

VLC 2026: Session: 3: COACH evaluation sheet for TEAM: ZOLA

Coachinfo: Warming up from: 07:15 until 08:15. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Naegels Eli

Coaches: Delissen Kim

Coaches: Asselman Jasper

Coaches: Bauwens Aron

Coaches: Van Schoor Els HEADCOACH

PB => Personal Best time

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

Event number: 6: 100M FREESTYLE WOMEN 13+ Heat:10, starttime: 08:46

Heat: 10/31 Lane : 8 Athlete: CORNEZ MAYLIE Q-time: 01:11:25

PB (50m pool): 01:12.17 Antwerpen 14/07/2024 PB (25m pool): 01:10.83 SB: 01:12.29 Gent 08/02/2026

	50 M	100 M	
PB	no time	01:12.17	
	<i>no time</i>		
	

Coach feedback:

Event number: 6: 100M FREESTYLE WOMEN 13+ Heat:11, starttime: 08:47

Heat: 11/31 Lane : 6 Athlete: VAN DEN BOSSCHE LIA Q-time: 01:10:51

PB (50m pool): 01:10.51 Antwerpen 13/07/2025 PB (25m pool): 01:11.59 SB: no time

	50 M	100 M	
PB	00:33.95	01:10.51	
	<i>00:33.95</i>	<i>00:36.56</i>	
	

Coach feedback:

Event number: 6: 100M FREESTYLE WOMEN 13+ Heat:15, starttime: 08:54

Heat: 15/31 Lane : 3 Athlete: NULENS LILI Q-time: 01:08:58

PB (50m pool): 01:08.58 Gent 08/02/2026 PB (25m pool): 01:09.42 SB: 01:08.58 Gent 08/02/2026

	50 M	100 M	
PB	00:33.57	01:08.58	
	<i>00:33.57</i>	<i>00:35.01</i>	
	

Coach feedback:

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Event number: 6: 100M FREESTYLE WOMEN 13+		Heat:17, starttime: 08:57	
Heat: 17/31 Lane : 5 Athlete: VANDE SOMPELE JITS		Q-time: 01:07:92	
PB (50m pool): 01:07.92 Gent 08/02/2026		PB (25m pool): 01:08.83 SB: 01:07.92 Gent 08/02/2026	
	5 0 M	1 0 0 M	
PB	00:32.39	01:07.92	
	00:32.39	00:35.53	
	

Coach feedback:

Event number: 17: 100M BREASTSTROKE MEN 13+		Heat:1, starttime: 09:22	
Heat: 1/26 Lane : 3 Athlete: FONTANA ALESSANDRO MARIA NIC		Q-time: 01:43:87	
PB (50m pool): no time		PB (25m pool): no time SB: no time	
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
	

Coach feedback:

Event number: 17: 100M BREASTSTROKE MEN 13+		Heat:1, starttime: 09:22	
Heat: 1/26 Lane : 6 Athlete: VERDONCK STIJN		Q-time: 01:43:91	
PB (50m pool): 01:43.91 Gent 08/02/2026		PB (25m pool): no time SB: 01:43.91 Gent 08/02/2026	
	5 0 M	1 0 0 M	
PB	00:49.59	01:43.91	
	00:49.59	00:54.32	
	

Coach feedback:

Event number: 17: 100M BREASTSTROKE MEN 13+		Heat:9, starttime: 09:39	
Heat: 9/26 Lane : 3 Athlete: BETTENS STAN		Q-time: 01:30:11	
PB (50m pool): 01:30.91 Wezenberg 01/02/2026		PB (25m pool): 01:30.11 SB: 01:30.91 Wezenberg 01/02/2026	
	5 0 M	1 0 0 M	
PB	00:41.88	01:30.91	
	00:41.88	00:49.03	
	

Coach feedback:

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Event number: 17: 100M BREASTSTROKE MEN 13+		Heat:16, starttime: 09:53	
Heat: 16/26 Lane : 5 Athlete: NAEGELS REZA		Q-time: 01:21:44	
PB (50m pool): 01:23.35 Gent 08/02/2026		PB (25m pool): 01:21.44 SB: 01:23.35 Gent 08/02/2026	
	50 M	100 M	
PB	00:38.64	01:23.35	
	<i>00:38.64</i>	<i>00:44.71</i>	
	

Coach feedback:

Event number: 17: 100M BREASTSTROKE MEN 13+		Heat:18, starttime: 09:56	
Heat: 18/26 Lane : 1 Athlete: TSYBULNIAK KYRYL		Q-time: 01:20:19	
PB (50m pool): 01:20.19 Gent 08/02/2026		PB (25m pool): no time SB: 01:20.19 Gent 08/02/2026	
	50 M	100 M	
PB	00:37.40	01:20.19	
	<i>00:37.40</i>	<i>00:42.79</i>	
	

Coach feedback:

Event number: 17: 100M BREASTSTROKE MEN 13+		Heat:18, starttime: 09:56	
Heat: 18/26 Lane : 2 Athlete: BETTENS LUCAS		Q-time: 01:20:12	
PB (50m pool): 01:21.46 Antwerpen 20/04/2025		PB (25m pool): 01:19.36 SB: no time	
	50 M	100 M	
PB	00:37.47	01:21.46	
	<i>00:37.47</i>	<i>00:43.99</i>	
	

Coach feedback:

Event number: 18: 50M BACKSTROKE MIXED 25+		Heat:1, starttime: 10:13	
Heat: 1/2 Lane : 7 Athlete: BERGMANS JEF		Q-time: 99:99:99	
PB (50m pool): no time		PB (25m pool): no time SB: no time	
	50 M		
PB	no time		
	<i>no time</i>		
		

Coach feedback:

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Event number: 19: 50M FREESTYLE WOMEN 13+		Heat:2, starttime: 10:18
Heat: 2/33 Lane : 3 Athlete: NAGHIU MATIS IZOLDA		Q-time: 00:34:81
PB (50m pool): 00:36.42 Wezenberg 01/02/2026		PB (25m pool): 00:34.81 SB: 00:36.42 Wezenberg 01/02/2026
	50 M	
PB	00:36.42	
	00:36.42	
	

Coach feedback:

Event number: 19: 50M FREESTYLE WOMEN 13+		Heat:12, starttime: 10:28
Heat: 12/33 Lane : 3 Athlete: VAN DEN BOSSCHE LIA		Q-time: 00:31:98
PB (50m pool): 00:31.98 Antwerpen 13/07/2025		PB (25m pool): 00:33.06 SB: no time
	50 M	
PB	00:31.98	
	00:31.98	
	

Coach feedback:

Event number: 19: 50M FREESTYLE WOMEN 13+		Heat:21, starttime: 10:37
Heat: 21/33 Lane : 6 Athlete: VANDE SOMPELE JITS		Q-time: 00:30:69
PB (50m pool): 00:30.69 Gent 08/02/2026		PB (25m pool): 00:31.32 SB: 00:30.69 Gent 08/02/2026
	50 M	
PB	00:30.69	
	00:30.69	
	

Coach feedback:

Event number: 20: 100M BREASTSTROKE MIXED 25+		Heat:1, starttime: 10:51
Heat: 1/2 Lane : 2 Athlete: MOORS WOUTER		Q-time: 01:50:36
PB (50m pool): no time		PB (25m pool): 01:50.36 SB: no time
	50 M	100 M
PB	no time	no time
	no time	

Coach feedback:

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Event number: 21: 50M BACKSTROKE MEN 13+		Heat:12, starttime: 11:14
Heat: 12/27 Lane : 5 Athlete: BETTENS LUCAS		Q-time: 00:35:64
PB (50m pool): 00:38.59 Mol 23/06/2024		PB (25m pool): 00:36.92 SB: no time
	5 0 M	
PB	00:38.59	
	00:38.59	
	

Coach feedback:

Event number: 21: 50M BACKSTROKE MEN 13+		Heat:25, starttime: 11:35
Heat: 25/27 Lane : 2 Athlete: VERDONCK MARIUS		Q-time: 00:30:75
PB (50m pool): 00:31.53 Wezenberg 01/02/2026		PB (25m pool): 00:30.75 SB: 00:31.53 Wezenberg 01/02/2026
	5 0 M	
PB	00:31.53	
	00:31.53	
	

Coach feedback:

Event number: 21: 50M BACKSTROKE MEN 13+		Heat:25, starttime: 11:35
Heat: 25/27 Lane : 7 Athlete: MESTARI ABDERRAHMANE		Q-time: 00:30:78
PB (50m pool): 00:31.58 Wezenberg 01/02/2026		PB (25m pool): 00:30.78 SB: 00:31.58 Wezenberg 01/02/2026
	5 0 M	
PB	00:31.58	
	00:31.58	
	

Coach feedback:

Event number: 22: 50M BUTTERFLY MIXED 25+		Heat:2, starttime: 11:40
Heat: 2/2 Lane : 7 Athlete: BERGMANS JEF		Q-time: 00:30:28
PB (50m pool): 00:30.28 Antwerp 02/02/2025		PB (25m pool): no time SB: no time
	5 0 M	
PB	00:30.28	
	00:30.28	
	

Coach feedback:

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Event number: 23: 100M BUTTERFLY WOMEN 13+		Heat:7, starttime: 11:54	
Heat: 7/23 Lane : 6 Athlete: CORNEZ MAYLIE		Q-time: 01:26:04	
PB (50m pool): 01:29.42 Antwerpen 14/07/2024		PB (25m pool): 01:26.04 SB: no time	
	50 M	100 M	
PB	no time	01:29.42	
	<i>no time</i>		
	

Coach feedback:

Event number: 23: 100M BUTTERFLY WOMEN 13+		Heat:12, starttime: 12:04	
Heat: 12/23 Lane : 3 Athlete: NULENS LILI		Q-time: 01:21:64	
PB (50m pool): 01:25.80 Antwerpen 13/07/2025		PB (25m pool): 01:21.64 SB: no time	
	50 M	100 M	
PB	00:39.50	01:25.80	
	<i>00:39.50</i>	<i>00:46.30</i>	
	

Coach feedback:

Event number: 24: 100M FREESTYLE MIXED 25+		Heat:1, starttime: 12:26	
Heat: 1/3 Lane : 5 Athlete: MOORS WOUTER		Q-time: 01:32:15	
PB (50m pool): no time		PB (25m pool): 01:32.15 SB: no time	
	50 M	100 M	
PB	no time	no time	
	<i>no time</i>		
	

Coach feedback: