

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

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

PB => Personal Best time

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

Event number: 11: 200M BUTTERFLY MEN 13+ Heat:1, starttime: 14:04

Heat: 1/2 Lane : 4 Athlete: VAN GOMPEL TRISTAN Q-time: 02:52:26

PB (50m pool): no time PB (25m pool): 02:52.26 SB: no time

| | 50 M | 100 M | 150 M | 200 M |
|----|----------------|---------|---------|---------|
| PB | no time | no time | no time | no time |
| | <i>no time</i> | | | |
| | | | | |

Coach feedback:

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

Heat: 3/19 Lane : 7 Athlete: LAPIERRE EMMA Q-time: 01:32:21

PB (50m pool): no time PB (25m pool): 01:32.21 SB: no time

| | 50 M | 100 M |
|----|----------------|---------|
| PB | no time | no time |
| | <i>no time</i> | |
| | | |

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+ Heat:5, starttime: 14:21

Heat: 5/19 Lane : 2 Athlete: PLASSCHAERT MARTHA Q-time: 01:21:92

PB (50m pool): 01:21.92 Antwerp 02/02/2025 PB (25m pool): 01:24.11 SB: no time

| | 50 M | 100 M |
|----|-----------------|-----------------|
| PB | 00:38.90 | 01:21.92 |
| | <i>00:38.90</i> | <i>00:43.02</i> |
| | | |

Coach feedback:

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|--|----------------|-------------------------------------|--|
| Event number: 12: 100M FREESTYLE WOMEN 11+ | | Heat:6, starttime: 14:22 | |
| Heat: 6/19 Lane : 6 Athlete: VANBEKBERGEN CHARLOTTE | | Q-time: 01:18:67 | |
| PB (50m pool): 01:21.80 Antwerpen 14/07/2024 | | PB (25m pool): 01:18.67 SB: no time | |
| | 50 M | 100 M | |
| PB | no time | 01:21.80 | |
| | <i>no time</i> | | |
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Coach feedback:

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|--|-----------------|-------------------------------------|--|
| Event number: 12: 100M FREESTYLE WOMEN 11+ | | Heat:12, starttime: 14:34 | |
| Heat: 12/19 Lane : 3 Athlete: VANHAEREN RENÉE | | Q-time: 01:09:47 | |
| PB (50m pool): 01:09.91 Antwerpen 13/07/2025 | | PB (25m pool): 01:09.47 SB: no time | |
| | 50 M | 100 M | |
| PB | 00:33.92 | 01:09.91 | |
| | <i>00:33.92</i> | <i>00:35.99</i> | |
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Coach feedback:

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|---|----------------|-------------------------------------|--|
| Event number: 12: 100M FREESTYLE WOMEN 11+ | | Heat:12, starttime: 14:34 | |
| Heat: 12/19 Lane : 5 Athlete: MÉLARD LEVI | | Q-time: 01:09:32 | |
| PB (50m pool): 01:12.28 SportinGenk Park 15/03/2025 | | PB (25m pool): 01:09.32 SB: no time | |
| | 50 M | 100 M | |
| PB | no time | 01:12.28 | |
| | <i>no time</i> | | |
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Coach feedback:

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|---|-----------------|-------------------------------------|--|
| Event number: 12: 100M FREESTYLE WOMEN 11+ | | Heat:12, starttime: 14:34 | |
| Heat: 12/19 Lane : 6 Athlete: COEMANS KAAT | | Q-time: 01:09:48 | |
| PB (50m pool): 01:09.48 Antwerpen 13/07/2025 | | PB (25m pool): 01:09.92 SB: no time | |
| | 50 M | 100 M | |
| PB | 00:34.18 | 01:09.48 | |
| | <i>00:34.18</i> | <i>00:35.30</i> | |
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Coach feedback:

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|--|--------------|-------------------------------------|--|
| Event number: 12: 100M FREESTYLE WOMEN 11+ | | Heat:15, starttime: 14:39 | |
| Heat: 15/19 Lane : 7 Athlete: JANSSEN LOTTE | | Q-time: 01:06:71 | |
| PB (50m pool): 01:09.66 Mol 22/06/2025 | | PB (25m pool): 01:06.71 SB: no time | |
| | 5 0 M | 1 0 0 M | |
| PB | 00:33.75 | 01:09.66 | |
| | 00:33.75 | 00:35.91 | |
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Coach feedback:

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|---|--------------|-------------------------------------|--|
| Event number: 12: 100M FREESTYLE WOMEN 11+ | | Heat:19, starttime: 14:45 | |
| Heat: 19/19 Lane : 2 Athlete: ROOX AMÉLIE | | Q-time: 01:01:79 | |
| PB (50m pool): 01:04.35 SportinGenk Park 15/03/2025 | | PB (25m pool): 01:01.79 SB: no time | |
| | 5 0 M | 1 0 0 M | |
| PB | no time | 01:04.35 | |
| | no time | | |
| | | | |

Coach feedback:

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|--|--------------|-------------------------------------|--|
| Event number: 13: 100M FREESTYLE MEN 13+ | | Heat:1, starttime: 14:47 | |
| Heat: 1/12 Lane : 3 Athlete: ERNOTS JOPPE | | Q-time: 01:30:07 | |
| PB (50m pool): no time | | PB (25m pool): 01:30.07 SB: no time | |
| | 5 0 M | 1 0 0 M | |
| PB | no time | no time | |
| | no time | | |
| | | | |

Coach feedback:

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|---|--------------|-------------------------------------|--|
| Event number: 13: 100M FREESTYLE MEN 13+ | | Heat:4, starttime: 14:53 | |
| Heat: 4/12 Lane : 6 Athlete: SWENNEN JARNE | | Q-time: 01:10:89 | |
| PB (50m pool): 01:22.49 SportinGenk Park 21/04/2025 | | PB (25m pool): 01:10.89 SB: no time | |
| | 5 0 M | 1 0 0 M | |
| PB | 00:38.20 | 01:22.49 | |
| | 00:38.20 | 00:44.29 | |
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|---|-------------|-------------------------------------|--|
| Event number: 13: 100M FREESTYLE MEN 13+ | | Heat:5, starttime: 14:55 | |
| Heat: 5/12 Lane : 5 Athlete: SWENDROWSKI MILAN | | Q-time: 01:06:70 | |
| PB (50m pool): 01:11.74 SportinGenk Park 21/04/2025 | | PB (25m pool): 01:06.70 SB: no time | |
| | 50 M | 100 M | |
| PB | 00:34.39 | 01:11.74 | |
| | 00:34.39 | 00:37.35 | |
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Coach feedback:

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|---|-------------|-------------------------------------|--|
| Event number: 13: 100M FREESTYLE MEN 13+ | | Heat:7, starttime: 14:59 | |
| Heat: 7/12 Lane : 5 Athlete: JANS SEN | | Q-time: 01:02:83 | |
| PB (50m pool): 01:06.26 Antwerpen 13/07/2025 | | PB (25m pool): 01:02.83 SB: no time | |
| | 50 M | 100 M | |
| PB | 00:32.57 | 01:06.26 | |
| | 00:32.57 | 00:33.69 | |
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Coach feedback:

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|---|-------------|-------------------------------------|--|
| Event number: 13: 100M FREESTYLE MEN 13+ | | Heat:10, starttime: 15:03 | |
| Heat: 10/12 Lane : 4 Athlete: MOERMANS TIJMEN | | Q-time: 00:58:67 | |
| PB (50m pool): 01:01.78 Olympic Pool Wezenberg, Antwer 30/07/2025 | | PB (25m pool): 00:58.67 SB: no time | |
| | 50 M | 100 M | |
| PB | no time | 01:01.78 | |
| | no time | | |
| | | | |

Coach feedback:

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|---|-------------|-------------------------------------|--|
| Event number: 13: 100M FREESTYLE MEN 13+ | | Heat:12, starttime: 15:07 | |
| Heat: 12/12 Lane : 3 Athlete: SIMONS VIC | | Q-time: 00:54:78 | |
| PB (50m pool): 00:55.87 Antwerpen 27/07/2025 | | PB (25m pool): 00:54.78 SB: no time | |
| | 50 M | 100 M | |
| PB | 00:27.01 | 00:55.87 | |
| | 00:27.01 | 00:28.86 | |
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Coach feedback:

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|---|--------------|---------------------------------|
| Event number: 14: 50M BREASTSTROKE WOMEN 13+ | | Heat:1, starttime: 15:24 |
| Heat: 1/6 Lane : 4 Athlete: VANBEKBERGEN CHARLOTTE | | Q-time: 00:48:05 |
| PB (50m pool): 00:54.58 SportinGenk Park 01/04/2024 PB (25m pool): 00:48.05 SB: no time | | |
| | 5 0 M | |
| PB | 00:54.58 | |
| | 00:54.58 | |
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Coach feedback:

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|---|--------------|---------------------------------|
| Event number: 14: 50M BREASTSTROKE WOMEN 13+ | | Heat:2, starttime: 15:25 |
| Heat: 2/6 Lane : 4 Athlete: MÉLARD LEVI | | Q-time: 00:45:07 |
| PB (50m pool): 00:46.13 SportinGenk Park 21/04/2025 PB (25m pool): 00:45.07 SB: no time | | |
| | 5 0 M | |
| PB | 00:46.13 | |
| | 00:46.13 | |
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Coach feedback:

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|---|--------------|---------------------------------|
| Event number: 14: 50M BREASTSTROKE WOMEN 13+ | | Heat:2, starttime: 15:25 |
| Heat: 2/6 Lane : 5 Athlete: WOLFS LOLA | | Q-time: 00:45:71 |
| PB (50m pool): 00:48.06 SportinGenk Park 21/04/2025 PB (25m pool): 00:45.71 SB: no time | | |
| | 5 0 M | |
| PB | 00:48.06 | |
| | 00:48.06 | |
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Coach feedback:

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|--|--------------|---------------------------------|
| Event number: 14: 50M BREASTSTROKE WOMEN 13+ | | Heat:2, starttime: 15:25 |
| Heat: 2/6 Lane : 7 Athlete: PLASSCHAERT MARTHA | | Q-time: 00:47:96 |
| PB (50m pool): 00:48.87 Mol 23/06/2024 PB (25m pool): 00:47.96 SB: no time | | |
| | 5 0 M | |
| PB | 00:48.87 | |
| | 00:48.87 | |
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Coach feedback:

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|--|--------------|---------------------------------|
| Event number: 14: 50M BREASTSTROKE WOMEN 13+ | | Heat:5, starttime: 15:29 |
| Heat: 5/6 Lane : 5 Athlete: COEMANS HANNE | | Q-time: 00:37:92 |
| PB (50m pool): 00:38.31 Antwerpen 14/07/2024 PB (25m pool): 00:37.92 SB: no time | | |
| | 5 0 M | |
| PB | 00:38.31 | |
| | 00:38.31 | |
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Coach feedback:

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|--|--------------|---------------------------------|
| Event number: 14: 50M BREASTSTROKE WOMEN 13+ | | Heat:6, starttime: 15:30 |
| Heat: 6/6 Lane : 5 Athlete: ROOX AMÉLIE | | Q-time: 00:35:62 |
| PB (50m pool): 00:37.09 Eindhoven 16/02/2025 PB (25m pool): 00:35.62 SB: no time | | |
| | 5 0 M | |
| PB | 00:37.09 | |
| | 00:37.09 | |
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Coach feedback:

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|--|--------------|---------------------------------|
| Event number: 15: 50M BREASTSTROKE MEN 13+ | | Heat:2, starttime: 15:33 |
| Heat: 2/8 Lane : 3 Athlete: ERNOTS JOPPE | | Q-time: 00:46:71 |
| PB (50m pool): no time PB (25m pool): 00:46.71 SB: no time | | |
| | 5 0 M | |
| PB | no time | |
| | no time | |
| | | |

Coach feedback:

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|---|--------------|---------------------------------|
| Event number: 15: 50M BREASTSTROKE MEN 13+ | | Heat:7, starttime: 15:40 |
| Heat: 7/8 Lane : 3 Athlete: JANS SEN | | Q-time: 00:33:70 |
| PB (50m pool): 00:42.92 SportinGenk Park 01/04/2024 PB (25m pool): 00:33.70 SB: no time | | |
| | 5 0 M | |
| PB | 00:42.92 | |
| | 00:42.92 | |
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|---|--------------|-------------------------------------|
| Event number: 15: 50M BREASTSTROKE MEN 13+ | | Heat:7, starttime: 15:40 |
| Heat: 7/8 Lane : 6 Athlete: SIMONS VIC | | Q-time: 00:33:72 |
| PB (50m pool): 00:36.43 Mol 22/06/2025 | | PB (25m pool): 00:33.72 SB: no time |
| | 5 0 M | |
| PB | 00:36.43 | |
| | 00:36.43 | |
| | | |

Coach feedback:

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|---|--------------|-------------------------------------|
| Event number: 15: 50M BREASTSTROKE MEN 13+ | | Heat:7, starttime: 15:40 |
| Heat: 7/8 Lane : 7 Athlete: VAN GOMPEL TRISTAN | | Q-time: 00:33:78 |
| PB (50m pool): 00:34.31 Antwerp 02/02/2025 | | PB (25m pool): 00:33.78 SB: no time |
| | 5 0 M | |
| PB | 00:34.31 | |
| | 00:34.31 | |
| | | |

Coach feedback:

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|---|--------------|-------------------------------------|
| Event number: 15: 50M BREASTSTROKE MEN 13+ | | Heat:8, starttime: 15:41 |
| Heat: 8/8 Lane : 2 Athlete: SWENNEN LARS | | Q-time: 00:32:24 |
| PB (50m pool): 00:33.08 Antwerpen 27/07/2025 | | PB (25m pool): 00:32.24 SB: no time |
| | 5 0 M | |
| PB | 00:33.08 | |
| | 00:33.08 | |
| | | |

Coach feedback:

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|--|--------------|-------------------------------------|
| Event number: 15: 50M BREASTSTROKE MEN 13+ | | Heat:8, starttime: 15:41 |
| Heat: 8/8 Lane : 6 Athlete: MOERMANS TIJMEN | | Q-time: 00:31:99 |
| PB (50m pool): 00:32.55 Eindhoven 16/02/2025 | | PB (25m pool): 00:31.99 SB: no time |
| | 5 0 M | |
| PB | 00:32.55 | |
| | 00:32.55 | |
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Coach feedback:

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|--|----------------|-------------------------------------|--|
| Event number: 16: 100M BACKSTROKE WOMEN 11-12 | | Heat:2, starttime: 15:48 | |
| Heat: 2/6 Lane : 7 Athlete: LAPIERRE EMMA | | Q-time: 01:42:39 | |
| PB (50m pool): no time | | PB (25m pool): 01:42.39 SB: no time | |
| | 50 M | 100 M | |
| PB | no time | no time | |
| | <i>no time</i> | | |
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Coach feedback:

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|---|-----------------|-----------------|-------------------------------------|-----------------|-----------------|---------------------------------|-----------------|-----------------|
| Event number: 17: 400M MEDLEY MEN 13+ | | | | | | Heat:1, starttime: 16:01 | | |
| Heat: 1/2 Lane : 4 Athlete: THEUWIS TIJL | | | | | | Q-time: 05:13:98 | | |
| PB (50m pool): 05:30.54 Mol 22/06/2025 | | | PB (25m pool): 05:13.98 SB: no time | | | | | |
| | 50 M | 100 M | 150 M | 200 M | 250 M | 300 M | 350 M | 400 M |
| PB | 00:33.52 | 01:12.24 | 01:58.21 | 02:41.73 | 03:29.11 | 04:16.79 | 04:55.30 | 05:30.54 |
| | <i>00:33.52</i> | <i>00:38.72</i> | <i>00:45.97</i> | <i>00:43.52</i> | <i>00:47.38</i> | <i>00:47.68</i> | <i>00:38.51</i> | <i>00:35.24</i> |
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Coach feedback: