	
	00:45.48		00:50.86		
					

Coach feedback: