

# PK KB WVL 26: Session: 4: COACH evaluation sheet for TEAM: VZV

Coachinfo: Warming up from: 13:00 untill 13:55. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Bartholomeus Pieter

Coaches: Van Landschoot Gwendy

Coaches: Vansteenland Annelies HEADCOACH

PB => Personal Best time

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

| Event number: 28: 100M MEDLEY WOMEN 11+      |           |           |           |           | Heat:2, starttime: 14:02           |
|----------------------------------------------|-----------|-----------|-----------|-----------|------------------------------------|
| Heat: 2/6 Lane : 2 Athlete: WILS ESTELLE     |           |           |           |           | Q-time: 01:32:34                   |
| PB (25m pool): 01:32.34 Diksmuide 08/02/2026 |           |           |           |           | PB (50m pool): no time SB: no time |
|                                              | 2 5 M     | 5 0 M     | 7 5 M     | 1 0 0 M   |                                    |
| PB                                           |           | 00:43.40  |           | 01:32.34  |                                    |
|                                              | 00:43.40  |           | 00:48.94  |           |                                    |
|                                              | . . . . . | . . . . . | . . . . . | . . . . . |                                    |

Coach feedback:

| Event number: 28: 100M MEDLEY WOMEN 11+     |           |           |           |           | Heat:2, starttime: 14:02           |
|---------------------------------------------|-----------|-----------|-----------|-----------|------------------------------------|
| Heat: 2/6 Lane : 3 Athlete: NEYRINCK ELODY  |           |           |           |           | Q-time: 01:31:82                   |
| PB (25m pool): 01:31.82 Zwevegum 31/05/2026 |           |           |           |           | PB (50m pool): no time SB: no time |
|                                             | 2 5 M     | 5 0 M     | 7 5 M     | 1 0 0 M   |                                    |
| PB                                          |           | 00:43.82  |           | 01:31.82  |                                    |
|                                             | 00:43.82  |           | 00:48.00  |           |                                    |
|                                             | . . . . . | . . . . . | . . . . . | . . . . . |                                    |

Coach feedback:

| Event number: 28: 100M MEDLEY WOMEN 11+     |           |           |           |           | Heat:5, starttime: 14:08           |
|---------------------------------------------|-----------|-----------|-----------|-----------|------------------------------------|
| Heat: 5/6 Lane : 8 Athlete: LOWAGIE LILY    |           |           |           |           | Q-time: 01:17:27                   |
| PB (25m pool): 01:17.27 Zwevegum 31/05/2026 |           |           |           |           | PB (50m pool): no time SB: no time |
|                                             | 2 5 M     | 5 0 M     | 7 5 M     | 1 0 0 M   |                                    |
| PB                                          |           | 00:37.71  |           | 01:17.27  |                                    |
|                                             | 00:37.71  |           | 00:39.56  |           |                                    |
|                                             | . . . . . | . . . . . | . . . . . | . . . . . |                                    |

Coach feedback:

# PK KB WV 26: Session: 4: COACH evaluation sheet for TEAM: VZV

| Event number: 29: 200M FREESTYLE MEN 13+         |           |           |           |                                    |           |           | Heat:4, starttime: 14:22 |           |
|--------------------------------------------------|-----------|-----------|-----------|------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 4/7    Lane : 2    Athlete: NEYRINCK LOÏCK |           |           |           |                                    |           |           | Q-time: 02:12:64         |           |
| PB (25m pool): 02:13.87    Eeklo 06/04/2026      |           |           |           | PB (50m pool): 02:12.64SB: no time |           |           |                          |           |
|                                                  | 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                                               |           | 00:31.26  |           | 01:05.38                           |           | no time   |                          | 02:13.87  |
|                                                  | 00:31.26  |           | 00:34.12  |                                    |           |           |                          |           |
|                                                  | . . . . . | . . . . . | . . . . . | . . . . .                          | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 29: 200M FREESTYLE MEN 13+        |           |           |           |                                     |           |           | Heat:4, starttime: 14:22 |           |
|-------------------------------------------------|-----------|-----------|-----------|-------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 4/7    Lane : 8    Athlete: THIERN KASPER |           |           |           |                                     |           |           | Q-time: 02:15:82         |           |
| PB (25m pool): 02:22.57    DIKSMUIDE 30/11/2025 |           |           |           | PB (50m pool): 02:15.82 SB: no time |           |           |                          |           |
|                                                 | 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                                              |           | 00:33.05  |           | 01:09.47                            |           | 01:46.83  |                          | 02:22.57  |
|                                                 | 00:33.05  |           | 00:36.42  |                                     | 00:37.36  |           | 00:35.74                 |           |
|                                                 | . . . . . | . . . . . | . . . . . | . . . . .                           | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 30: 100M BUTTERFLY WOMEN 13+         |           |           |                                     |                  | Heat:2, starttime: 14:35 |
|----------------------------------------------------|-----------|-----------|-------------------------------------|------------------|--------------------------|
| Heat: 2/5 Lane : 4 Athlete: BARTHOLOMEUS FLORIANNE |           |           |                                     | Q-time: 01:19:17 |                          |
| PB (25m pool): 01:20.88 leper 04/01/2026           |           |           | PB (50m pool): 01:19.17 SB: no time |                  |                          |
|                                                    | 2 5 M     | 5 0 M     | 7 5 M                               | 1 0 0 M          |                          |
| PB                                                 |           | 00:37.44  |                                     | 01:20.88         |                          |
|                                                    | 00:37.44  |           | 00:43.44                            |                  |                          |
|                                                    | . . . . . | . . . . . | . . . . .                           | . . . . .        |                          |

Coach feedback:

| Event number: 31: 100M BREASTSTROKE MEN 11-12    |           |           |                                    |                  | Heat:1, starttime: 14:43 |
|--------------------------------------------------|-----------|-----------|------------------------------------|------------------|--------------------------|
| Heat: 1/5    Lane : 5    Athlete: GOETHALS LOWIE |           |           |                                    | Q-time: 01:53:93 |                          |
| PB (25m pool): 01:58.16    Menen 01/05/2026      |           |           | PB (50m pool): 01:53.93SB: no time |                  |                          |
|                                                  | 2 5 M     | 5 0 M     | 7 5 M                              | 1 0 0 M          |                          |
| PB                                               |           | 00:56.11  |                                    | 01:58.16         |                          |
|                                                  | 00:56.11  |           | 01:02.05                           |                  |                          |
|                                                  | . . . . . | . . . . . | . . . . .                          | . . . . .        |                          |

Coach feedback:

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| Event number: 32: 100M BACKSTROKE WOMEN 11+ |          |          |          |          | Heat:2, starttime: 15:22            |
|---------------------------------------------|----------|----------|----------|----------|-------------------------------------|
| Heat: 2/10 Lane : 5 Athlete: NEYRINCK ELODY |          |          |          |          | Q-time: 01:31:30                    |
| PB (25m pool): 01:31.30 Zwevegem 31/05/2026 |          |          |          |          | PB (50m pool): 01:33.35 SB: no time |
|                                             | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                                     |
| PB                                          |          | 00:45.00 |          | 01:31.30 |                                     |
|                                             | 00:45.00 |          | 00:46.30 |          |                                     |
|                                             | .....    | .....    | .....    | .....    |                                     |

Coach feedback:

| Event number: 32: 100M BACKSTROKE WOMEN 11+  |          |          |          |          | Heat:4, starttime: 15:28            |
|----------------------------------------------|----------|----------|----------|----------|-------------------------------------|
| Heat: 4/10 Lane : 3 Athlete: WILS ESTELLE    |          |          |          |          | Q-time: 01:24:54                    |
| PB (25m pool): 01:34.32 Diksmuide 28/12/2025 |          |          |          |          | PB (50m pool): 01:24.54 SB: no time |
|                                              | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                                     |
| PB                                           |          | 00:46.62 |          | 01:34.32 |                                     |
|                                              | 00:46.62 |          | 00:47.70 |          |                                     |
|                                              | .....    | .....    | .....    | .....    |                                     |

Coach feedback:

| Event number: 32: 100M BACKSTROKE WOMEN 11+  |          |          |          |          | Heat:7, starttime: 15:35            |
|----------------------------------------------|----------|----------|----------|----------|-------------------------------------|
| Heat: 7/10 Lane : 1 Athlete: LOWAGIE LILY    |          |          |          |          | Q-time: 01:17:48                    |
| PB (25m pool): 01:19.90 Diksmuide 28/12/2025 |          |          |          |          | PB (50m pool): 01:17.48 SB: no time |
|                                              | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                                     |
| PB                                           |          | 00:38.78 |          | 01:19.90 |                                     |
|                                              | 00:38.78 |          | 00:41.12 |          |                                     |
|                                              | .....    | .....    | .....    | .....    |                                     |

Coach feedback:

| Event number: 35: 50M FREESTYLE MEN 13+    |          |          |  |  | Heat:3, starttime: 16:05            |
|--------------------------------------------|----------|----------|--|--|-------------------------------------|
| Heat: 3/6 Lane : 2 Athlete: NEYRINCK LOÏCK |          |          |  |  | Q-time: 00:28:05                    |
| PB (25m pool): 00:28.84 WAREGEM 27/09/2025 |          |          |  |  | PB (50m pool): 00:28.05 SB: no time |
|                                            | 2 5 M    | 5 0 M    |  |  |                                     |
| PB                                         |          | 00:28.84 |  |  |                                     |
|                                            | 00:28.84 |          |  |  |                                     |
|                                            | .....    | .....    |  |  |                                     |

Coach feedback: