

# VLC 2026: Session: 4: COACH evaluation sheet for TEAM: MZK

Coachinfo: Warming up from: 12:45 untill 13:45. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: DE SAEDELEER Jodie

PB => Personal Best time

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

**Event number: 14: 100M FREESTYLE MEN 13+ Heat:4, starttime: 14:05**

**Heat: 4/31 Lane : 6 Athlete: RIGOLE MAURO Q-time: 01:13:03**

**PB (50m pool): 01:13.79 Brugge 01/02/2026 PB (25m pool): 01:13.03 SB: 01:13.79 Brugge 01/02/2026**

	<b>5 0 M</b>	<b>1 0 0 M</b>	
<b>PB</b>	00:35.99	01:13.79	
	00:35.99	00:37.80	
	.....	.....	

Coach feedback:

**Event number: 14: 100M FREESTYLE MEN 13+ Heat:6, starttime: 14:09**

**Heat: 6/31 Lane : 4 Athlete: TANGHE BATIS Q-time: 01:10:24**

**PB (50m pool): 01:15.58 Antwerpen 13/07/2025 PB (25m pool): 01:10.24 SB: 01:15.82 Brugge 01/02/2026**

	<b>5 0 M</b>	<b>1 0 0 M</b>	
<b>PB</b>	00:35.93	01:15.58	
	00:35.93	00:39.65	
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Coach feedback:

**Event number: 14: 100M FREESTYLE MEN 13+ Heat:9, starttime: 14:14**

**Heat: 9/31 Lane : 7 Athlete: DERVAUX ARNOUT Q-time: 01:08:88**

**PB (50m pool): 01:08.88 Brugge 01/02/2026 PB (25m pool): 01:08.96 SB: 01:08.88 Brugge 01/02/2026**

	<b>5 0 M</b>	<b>1 0 0 M</b>	
<b>PB</b>	00:33.17	01:08.88	
	00:33.17	00:35.71	
	.....	.....	

Coach feedback:

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<b>Event number: 14: 100M FREESTYLE MEN 13+</b>		<b>Heat:15, starttime: 14:24</b>	
<b>Heat: 15/31 Lane : 3 Athlete: PENEZ BEAU</b>		<b>Q-time: 01:04:16</b>	
PB (50m pool): 01:04.16 Brugge 01/02/2026		PB (25m pool): 01:05.35 SB: 01:04.16 Brugge 01/02/2026	
	<b>50 M</b>	<b>100 M</b>	
PB	00:31.51	01:04.16	
	00:31.51	00:32.65	
	.....	.....	

Coach feedback:

<b>Event number: 25: 100M BREASTSTROKE WOMEN 13+</b>		<b>Heat:1, starttime: 14:50</b>	
<b>Heat: 1/26 Lane : 5 Athlete: VERPLANCKE MARA</b>		<b>Q-time: 01:45:32</b>	
PB (50m pool): 01:49.99 Antwerpen 13/07/2025		PB (25m pool): 01:45.32 SB: 01:50.56 Kortrijk 15/02/2026	
	<b>50 M</b>	<b>100 M</b>	
PB	00:53.18	01:49.99	
	00:53.18	00:56.81	
	.....	.....	

Coach feedback:

<b>Event number: 27: 50M FREESTYLE MEN 13+</b>		<b>Heat:3, starttime: 15:50</b>	
<b>Heat: 3/32 Lane : 5 Athlete: RIGOLE MAURO</b>		<b>Q-time: 00:33:61</b>	
PB (50m pool): 00:34.36 Brugge 01/02/2026		PB (25m pool): 00:33.61 SB: 00:34.36 Brugge 01/02/2026	
	<b>50 M</b>		
PB	00:34.36		
	00:34.36		
	.....		

Coach feedback:

<b>Event number: 27: 50M FREESTYLE MEN 13+</b>		<b>Heat:4, starttime: 15:51</b>	
<b>Heat: 4/32 Lane : 2 Athlete: TANGHE BATIS</b>		<b>Q-time: 00:33:13</b>	
PB (50m pool): 00:33.37 Brugge 01/02/2026		PB (25m pool): 00:33.13 SB: 00:33.37 Brugge 01/02/2026	
	<b>50 M</b>		
PB	00:33.37		
	00:33.37		
	.....		

Coach feedback:

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<b>Event number: 27: 50M FREESTYLE MEN 13+</b>		<b>Heat:8, starttime: 15:55</b>
<b>Heat: 8/32 Lane : 8 Athlete: DERVAUX ARNOUT</b>		<b>Q-time: 00:31:73</b>
PB (50m pool): 00:31.94 Brugge 01/02/2026		PB (25m pool): 00:31.73 SB: 00:31.94 Brugge 01/02/2026
	<b>50 M</b>	
PB	00:31.94	
	00:31.94	
	.....	

Coach feedback:

<b>Event number: 27: 50M FREESTYLE MEN 13+</b>		<b>Heat:15, starttime: 16:02</b>
<b>Heat: 15/32 Lane : 8 Athlete: PENEZ BEAU</b>		<b>Q-time: 00:29:53</b>
PB (50m pool): 00:30.83 Brugge 15/03/2025		PB (25m pool): 00:29.53 SB: no time
	<b>50 M</b>	
PB	00:30.83	
	00:30.83	
	.....	

Coach feedback:

<b>Event number: 29: 50M BACKSTROKE WOMEN 13+</b>		<b>Heat:3, starttime: 16:27</b>
<b>Heat: 3/27 Lane : 2 Athlete: VERPLANCKE MARA</b>		<b>Q-time: 00:41:25</b>
PB (50m pool): 00:43.32 Brugge 01/02/2026		PB (25m pool): 00:41.25 SB: 00:43.32 Brugge 01/02/2026
	<b>50 M</b>	
PB	00:43.32	
	00:43.32	
	.....	

Coach feedback:

<b>Event number: 31: 100M BUTTERFLY MEN 13+</b>		<b>Heat:3, starttime: 17:16</b>
<b>Heat: 3/20 Lane : 1 Athlete: RIGOLE MAURO</b>		<b>Q-time: 01:27:70</b>
PB (50m pool): 01:27.70 Antwerpen 13/07/2025		PB (25m pool): 01:28.07 SB: 01:27.75 Kortrijk 15/02/2026
	<b>50 M</b>	<b>100 M</b>
PB	00:41.84	01:27.70
	00:41.84	00:45.86
	.....	.....

Coach feedback:

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<b>Event number: 31: 100M BUTTERFLY MEN 13+</b>		<b>Heat:5, starttime: 17:20</b>	
<b>Heat: 5/20 Lane : 8 Athlete: DERVAUX ARNOUT</b>		<b>Q-time: 01:23:20</b>	
PB (50m pool): 01:23.20 Kortrijk 15/02/2026		PB (25m pool): 01:26.54 SB: 01:23.20 Kortrijk 15/02/2026	
	<b>50 M</b>	<b>100 M</b>	
PB	00:37.83	01:23.20	
	<i>00:37.83</i>	<i>00:45.37</i>	
	.....	.....	

Coach feedback:

<b>Event number: 31: 100M BUTTERFLY MEN 13+</b>		<b>Heat:11, starttime: 17:31</b>	
<b>Heat: 11/20 Lane : 8 Athlete: PENEZ BEAU</b>		<b>Q-time: 01:13:20</b>	
PB (50m pool): 01:13.20 Kortrijk 15/02/2026		PB (25m pool): 01:13.73 SB: 01:13.20 Kortrijk 15/02/2026	
	<b>50 M</b>	<b>100 M</b>	
PB	00:34.61	01:13.20	
	<i>00:34.61</i>	<i>00:38.59</i>	
	.....	.....	

Coach feedback: