

PK LB Limburg: Session: 2: COACH evaluation sheet for TEAM: LWB

Coachinfo: Warming up from: 13:15 untill 13:55. Teamleadmeeting @ The listed starttimes are indicative!

PB => Personal Best time

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

Event number: 12: 100M FREESTYLE WOMEN 11+ Heat:3, starttime: 14:16

Heat: 3/19 Lane : 2 Athlete: DE LAAT ELENA Q-time: 01:32:18

PB (50m pool): 01:32.18 Antwerpen 13/07/2025 PB (25m pool): 01:27.69 SB: no time

	50 M	100 M	
PB	00:42.20	01:32.18	
	<i>00:42.20</i>	<i>00:49.98</i>	
	

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+ Heat:6, starttime: 14:22

Heat: 6/19 Lane : 4 Athlete: JANSEN NINA Q-time: 01:17:53

PB (50m pool): 01:13.03 SportinGenk Park 15/03/2025 PB (25m pool): 01:10.02 SB: no time

	50 M	100 M	
PB	no time	01:13.03	
	<i>no time</i>		
	

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+ Heat:7, starttime: 14:24

Heat: 7/19 Lane : 4 Athlete: CLUYSEN ZIVA Q-time: 01:16:49

PB (50m pool): 01:16.49 Antwerpen 13/07/2025 PB (25m pool): 01:17.14 SB: no time

	50 M	100 M	
PB	00:36.72	01:16.49	
	<i>00:36.72</i>	<i>00:39.77</i>	
	

Coach feedback:

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Event number: 13: 100M FREESTYLE MEN 13+		Heat:6, starttime: 14:57	
Heat: 6/12 Lane : 7 Athlete: MANNAERTS MATHIAS		Q-time: 01:06:58	
PB (50m pool): 01:06.58 Wezenberg 03/01/2026		PB (25m pool): 01:05.21 SB: 01:06.58 Wezenberg 03/01/2026	
	50 M	100 M	
PB	00:33.23	01:06.58	
	00:33.23	00:33.35	
	

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 13+		Heat:7, starttime: 14:59	
Heat: 7/12 Lane : 3 Athlete: JANSSEN LANDER		Q-time: 01:03:37	
PB (50m pool): 01:03.37 Wezenberg 03/01/2026		PB (25m pool): 01:02.19 SB: 01:03.37 Wezenberg 03/01/2026	
	50 M	100 M	
PB	00:31.24	01:03.37	
	00:31.24	00:32.13	
	

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 13+		Heat:8, starttime: 15:00	
Heat: 8/12 Lane : 3 Athlete: MICHIELS PIETER		Q-time: 01:02:19	
PB (50m pool): 01:02.19 Antwerpen 13/07/2025		PB (25m pool): 00:59.21 SB: 01:03.36 Wezenberg 03/01/2026	
	50 M	100 M	
PB	00:29.62	01:02.19	
	00:29.62	00:32.57	
	

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 13+		Heat:8, starttime: 15:00	
Heat: 8/12 Lane : 6 Athlete: GERITS TUUR		Q-time: 01:02:50	
PB (50m pool): 01:02.50 Antwerpen 13/07/2025		PB (25m pool): 00:58.46 SB: no time	
	50 M	100 M	
PB	00:29.88	01:02.50	
	00:29.88	00:32.62	
	

Coach feedback:

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Event number: 13: 100M FREESTYLE MEN 13+			Heat:11, starttime: 15:05		
Heat: 11/12 Lane : 4 Athlete: TOPS MIKA			Q-time: 00:57:05		
PB (50m pool): 00:59.00 Antwerpen 16/07/2023			PB (25m pool): 00:57.05 SB: no time		
	5 0 M	1 0 0 M			
PB	no time	00:59.00			
	<i>no time</i>				
			

Coach feedback:

Event number: 15: 50M BREASTSTROKE MEN 13+			Heat:5, starttime: 15:37		
Heat: 5/8 Lane : 4 Athlete: KAMAGATE TAMSI			Q-time: 00:35:93		
PB (50m pool): 00:36.43 Antwerpen 14/07/2024			PB (25m pool): 00:33.59 SB: no time		
	5 0 M				
PB	00:36.43				
	<i>00:36.43</i>				
				

Coach feedback:

Event number: 16: 100M BACKSTROKE WOMEN 11-12			Heat:2, starttime: 15:48		
Heat: 2/6 Lane : 3 Athlete: DE LAAT ELENA			Q-time: 01:39:18		
PB (50m pool): 01:39.18 Antwerpen 13/07/2025			PB (25m pool): 01:36.57 SB: no time		
	5 0 M	1 0 0 M			
PB	00:47.95	01:39.18			
	<i>00:47.95</i>	<i>00:51.23</i>			
			

Coach feedback:

Event number: 18: 200M MEDLEY WOMEN 13+				Heat:4, starttime: 16:25	
Heat: 4/11 Lane : 3 Athlete: JANSEN NINA				Q-time: 02:57:10	
PB (50m pool): no time				PB (25m pool): 02:57.10 SB: no time	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	no time	
	<i>no time</i>				
	

Coach feedback:

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Event number: 19: 4x100M FREESTYLE MEN 11+							Heat:1, starttime: 16:57	
Heat: 1/1 Lane : 6 Athlete: TEAM LWB 1							Q-time: 04:14:91	
PB (50m pool):		PB (25m pool):			SB:			
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB								

Coach feedback: