

# PK LB Limburg: Session: 1: COACH evaluation sheet for TEAM: ZDKB

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:2, starttime: 08:33**

**Heat: 2/17 Lane : 4 Athlete: LAPIERRE EMMA Q-time: 01:51:48**

**PB (50m pool): no time PB (25m pool): 01:51.48 SB: no time**

	50 M	100 M	
PB	no time	no time	
	<i>no time</i>		
	.....	.....	

Coach feedback:

**Event number: 1: 100M BREASTSTROKE WOMEN 11+ Heat:5, starttime: 08:40**

**Heat: 5/17 Lane : 4 Athlete: WOLFS LOLA Q-time: 01:41:22**

**PB (50m pool): 01:41.22 Mol 22/06/2025 PB (25m pool): 01:40.03 SB: no time**

	50 M	100 M	
PB	00:48.17	01:41.22	
	<i>00:48.17</i>	<i>00:53.05</i>	
	.....	.....	

Coach feedback:

**Event number: 1: 100M BREASTSTROKE WOMEN 11+ Heat:5, starttime: 08:40**

**Heat: 5/17 Lane : 5 Athlete: PLASSCHAERT MARTHA Q-time: 01:41:33**

**PB (50m pool): 01:41.33 Antwerp 02/02/2025 PB (25m pool): 01:40.88 SB: no time**

	50 M	100 M	
PB	00:48.67	01:41.33	
	<i>00:48.67</i>	<i>00:52.66</i>	
	.....	.....	

Coach feedback:

# PK LB Limburg: Session: 1: COACH evaluation sheet for TEAM: ZDKB

<b>Event number: 1: 100M BREASTSTROKE WOMEN 11+</b>		<b>Heat:6, starttime: 08:42</b>	
<b>Heat: 6/17 Lane : 2 Athlete: GIULIANI MILA</b>		<b>Q-time: 01:40:15</b>	
PB (50m pool): no time		PB (25m pool): 01:40.15 SB: no time	
	<b>5 0 M</b>	<b>1 0 0 M</b>	
PB	no time	no time	
	<i>no time</i>		
	.....	.....	

Coach feedback:

<b>Event number: 1: 100M BREASTSTROKE WOMEN 11+</b>		<b>Heat:7, starttime: 08:45</b>	
<b>Heat: 7/17 Lane : 5 Athlete: CLEUREN FIEN</b>		<b>Q-time: 01:37:38</b>	
PB (50m pool): 01:37.38 Antwerp 02/02/2025		PB (25m pool): 01:33.47 SB: no time	
	<b>5 0 M</b>	<b>1 0 0 M</b>	
PB	00:45.70	01:37.38	
	<i>00:45.70</i>	<i>00:51.68</i>	
	.....	.....	

Coach feedback:

<b>Event number: 1: 100M BREASTSTROKE WOMEN 11+</b>		<b>Heat:11, starttime: 08:53</b>	
<b>Heat: 11/17 Lane : 4 Athlete: JANSSEN LOTTE</b>		<b>Q-time: 01:30:57</b>	
PB (50m pool): 01:30.57 Mol 22/06/2025		PB (25m pool): 01:31.46 SB: no time	
	<b>5 0 M</b>	<b>1 0 0 M</b>	
PB	00:43.00	01:30.57	
	<i>00:43.00</i>	<i>00:47.57</i>	
	.....	.....	

Coach feedback:

<b>Event number: 1: 100M BREASTSTROKE WOMEN 11+</b>		<b>Heat:13, starttime: 08:58</b>	
<b>Heat: 13/17 Lane : 6 Athlete: COEMANS KAAT</b>		<b>Q-time: 01:28:36</b>	
PB (50m pool): 01:30.81 Antwerp 02/02/2025		PB (25m pool): 01:28.36 SB: no time	
	<b>5 0 M</b>	<b>1 0 0 M</b>	
PB	00:42.55	01:30.81	
	<i>00:42.55</i>	<i>00:48.26</i>	
	.....	.....	

Coach feedback:

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<b>Event number: 1: 100M BREASTSTROKE WOMEN 11+</b>		<b>Heat:14, starttime: 09:00</b>	
<b>Heat: 14/17 Lane : 6 Athlete: COEMANS HANNE</b>		<b>Q-time: 01:26:72</b>	
PB (50m pool): 01:26.72 Antwerpen 13/07/2025		PB (25m pool): 01:23.59 SB: no time	
	<b>5 0 M</b>	<b>1 0 0 M</b>	
PB	00:41.12	01:26.72	
	<i>00:41.12</i>	<i>00:45.60</i>	
	.....	.....	

Coach feedback:

<b>Event number: 1: 100M BREASTSTROKE WOMEN 11+</b>		<b>Heat:15, starttime: 09:02</b>	
<b>Heat: 15/17 Lane : 7 Athlete: JANSSEN LORE</b>		<b>Q-time: 01:24:91</b>	
PB (50m pool): 01:24.91 Eindhoven 16/02/2025		PB (25m pool): 01:20.89 SB: no time	
	<b>5 0 M</b>	<b>1 0 0 M</b>	
PB	00:39.70	01:24.91	
	<i>00:39.70</i>	<i>00:45.21</i>	
	.....	.....	

Coach feedback:

<b>Event number: 2: 100M BREASTSTROKE MEN 13+</b>		<b>Heat:1, starttime: 09:08</b>	
<b>Heat: 1/8 Lane : 5 Athlete: LYSENS SIEBE</b>		<b>Q-time: 01:48:02</b>	
PB (50m pool): no time		PB (25m pool): 01:48.02 SB: no time	
	<b>5 0 M</b>	<b>1 0 0 M</b>	
PB	no time	no time	
	<i>no time</i>		
	.....	.....	

Coach feedback:

<b>Event number: 2: 100M BREASTSTROKE MEN 13+</b>		<b>Heat:4, starttime: 09:15</b>	
<b>Heat: 4/8 Lane : 4 Athlete: SWENDROWSKI MILAN</b>		<b>Q-time: 01:25:18</b>	
PB (50m pool): 01:56.39 Genk 28/05/2023		PB (25m pool): 01:25.18 SB: no time	
	<b>5 0 M</b>	<b>1 0 0 M</b>	
PB	no time	01:56.39	
	<i>no time</i>		
	.....	.....	

Coach feedback:

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<b>Event number: 2: 100M BREASTSTROKE MEN 13+</b>		<b>Heat:7, starttime: 09:21</b>	
<b>Heat: 7/8 Lane : 2 Athlete: VAN GOMPEL TRISTAN</b>		<b>Q-time: 01:15:83</b>	
PB (50m pool): 01:17.50 Antwerp 02/02/2025		PB (25m pool): 01:15.83 SB: no time	
	<b>50 M</b>	<b>100 M</b>	
PB	00:37.05	01:17.50	
	00:37.05	00:40.45	
	.....	.....	

Coach feedback:

<b>Event number: 2: 100M BREASTSTROKE MEN 13+</b>		<b>Heat:8, starttime: 09:23</b>	
<b>Heat: 8/8 Lane : 2 Athlete: SWENNEN LARS</b>		<b>Q-time: 01:12:41</b>	
PB (50m pool): 01:15.02 Antwerpen 27/07/2025		PB (25m pool): 01:12.41 SB: no time	
	<b>50 M</b>	<b>100 M</b>	
PB	00:36.02	01:15.02	
	00:36.02	00:39.00	
	.....	.....	

Coach feedback:

<b>Event number: 2: 100M BREASTSTROKE MEN 13+</b>		<b>Heat:8, starttime: 09:23</b>	
<b>Heat: 8/8 Lane : 6 Athlete: MOERMANS TIJMEN</b>		<b>Q-time: 01:10:69</b>	
PB (50m pool): 01:13.46 Antwerp 09/02/2025		PB (25m pool): 01:10.69 SB: no time	
	<b>50 M</b>	<b>100 M</b>	
PB	00:34.26	01:13.46	
	00:34.26	00:39.20	
	.....	.....	

Coach feedback:

<b>Event number: 3: 50M BACKSTROKE WOMEN 13+</b>		<b>Heat:1, starttime: 09:28</b>	
<b>Heat: 1/6 Lane : 2 Athlete: PLASSCHAERT MARTHA</b>		<b>Q-time: 00:45:22</b>	
PB (50m pool): no time		PB (25m pool): 00:45.22 SB: no time	
	<b>50 M</b>		
PB	no time		
	no time		
	.....		

Coach feedback:

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<b>Event number: 3: 50M BACKSTROKE WOMEN 13+</b>		<b>Heat:2, starttime: 09:30</b>
<b>Heat: 2/6 Lane : 2 Athlete: VANBEKBERGEN CHARLOTTE</b>		<b>Q-time: 00:40:25</b>
PB (50m pool): 00:41.89 SportinGenk Park 21/04/2025 PB (25m pool): 00:40.25 SB: no time		
	<b>5 0 M</b>	
PB	00:41.89	
	00:41.89	
	.....	

Coach feedback:

<b>Event number: 3: 50M BACKSTROKE WOMEN 13+</b>		<b>Heat:3, starttime: 09:32</b>
<b>Heat: 3/6 Lane : 3 Athlete: MÉLARD LEVI</b>		<b>Q-time: 00:37:53</b>
PB (50m pool): 00:39.39 Eindhoven 16/02/2025 PB (25m pool): 00:37.51 SB: no time		
	<b>5 0 M</b>	
PB	00:39.39	
	00:39.39	
	.....	

Coach feedback:

<b>Event number: 3: 50M BACKSTROKE WOMEN 13+</b>		<b>Heat:3, starttime: 09:32</b>
<b>Heat: 3/6 Lane : 7 Athlete: VANHAEREN RENÉÉ</b>		<b>Q-time: 00:38:20</b>
PB (50m pool): 00:43.38 SportinGenk Park 21/04/2025 PB (25m pool): 00:38.20 SB: no time		
	<b>5 0 M</b>	
PB	00:43.38	
	00:43.38	
	.....	

Coach feedback:

<b>Event number: 3: 50M BACKSTROKE WOMEN 13+</b>		<b>Heat:4, starttime: 09:33</b>
<b>Heat: 4/6 Lane : 2 Athlete: CLEUREN FIEN</b>		<b>Q-time: 00:36:60</b>
PB (50m pool): no time PB (25m pool): 00:36.60 SB: no time		
	<b>5 0 M</b>	
PB	no time	
	no time	
	.....	

Coach feedback:

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<b>Event number: 3: 50M BACKSTROKE WOMEN 13+</b>		<b>Heat:6, starttime: 09:37</b>
<b>Heat: 6/6 Lane : 4 Athlete: ROOX AMÉLIE</b>		<b>Q-time: 00:30:43</b>
PB (50m pool): 00:31.88 Antwerpen 27/07/2025		PB (25m pool): 00:30.43 SB: no time
	<b>5 0 M</b>	
PB	00:31.88	
	00:31.88	
	.....	

Coach feedback:

<b>Event number: 4: 50M BACKSTROKE MEN 13+</b>		<b>Heat:3, starttime: 09:42</b>
<b>Heat: 3/6 Lane : 2 Athlete: LYSENS SIEBE</b>		<b>Q-time: 00:36:54</b>
PB (50m pool): no time		PB (25m pool): 00:36.54 SB: no time
	<b>5 0 M</b>	
PB	no time	
	no time	
	.....	

Coach feedback:

<b>Event number: 4: 50M BACKSTROKE MEN 13+</b>		<b>Heat:4, starttime: 09:44</b>
<b>Heat: 4/6 Lane : 2 Athlete: PROSMANS Gé</b>		<b>Q-time: 00:34:31</b>
PB (50m pool): 00:35.79 SportinGenk Park 21/04/2025		PB (25m pool): 00:34.31 SB: no time
	<b>5 0 M</b>	
PB	00:35.79	
	00:35.79	
	.....	

Coach feedback:

<b>Event number: 4: 50M BACKSTROKE MEN 13+</b>		<b>Heat:4, starttime: 09:44</b>
<b>Heat: 4/6 Lane : 3 Athlete: SWENNEN JARNE</b>		<b>Q-time: 00:33:91</b>
PB (50m pool): 00:41.66 SportinGenk Park 21/04/2025		PB (25m pool): 00:33.91 SB: no time
	<b>5 0 M</b>	
PB	00:41.66	
	00:41.66	
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Coach feedback:

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<b>Event number: 4: 50M BACKSTROKE MEN 13+</b>		<b>Heat:6, starttime: 09:47</b>
<b>Heat: 6/6 Lane : 4 Athlete: SIMONS VIC</b>		<b>Q-time: 00:28:30</b>
PB (50m pool): 00:29.83 Antwerpen 27/07/2025 PB (25m pool): 00:28.30 SB: no time		
	<b>5 0 M</b>	
PB	00:29.83	
	00:29.83	
	.....	

Coach feedback:

<b>Event number: 5: 50M BUTTERFLY WOMEN 11+</b>		<b>Heat:3, starttime: 09:52</b>
<b>Heat: 3/17 Lane : 7 Athlete: LAPIERRE EMMA</b>		<b>Q-time: 00:51:65</b>
PB (50m pool): no time PB (25m pool): 00:51.65 SB: no time		
	<b>5 0 M</b>	
PB	no time	
	no time	
	.....	

Coach feedback:

<b>Event number: 5: 50M BUTTERFLY WOMEN 11+</b>		<b>Heat:6, starttime: 09:56</b>
<b>Heat: 6/17 Lane : 7 Athlete: GIULIANI MILA</b>		<b>Q-time: 00:42:92</b>
PB (50m pool): 00:45.08 SportinGenk Park 21/04/2025 PB (25m pool): 00:42.92 SB: no time		
	<b>5 0 M</b>	
PB	00:45.08	
	00:45.08	
	.....	

Coach feedback:

<b>Event number: 5: 50M BUTTERFLY WOMEN 11+</b>		<b>Heat:11, starttime: 10:02</b>
<b>Heat: 11/17 Lane : 4 Athlete: COEMANS KAAT</b>		<b>Q-time: 00:35:29</b>
PB (50m pool): 00:37.28 SportinGenk Park 21/04/2025 PB (25m pool): 00:35.29 SB: no time		
	<b>5 0 M</b>	
PB	00:37.28	
	00:37.28	
	.....	

Coach feedback:

# PK LB Limburg: Session: 1: COACH evaluation sheet for TEAM: ZDKB

<b>Event number: 5: 50M BUTTERFLY WOMEN 11+</b>		<b>Heat:11, starttime: 10:02</b>
<b>Heat: 11/17 Lane : 5 Athlete: COEMANS HANNE</b>		<b>Q-time: 00:35:51</b>
PB (50m pool): 00:36.24 Antwerpen 13/07/2025		PB (25m pool): 00:35.51 SB: no time
	<b>5 0 M</b>	
PB	00:36.24	
	00:36.24	
	.....	

Coach feedback:

<b>Event number: 5: 50M BUTTERFLY WOMEN 11+</b>		<b>Heat:11, starttime: 10:02</b>
<b>Heat: 11/17 Lane : 6 Athlete: VANHAEREN RENÉE</b>		<b>Q-time: 00:35:61</b>
PB (50m pool): 00:41.19 Mol 22/06/2025		PB (25m pool): 00:35.61 SB: no time
	<b>5 0 M</b>	
PB	00:41.19	
	00:41.19	
	.....	

Coach feedback:

<b>Event number: 5: 50M BUTTERFLY WOMEN 11+</b>		<b>Heat:12, starttime: 10:03</b>
<b>Heat: 12/17 Lane : 2 Athlete: MÉLARD LEVI</b>		<b>Q-time: 00:34:96</b>
PB (50m pool): 00:36.24 Eindhoven 16/02/2025		PB (25m pool): 00:34.96 SB: no time
	<b>5 0 M</b>	
PB	00:36.24	
	00:36.24	
	.....	

Coach feedback:

<b>Event number: 5: 50M BUTTERFLY WOMEN 11+</b>		<b>Heat:14, starttime: 10:05</b>
<b>Heat: 14/17 Lane : 5 Athlete: JANSSEN LOTTE</b>		<b>Q-time: 00:32:94</b>
PB (50m pool): 00:34.28 Mol 22/06/2025		PB (25m pool): 00:32.94 SB: no time
	<b>5 0 M</b>	
PB	00:34.28	
	00:34.28	
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Coach feedback:

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<b>Event number: 5: 50M BUTTERFLY WOMEN 11+</b>		<b>Heat:16, starttime: 10:08</b>
<b>Heat: 16/17 Lane : 4 Athlete: ROOX AMÉLIE</b>		<b>Q-time: 00:30:72</b>
PB (50m pool): 00:32.23 Antwerpen 28/07/2024		PB (25m pool): 00:30.72 SB: no time
	<b>5 0 M</b>	
PB	00:32.23	
	00:32.23	
	.....	

Coach feedback:

<b>Event number: 6: 50M BUTTERFLY MEN 13+</b>		<b>Heat:1, starttime: 10:10</b>
<b>Heat: 1/9 Lane : 6 Athlete: ERNOTS JOPPE</b>		<b>Q-time: 00:46:21</b>
PB (50m pool): no time		PB (25m pool): 00:46.21 SB: no time
	<b>5 0 M</b>	
PB	no time	
	no time	
	.....	

Coach feedback:

<b>Event number: 6: 50M BUTTERFLY MEN 13+</b>		<b>Heat:2, starttime: 10:12</b>
<b>Heat: 2/9 Lane : 6 Athlete: SWENNEN JARNE</b>		<b>Q-time: 00:35:91</b>
PB (50m pool): 00:39.77 Mol 22/06/2025		PB (25m pool): 00:35.91 SB: no time
	<b>5 0 M</b>	
PB	00:39.77	
	00:39.77	
	.....	

Coach feedback:

<b>Event number: 6: 50M BUTTERFLY MEN 13+</b>		<b>Heat:3, starttime: 10:13</b>
<b>Heat: 3/9 Lane : 4 Athlete: SWENDROWSKI MILAN</b>		<b>Q-time: 00:32:46</b>
PB (50m pool): 00:35.51 SportinGenk Park 21/04/2025		PB (25m pool): 00:32.46 SB: no time
	<b>5 0 M</b>	
PB	00:35.51	
	00:35.51	
	.....	

Coach feedback:

# PK LB Limburg: Session: 1: COACH evaluation sheet for TEAM: ZDKB

<b>Event number: 6: 50M BUTTERFLY MEN 13+</b>		<b>Heat:4, starttime: 10:14</b>
<b>Heat: 4/9 Lane : 4 Athlete: JANS SEN</b>		<b>Q-time: 00:31:52</b>
PB (50m pool): 00:33.75 SportinGenk Park 21/04/2025		PB (25m pool): 00:31.52 SB: no time
	<b>5 0 M</b>	
PB	00:33.75	
	00:33.75	
	.....	

Coach feedback:

<b>Event number: 6: 50M BUTTERFLY MEN 13+</b>		<b>Heat:6, starttime: 10:16</b>
<b>Heat: 6/9 Lane : 2 Athlete: SWENNEN LARS</b>		<b>Q-time: 00:30:18</b>
PB (50m pool): 00:31.76 Mol 22/06/2025		PB (25m pool): 00:29.13 SB: no time
	<b>5 0 M</b>	
PB	00:31.76	
	00:31.76	
	.....	

Coach feedback:

<b>Event number: 6: 50M BUTTERFLY MEN 13+</b>		<b>Heat:6, starttime: 10:16</b>
<b>Heat: 6/9 Lane : 6 Athlete: MOERMANS TIJMEN</b>		<b>Q-time: 00:29:80</b>
PB (50m pool): 00:31.30 SportinGenk Park 21/04/2025		PB (25m pool): 00:29.80 SB: no time
	<b>5 0 M</b>	
PB	00:31.30	
	00:31.30	
	.....	

Coach feedback:

<b>Event number: 6: 50M BUTTERFLY MEN 13+</b>		<b>Heat:6, starttime: 10:16</b>
<b>Heat: 6/9 Lane : 7 Athlete: VAN GOMPEL TRISTAN</b>		<b>Q-time: 00:30:29</b>
PB (50m pool): 00:30.45 Antwerp 02/02/2025		PB (25m pool): 00:30.29 SB: no time
	<b>5 0 M</b>	
PB	00:30.45	
	00:30.45	
	.....	

Coach feedback:

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<b>Event number: 6: 50M BUTTERFLY MEN 13+</b>		<b>Heat:9, starttime: 10:20</b>
<b>Heat: 9/9 Lane : 4 Athlete: SIMONS VIC</b>		<b>Q-time: 00:27:30</b>
PB (50m pool): 00:28.04 Antwerpen 27/07/2025 PB (25m pool): 00:27.30 SB: no time		
	<b>50 M</b>	
PB	00:28.04	
	00:28.04	
	.....	

Coach feedback:

<b>Event number: 7: 400M FREESTYLE WOMEN 13+</b>							<b>Heat:1, starttime: 10:36</b>	
<b>Heat: 1/5 Lane : 3 Athlete: WOLFS LOLA</b>							<b>Q-time: 06:09:95</b>	
PB (50m pool): 06:35.65 SportinGenk Park 19/05/2024							PB (25m pool): 06:09.95 SB: no time	
	<b>50 M</b>	<b>100 M</b>	<b>150 M</b>	<b>200 M</b>	<b>250 M</b>	<b>300 M</b>	<b>350 M</b>	<b>400 M</b>
PB	no time	no time	no time	no time	no time	no time	no time	06:35.65
	no time							
	.....	.....	.....	.....	.....	.....	.....	.....

Coach feedback:

<b>Event number: 7: 400M FREESTYLE WOMEN 13+</b>							<b>Heat:3, starttime: 10:49</b>	
<b>Heat: 3/5 Lane : 7 Athlete: JANSSEN LORE</b>							<b>Q-time: 05:19:54</b>	
PB (50m pool): 05:19.54 Mol 22/06/2025							PB (25m pool): no time SB: no time	
	<b>50 M</b>	<b>100 M</b>	<b>150 M</b>	<b>200 M</b>	<b>250 M</b>	<b>300 M</b>	<b>350 M</b>	<b>400 M</b>
PB	00:35.50	01:14.47	01:56.77	02:37.05	03:19.07	03:59.72	05:19.53	05:19.54
	00:35.50	00:38.97	00:42.30	00:40.28	00:42.02	00:40.65	01:19.81	00:0.01
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Coach feedback:

<b>Event number: 8: 400M FREESTYLE MEN 13+</b>							<b>Heat:2, starttime: 11:13</b>	
<b>Heat: 2/4 Lane : 2 Athlete: PROSMANS Gé</b>							<b>Q-time: 05:11:15</b>	
PB (50m pool): 05:38.45 SportinGenk Park 08/03/2025							PB (25m pool): 05:11.15 SB: no time	
	<b>50 M</b>	<b>100 M</b>	<b>150 M</b>	<b>200 M</b>	<b>250 M</b>	<b>300 M</b>	<b>350 M</b>	<b>400 M</b>
PB	no time	01:19.47	no time	02:45.29	no time	no time	no time	05:38.45
	no time							
	.....	.....	.....	.....	.....	.....	.....	.....

Coach feedback:

# PK LB Limburg: Session: 1: COACH evaluation sheet for TEAM: ZDKB

Event number: 8: 400M FREESTYLE MEN 13+							Heat:3, starttime: 11:19	
Heat: 3/4 Lane : 6 Athlete: THEUWIS TIJL							Q-time: 04:34:75	
PB (50m pool): 04:46.58 Mol 22/06/2025				PB (25m pool): 04:34.75 SB: no time				
	<b>5 0 M</b>	<b>1 0 0 M</b>	<b>1 5 0 M</b>	<b>2 0 0 M</b>	<b>2 5 0 M</b>	<b>3 0 0 M</b>	<b>3 5 0 M</b>	<b>4 0 0 M</b>
PB	00:31.55	01:05.93	01:42.87	02:19.69	02:57.42	03:34.90	04:12.36	04:46.58
	00:31.55	00:34.38	00:36.94	00:36.82	00:37.73	00:37.48	00:37.46	00:34.22
	.....	.....	.....	.....	.....	.....	.....	.....

Coach feedback: