

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

Coachinfo: Warming up from: 13:00 untill 13:50. 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: 29: 200M MEDLEY MIXED 10-9							Heat:1, starttime: 14:00	
Heat: 1/1 Lane : 2 Athlete: VANDER STRAETEN SEM							Q-time: 04:02:00	
PB (25m pool): 04:02.00 LEUVEN 21/12/2025				PB (50m pool): no time SB: 04:02.00 LEUVEN 21/12/2025				
	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		00:59.88		02:00.20		03:06.73		04:02.00
	00:59.88		01:00.32		01:06.53		00:55.27	
								

Coach feedback:

Event number: 29: 200M MEDLEY MIXED 10-9							Heat:1, starttime: 14:00	
Heat: 1/1 Lane : 4 Athlete: STEELS WOUT							Q-time: 03:11:14	
PB (25m pool): 03:11.14 Sint-Pieters-Leeuw 01/03/2026				PB (50m pool): no time SB: 03:11.14 Sint-Pieters-Leeuw 01/03/2026				
	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		00:44.67		no time		no time		03:11.14
	00:44.67							
								

Coach feedback:

Event number: 29: 200M MEDLEY MIXED 10-9							Heat:1, starttime: 14:00	
Heat: 1/1 Lane : 5 Athlete: HALLET SIBBE							Q-time: 03:24:27	
PB (25m pool): 03:24.27 LEUVEN 21/12/2025				PB (50m pool): no time SB: 03:24.27 LEUVEN 21/12/2025				
	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		00:48.02		01:39.05		02:39.27		03:24.27
	00:48.02		00:51.03		01:00.22		00:45.00	
								

Coach feedback:

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Event number: 30: 100M MEDLEY MIXED 10-9					Heat:1, starttime: 14:06
Heat: 1/3 Lane : 3 Athlete: DOBBELEIRE LISELOT					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: 30: 100M MEDLEY MIXED 10-9					Heat:1, starttime: 14:06
Heat: 1/3 Lane : 4 Athlete: JANUARIUS JEF					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: 30: 100M MEDLEY MIXED 10-9					Heat:1, starttime: 14:06
Heat: 1/3 Lane : 5 Athlete: DE VRIESE LEON					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: 30: 100M MEDLEY MIXED 10-9					Heat:1, starttime: 14:06
Heat: 1/3 Lane : 7 Athlete: PEETERS RUCHE MATHIAS					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:

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Event number: 31: 100M MEDLEY WOMEN 11+					Heat:3, starttime: 14:18
Heat: 3/8 Lane : 3 Athlete: PEETERS RUCHE ALICIA					Q-time: 01:36:51
PB (25m pool): 01:33.82 Kapelle-op-den-Bos 19/04/2026					PB (50m pool): no time SB: 01:33.82 Kapelle-op-den-Bos 19/04/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:33.82	
	no time				
					

Coach feedback:

Event number: 32: 100M MEDLEY MEN 11+					Heat:1, starttime: 14:30
Heat: 1/6 Lane : 3 Athlete: CLAESSENS MATTIZ					Q-time: 01:46:65
PB (25m pool): 01:46.65 Tienen 26/10/2025					PB (50m pool): no time SB: 01:46.65 Tienen 26/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:46.65	
	no time				
					

Coach feedback:

Event number: 32: 100M MEDLEY MEN 11+					Heat:1, starttime: 14:30
Heat: 1/6 Lane : 8 Athlete: DHONDT MICHEL					Q-time: 99:99:99
PB (25m pool): 01:45.22 Kapelle-op-den-Bos 19/04/2026					PB (50m pool): no time SB: 01:45.22 Kapelle-op-den-Bos 19/04/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:45.22	
	no time				
					

Coach feedback:

Event number: 32: 100M MEDLEY MEN 11+					Heat:2, starttime: 14:32
Heat: 2/6 Lane : 7 Athlete: TIELEMANS WOLF					Q-time: 01:30:00
PB (25m pool): 01:30.00 Tournai 18/01/2026					PB (50m pool): no time SB: 01:30.00 Tournai 18/01/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:43.27		01:30.00	
	00:43.27 00:46.73				
					

Coach feedback:

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Event number: 32: 100M MEDLEY MEN 11+					Heat:2, starttime: 14:32
Heat: 2/6 Lane : 8 Athlete: JANUARIUS JULES					Q-time: 01:31:73
PB (25m pool): 01:31.73 Tournai 18/01/2026			PB (50m pool): no time SB: 01:31.73 Tournai 18/01/2026		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:42.99		01:31.73	
	00:42.99		00:48.74		
					

Coach feedback:

Event number: 33: 100M BREASTSTROKE MIXED 10-9					Heat:2, starttime: 14:44
Heat: 2/4 Lane : 2 Athlete: PEETERS RUCHE MATHIAS					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: 33: 100M BREASTSTROKE MIXED 10-9					Heat:3, starttime: 14:48
Heat: 3/4 Lane : 2 Athlete: VANDER STRAETEN SEM					Q-time: 01:58:09
PB (25m pool): 01:56.58 Kapelle-op-den-Bos 19/04/2026			PB (50m pool): no time SB: 01:56.58 Kapelle-op-den-Bos 19/04/2026		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:55.52		01:56.58	
	00:55.52		01:01.06		
					

Coach feedback:

Event number: 33: 100M BREASTSTROKE MIXED 10-9					Heat:3, starttime: 14:48
Heat: 3/4 Lane : 7 Athlete: DOBBELEIRE LISELOT					Q-time: 01:59:49
PB (25m pool): 01:59.49 Sint-Pieters-Leeuw 01/03/2026			PB (50m pool): no time SB: 01:59.49 Sint-Pieters-Leeuw 01/03/2026		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:56.46		01:59.49	
	00:56.46		01:03.03		
					

Coach feedback:

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Event number: 33: 100M BREASTSTROKE MIXED 10-9					Heat:4, starttime: 14:50
Heat: 4/4 Lane : 1 Athlete: HALLET SIBBE					Q-time: 01:49:38
PB (25m pool): 01:45.78 Kapelle-op-den-Bos 19/04/2026					PB (50m pool): no time SB: 01:45.78 Kapelle-op-den-Bos 19/04/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:49.76		01:45.78	
	00:49.76		00:56.02		
					

Coach feedback:

Event number: 33: 100M BREASTSTROKE MIXED 10-9					Heat:4, starttime: 14:50
Heat: 4/4 Lane : 3 Athlete: JANUARIUS JEF					Q-time: 01:45:77
PB (25m pool): 01:45.77 Sint-Pieters-Leeuw 01/03/2026					PB (50m pool): no time SB: 01:45.77 Sint-Pieters-Leeuw 01/03/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:50.23		01:45.77	
	00:50.23		00:55.54		
					

Coach feedback:

Event number: 33: 100M BREASTSTROKE MIXED 10-9					Heat:4, starttime: 14:50
Heat: 4/4 Lane : 6 Athlete: DE VRIESE LEON					Q-time: 01:46:13
PB (25m pool): 01:46.13 Sint-Pieters-Leeuw 01/03/2026					PB (50m pool): no time SB: 01:46.13 Sint-Pieters-Leeuw 01/03/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:50.71		01:46.13	
	00:50.71		00:55.42		
					

Coach feedback:

Event number: 33: 100M BREASTSTROKE MIXED 10-9					Heat:4, starttime: 14:50
Heat: 4/4 Lane : 8 Athlete: STEELS WOUT					Q-time: 01:51:66
PB (25m pool): 01:43.57 Kapelle-op-den-Bos 19/04/2026					PB (50m pool): no time SB: 01:43.57 Kapelle-op-den-Bos 19/04/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:49.25		01:43.57	
	00:49.25		00:54.32		
					

Coach feedback:

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Event number: 35: 100M BACKSTROKE MEN 11+					Heat:3, starttime: 15:16
Heat: 3/5 Lane : 7 Athlete: GHISLAIN ANTOINE					Q-time: 01:22:38
PB (25m pool): 01:22.38 Temse 17/11/2025					PB (50m pool): 01:23.62 SB: 01:22.38 Temse 17/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.23		01:22.38	
	00:40.23		00:42.15		
					

Coach feedback:

Event number: 36: 200M MEDLEY WOMEN 11+							Heat:2, starttime: 15:42	
Heat: 2/7 Lane : 6 Athlete: PEETERS RUCHE ALICIA							Q-time: 03:20:49	
PB (25m pool): 03:20.49 Sint-Pieters-Leeuw 01/03/2026				PB (50m pool): 03:19.76SB: 03:20.49 Sint-Pieters-Leeuw 01/03/2026				
	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		00:45.93		no time		no time		03:20.49
	00:45.93							
								

Coach feedback:

Event number: 37: 400M FREESTYLE MEN 11+							Heat:1, starttime: 16:04	
Heat: 1/5 Lane : 5 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	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:

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Event number: 37: 400M FREESTYLE MEN 11+							Heat:2, starttime: 16:12	
Heat: 2/5 Lane : 1 Athlete: CLAESSENS MATTIZ							Q-time: 07:08:69	
PB (25m pool): 07:08.69 Tienen 26/10/2025			PB (50m pool): no time SB: 07:08.69 Tienen 26/10/2025					
	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		no time		01:37.11		no time		03:26.76
	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		07:08.69
								

Coach feedback:

Event number: 37: 400M FREESTYLE MEN 11+							Heat:2, starttime: 16:12	
Heat: 2/5 Lane : 2 Athlete: JANUARIUS JULES							Q-time: 06:35:58	
PB (25m pool): 06:35.58 LEUVEN 21/12/2025			PB (50m pool): no time SB: 06:35.58 LEUVEN 21/12/2025					
	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		00:42.00		01:31.47		02:23.09		03:14.66
	00:42.00		00:49.47		00:51.62		00:51.57	
								
	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		04:06.66		04:58.70		05:47.82		06:35.58
	00:52.00		00:52.04		00:49.12		00:47.76	
								

Coach feedback:

Event number: 37: 400M FREESTYLE MEN 11+							Heat:2, starttime: 16:12	
Heat: 2/5 Lane : 6 Athlete: TIELEMANS WOLF							Q-time: 06:03:06	
PB (25m pool): 06:03.06 LEUVEN 21/12/2025			PB (50m pool): no time SB: 06:03.06 LEUVEN 21/12/2025					
	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		00:40.34		01:25.57		02:12.45		03:00.08
	00:40.34		00:45.23		00:46.88		00:47.63	
								
	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		03:46.66		04:34.88		05:20.90		06:03.06
	00:46.58		00:48.22		00:46.02		00:42.16	
								

Coach feedback: