

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

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

Coaches: Waelkens Bea HEADCOACH

Coaches: Cannaerts Jens

Coaches: De Cuyper Tibo

Coaches: Gullentops Axel

Coaches: Van Dyck Nina

PB => Personal Best time

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

Event number: 29: 200M MEDLEY MIXED 10-9							Heat:1, starttime: 14:00	
Heat: 1/1 Lane : 3 Athlete: MEUNIER EMILE							Q-time: 03:35:58	
PB (25m pool): 03:35.58 Heist-op-den-Berg 10/01/2026			PB (50m pool): no time SB: 03:35.58 Heist-op-den-Berg 10/01/2026					
	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		00:51.17		no time		no time		03:35.58
	00:51.17							
								

Coach feedback:

Event number: 30: 100M MEDLEY MIXED 10-9					Heat:3, starttime: 14:10	
Heat: 3/3 Lane : 3 Athlete: PANKEN MATS					Q-time: 01:39:83	
PB (25m pool): 01:39.83 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): no time SB: 01:39.83 Stedelijk Zwembad Geel 15/02/2026						
	2 5 M	5 0 M	7 5 M	1 0 0 M		
PB		00:47.58		01:39.83		
	00:47.58		00:52.25			
						

Coach feedback:

Event number: 31: 100M MEDLEY WOMEN 11+							Heat:6, starttime: 14:24	
Heat: 6/8 Lane : 1 Athlete: VAN RILLAER YINTHE							Q-time: 01:20:41	
PB (25m pool): 01:20.41 Heist Op Den Berg 11/01/2025							PB (50m pool): no time SB: 01:25.22 LEUVEN 21/12/2025	
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		no time		01:20.41				
	no time							
								

Coach feedback:

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Event number: 31: 100M MEDLEY WOMEN 11+					Heat:6, starttime: 14:24
Heat: 6/8 Lane : 5 Athlete: FAES ELYNE					Q-time: 01:18:39
PB (25m pool): 01:18.39 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): no time SB: 01:18.39 Stedelijk Zwembad Geel 15/02/2026					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.44		01:18.39	
	00:34.44		00:43.95		
					

Coach feedback:

Event number: 32: 100M MEDLEY MEN 11+					Heat:1, starttime: 14:30
Heat: 1/6 Lane : 4 Athlete: PANKEN LEX					Q-time: 01:33:48
PB (25m pool): 01:33.48 Heist-op-den-Berg 10/01/2026 PB (50m pool): no time SB: 01:33.48 Heist-op-den-Berg 10/01/2026					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:33.48	
	no time				
					

Coach feedback:

Event number: 32: 100M MEDLEY MEN 11+					Heat:3, starttime: 14:34
Heat: 3/6 Lane : 6 Athlete: PIETERS KOBE					Q-time: 01:20:36
PB (25m pool): 01:20.36 LEUVEN 21/12/2025 PB (50m pool): no time SB: 01:20.36 LEUVEN 21/12/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.22		01:20.36	
	00:38.22		00:42.14		
					

Coach feedback:

Event number: 32: 100M MEDLEY MEN 11+					Heat:4, starttime: 14:36
Heat: 4/6 Lane : 1 Athlete: VERBEEK MATTS					Q-time: 01:17:95
PB (25m pool): 01:17.95 LEUVEN 21/12/2025 PB (50m pool): no time SB: 01:17.95 LEUVEN 21/12/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.01		01:17.95	
	00:37.01		00:40.94		
					

Coach feedback:

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Event number: 33: 100M BREASTSTROKE MIXED 10-9					Heat:3, starttime: 14:48
Heat: 3/4 Lane : 1 Athlete: PANKEN MATS					Q-time: 02:00:94
PB (25m pool): 02:00.94 Heist-op-den-Berg 10/01/2026					PB (50m pool): no time SB: 02:00.94 Heist-op-den-Berg 10/01/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:56.86		02:00.94	
	00:56.86		01:04.08		
					

Coach feedback:

Event number: 33: 100M BREASTSTROKE MIXED 10-9					Heat:3, starttime: 14:48
Heat: 3/4 Lane : 5 Athlete: MEUNIER EMILE					Q-time: 01:54:60
PB (25m pool): 01:54.60 Heist-op-den-Berg 10/01/2026					PB (50m pool): no time SB: 01:54.60 Heist-op-den-Berg 10/01/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:54.77		01:54.60	
	00:54.77		00:59.83		
					

Coach feedback:

Event number: 34: 100M BACKSTROKE WOMEN 11+					Heat:6, starttime: 15:06
Heat: 6/7 Lane : 3 Athlete: VAN RILLAER YINTHE					Q-time: 01:16:86
PB (25m pool): 01:16.86 Heist Op Den Berg 11/01/2025					PB (50m pool): 01:21.29 SB: 01:21.38 Heist-op-den-Berg 10/01/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.61		01:16.86	
	00:37.61		00:39.25		
					

Coach feedback:

Event number: 35: 100M BACKSTROKE MEN 11+					Heat:2, starttime: 15:14
Heat: 2/5 Lane : 7 Athlete: PANKEN LEX					Q-time: 01:36:33
PB (25m pool): 01:36.33 Nijlen 16/11/2025					PB (50m pool): no time SB: 01:36.33 Nijlen 16/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:47.69		01:36.33	
	00:47.69		00:48.64		
					

Coach feedback:

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Event number: 35: 100M BACKSTROKE MEN 11+					Heat:3, starttime: 15:16
Heat: 3/5 Lane : 6 Athlete: PIETERS KOBE					Q-time: 01:20:40
PB (25m pool): 01:20.40 Tremelo 25/05/2025			PB (50m pool): 01:24.55 SB: 01:21.42 Aartselaar 01/11/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.16		01:20.40	
	00:40.16		00:40.24		
					

Coach feedback:

Event number: 36: 200M MEDLEY WOMEN 11+							Heat:4, starttime: 15:50	
Heat: 4/7 Lane : 3 Athlete: NEUVILLE ALIZÉE							Q-time: 02:57:43	
PB (25m pool): 02:57.43 Parklaan 58, Turnhout 29/03/2026				PB (50m pool): 03:17.51SB: 02:57.43 Parklaan 58, Turnhout 29/03/2026				
	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		00:37.37		no time		no time		02:57.43
	00:37.37							
								

Coach feedback:

Event number: 36: 200M MEDLEY WOMEN 11+							Heat:4, starttime: 15:50	
Heat: 4/7 Lane : 5 Athlete: NEUVILLE AXELLE							Q-time: 02:55:49	
PB (25m pool): 02:55.49 Tremelo 14/12/2025				PB (50m pool): 02:58.77SB: 02:55.49 Tremelo 14/12/2025				
	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		00:36.45		no time		no time		02:55.49
	00:36.45							
								

Coach feedback: