

PK LB Limburg: Session: 1: COACH evaluation sheet for TEAM: STZC

Coachinfo: Warming up from: 07:45 until 08:25. Teamleadmeeting @ The listed starttimes are indicative!

PB => Personal Best time

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

Event number: 1: 100M BREASTSTROKE WOMEN 11+ Heat:1, starttime: 08:30

Heat: 1/17 Lane : 6 Athlete: DAS AMELIE Q-time: 02:01:63

PB (50m pool): 02:01.63 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): no time SB: no time

| | 50 M | 100 M |
|-----------|-----------------|-----------------|
| PB | 00:57.85 | 02:01.63 |
| | <i>00:57.85</i> | <i>01:03.78</i> |
| | | |

Coach feedback:

Event number: 2: 100M BREASTSTROKE MEN 13+ Heat:3, starttime: 09:13

Heat: 3/8 Lane : 2 Athlete: WERY MILAN Q-time: 01:35:67

PB (50m pool): 01:35.67 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 01:32.34 SB: 01:39.37 SportinGenk Park 11/11/2025

| | 50 M | 100 M |
|-----------|-----------------|-----------------|
| PB | 00:43.37 | 01:35.67 |
| | <i>00:43.37</i> | <i>00:52.30</i> |
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Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN 13+ Heat:3, starttime: 09:32

Heat: 3/6 Lane : 6 Athlete: VERLINDEN ALINA Q-time: 00:37:73

PB (50m pool): 00:37.73 SportinGenk Park 21/04/2025 PB (25m pool): 00:41.47 SB: no time

| | 50 M |
|-----------|-----------------|
| PB | 00:37.73 |
| | <i>00:37.73</i> |
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Coach feedback:

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|--|-------------|---------------------------------|
| Event number: 3: 50M BACKSTROKE WOMEN 13+ | | Heat:4, starttime: 09:33 |
| Heat: 4/6 Lane : 3 Athlete: MERGEAY OLIVIA | | Q-time: 00:35:31 |
| PB (50m pool): 00:35.31 Antwerp 02/02/2025 PB (25m pool): 00:32.91 SB: no time | | |
| | 50 M | |
| PB | 00:35.31 | |
| | 00:35.31 | |
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Coach feedback:

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|--|-------------|---------------------------------|
| Event number: 3: 50M BACKSTROKE WOMEN 13+ | | Heat:5, starttime: 09:35 |
| Heat: 5/6 Lane : 5 Athlete: DAS LOUISE | | Q-time: 00:33:83 |
| PB (50m pool): 00:38.36 Wezenberg 05/01/2025 PB (25m pool): 00:33.83 SB: no time | | |
| | 50 M | |
| PB | 00:38.36 | |
| | 00:38.36 | |
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Coach feedback:

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|--|-------------|---------------------------------|
| Event number: 4: 50M BACKSTROKE MEN 13+ | | Heat:3, starttime: 09:42 |
| Heat: 3/6 Lane : 7 Athlete: RUYMEN SIEBE | | Q-time: 00:37:34 |
| PB (50m pool): 00:37.34 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): no time SB: no time | | |
| | 50 M | |
| PB | 00:37.34 | |
| | 00:37.34 | |
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Coach feedback:

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|--|-------------|---------------------------------|
| Event number: 4: 50M BACKSTROKE MEN 13+ | | Heat:4, starttime: 09:44 |
| Heat: 4/6 Lane : 6 Athlete: JAMAR KAMIEL | | Q-time: 00:33:97 |
| PB (50m pool): 00:33.97 Wezenberg 04/01/2026 PB (25m pool): 00:33.89 SB: 00:33.97 Wezenberg 04/01/2026 | | |
| | 50 M | |
| PB | 00:33.97 | |
| | 00:33.97 | |
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Coach feedback:

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|--|--------------|-------------------------------------|
| Event number: 4: 50M BACKSTROKE MEN 13+ | | Heat:6, starttime: 09:47 |
| Heat: 6/6 Lane : 7 Athlete: VANDEPOEL QUINTEN | | Q-time: 00:31:65 |
| PB (50m pool): 00:31.65 Mol 22/06/2025 | | PB (25m pool): 00:32.33 SB: no time |
| | 5 0 M | |
| PB | 00:31.65 | |
| | 00:31.65 | |
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Coach feedback:

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|---|--------------|--|
| Event number: 5: 50M BUTTERFLY WOMEN 11+ | | Heat:6, starttime: 09:56 |
| Heat: 6/17 Lane : 5 Athlete: DAS AMELIE | | Q-time: 00:41:17 |
| PB (50m pool): 00:41.17 SportinGenk Park 11/11/2025 | | PB (25m pool): 00:47.04 SB: 00:41.17 SportinGenk Park 11/11/2025 |
| | 5 0 M | |
| PB | 00:41.17 | |
| | 00:41.17 | |
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Coach feedback:

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|--|--------------|-------------------------------------|
| Event number: 5: 50M BUTTERFLY WOMEN 11+ | | Heat:10, starttime: 10:01 |
| Heat: 10/17 Lane : 4 Athlete: VERLINDEN ALINA | | Q-time: 00:36:11 |
| PB (50m pool): 00:36.11 Antwerp 02/02/2025 | | PB (25m pool): 00:35.20 SB: no time |
| | 5 0 M | |
| PB | 00:36.11 | |
| | 00:36.11 | |
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Coach feedback:

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|---|--------------|-------------------------------------|
| Event number: 5: 50M BUTTERFLY WOMEN 11+ | | Heat:15, starttime: 10:07 |
| Heat: 15/17 Lane : 3 Athlete: MERGEAY OLIVIA | | Q-time: 00:32:41 |
| PB (50m pool): 00:31.25 Antwerpen 21/04/2024 | | PB (25m pool): 00:31.94 SB: no time |
| | 5 0 M | |
| PB | 00:31.25 | |
| | 00:31.25 | |
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Coach feedback:

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|---|-------------|---|
| Event number: 6: 50M BUTTERFLY MEN 13+ | | Heat:3, starttime: 10:13 |
| Heat: 3/9 Lane : 2 Athlete: WERY MILAN | | Q-time: 00:34:11 |
| PB (50m pool): 00:34.11 Wezenberg 03/01/2026 | | PB (25m pool): 00:45.98 SB: 00:34.11 Wezenberg 03/01/2026 |
| | 50 M | |
| PB | 00:34.11 | |
| | 00:34.11 | |
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Coach feedback:

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|--|-------------|-------------------------------------|--------------|--------------|--------------|--------------|--------------|--------------|
| Event number: 7: 400M FREESTYLE WOMEN 13+ | | Heat:3, starttime: 10:49 | | | | | | |
| Heat: 3/5 Lane : 5 Athlete: DAS LOUISE | | Q-time: 05:06:99 | | | | | | |
| PB (50m pool): 05:06.99 Antwerpen 20/07/2025 | | PB (25m pool): 04:57.30 SB: no time | | | | | | |
| | 50 M | 100 M | 150 M | 200 M | 250 M | 300 M | 350 M | 400 M |
| PB | 00:34.50 | 01:11.66 | 01:50.80 | 02:29.64 | 03:09.56 | 03:49.52 | 04:29.99 | 05:06.99 |
| | 00:34.50 | 00:37.16 | 00:39.14 | 00:38.84 | 00:39.92 | 00:39.96 | 00:40.47 | 00:37.00 |
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Coach feedback:

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|---|-------------|-------------------------------------|--------------|--------------|--------------|--------------|--------------|--------------|
| Event number: 8: 400M FREESTYLE MEN 13+ | | Heat:2, starttime: 11:13 | | | | | | |
| Heat: 2/4 Lane : 7 Athlete: JAMAR KAMIEL | | Q-time: 05:12:99 | | | | | | |
| PB (50m pool): 05:44.87 Antwerpen 14/07/2024 | | PB (25m pool): 05:30.19 SB: no time | | | | | | |
| | 50 M | 100 M | 150 M | 200 M | 250 M | 300 M | 350 M | 400 M |
| PB | no time | no time | no time | no time | no time | no time | no time | 05:44.87 |
| | no time | | | | | | | |
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Coach feedback:

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|--|-------------|-------------------------------------|--------------|--------------|--------------|--------------|--------------|--------------|
| Event number: 8: 400M FREESTYLE MEN 13+ | | Heat:4, starttime: 11:25 | | | | | | |
| Heat: 4/4 Lane : 2 Athlete: VANDEPOEL QUINTEN | | Q-time: 04:20:57 | | | | | | |
| PB (50m pool): 04:20.57 Antwerpen 27/07/2025 | | PB (25m pool): 04:16.87 SB: no time | | | | | | |
| | 50 M | 100 M | 150 M | 200 M | 250 M | 300 M | 350 M | 400 M |
| PB | 00:29.77 | 01:02.04 | 01:34.88 | 02:08.20 | 02:41.50 | 03:15.05 | 03:48.72 | 04:20.57 |
| | 00:29.77 | 00:32.27 | 00:32.84 | 00:33.32 | 00:33.30 | 00:33.55 | 00:33.67 | 00:31.85 |
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Coach feedback: