

Regiocup1 Bilzen: Session: 1: COACH evaluation sheet for TEAM: GZVN

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: 1: 200M FREESTYLE WOMEN 11+							Heat:2, starttime: 14:04	
Heat: 2/9 Lane : 5 Athlete: MOORS MAUD							Q-time: 99:99:99	
PB (25m pool): 02:56.47 3500 Hasselt 24/11/2024				PB (50m pool): 03:02.73SB: 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		00:41.49		01:27.41		02:14.43		02:56.47
	00:41.49		00:45.92		00:47.02		00:42.04	
								

Coach feedback:

Event number: 1: 200M FREESTYLE WOMEN 11+							Heat:3, starttime: 14:08	
Heat: 3/9 Lane : 1 Athlete: VANIERSCHOT KATO							Q-time: 99:99:99	
PB (25m pool): no time			PB (50m pool): no time 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		no time		no time		no time		no time
	no time							
								

Coach feedback:

Event number: 1: 200M FREESTYLE WOMEN 11+							Heat:6, starttime: 14:20	
Heat: 6/9 Lane : 5 Athlete: DREESSEN LYANA							Q-time: 02:47:15	
PB (25m pool): 02:47.15 Hasselt 12/10/2025				PB (50m pool): 02:46.87 SB: 02:47.15 Hasselt 12/10/2025				
	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		00:38.10		01:21.60		02:06.59		02:47.15
	00:38.10		00:43.50		00:44.99		00:40.56	
								

Coach feedback:

Regiocup1 Bilzen: Session: 1: COACH evaluation sheet for TEAM: GZVN

Event number: 1: 200M FREESTYLE WOMEN 11+							Heat:9, starttime: 14:30	
Heat: 9/9 Lane : 1 Athlete: PANNEMANS TESSA							Q-time: 02:28:35	
PB (25m pool): 02:28.35 3500 Hasselt 23/11/2025				PB (50m pool): 02:51.12SB: 02:28.35 3500 Hasselt 23/11/2025				
	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		00:35.54		01:13.93		01:53.12		02:28.35
	00:35.54		00:38.39		00:39.19		00:35.23	
								

Coach feedback:

Event number: 2: 200M FREESTYLE MEN 11+							Heat:1, starttime: 14:34	
Heat: 1/6 Lane : 2 Athlete: VANDEBROUCK ARNO							Q-time: 99:99:99	
PB (25m pool): no time			PB (50m pool): no time 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		no time		no time		no time		no time
	no time							
								

Coach feedback:

Event number: 2: 200M FREESTYLE MEN 11+							Heat:2, starttime: 14:37	
Heat: 2/6 Lane : 2 Athlete: KONINCKX MATTHIAS							Q-time: 99:99:99	
PB (25m pool): no time			PB (50m pool): no time 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		no time		no time		no time		no time
	no time							
								

Coach feedback:

Event number: 2: 200M FREESTYLE MEN 11+							Heat:3, starttime: 14:40	
Heat: 3/6 Lane : 3 Athlete: PANNEMANS WOUTER							Q-time: 02:43:50	
PB (25m pool): 02:43.50 3500 Hasselt 23/11/2025				PB (50m pool): 03:22.37 SB: 02:43.50 3500 Hasselt 23/11/2025				
	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		00:37.57		01:20.59		02:04.22		02:43.50
	00:37.57		00:43.02		00:43.63		00:39.28	
								

Coach feedback:

Regiocup1 Bilzen: Session: 1: COACH evaluation sheet for TEAM: GZVN

Event number: 2: 200M FREESTYLE MEN 11+							Heat:3, starttime: 14:40	
Heat: 3/6 Lane : 6 Athlete: NYS ROBBE							Q-time: 99:99:99	
PB (25m pool): no time			PB (50m pool): no time 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		no time		no time		no time		no time
	no time							
								

Coach feedback:

Event number: 2: 200M FREESTYLE MEN 11+							Heat:5, starttime: 14:47	
Heat: 5/6 Lane : 2 Athlete: VANDEBROEK JONAS							Q-time: 02:17:45	
PB (25m pool): 02:17.45 Hasselt 12/10/2025			PB (50m pool): 02:56.50SB: 02:17.45 Hasselt 12/10/2025					
	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		00:32.38		01:07.37		01:43.45		02:17.45
	00:32.38		00:34.99		00:36.08		00:34.00	
								

Coach feedback:

Event number: 3: 50M BUTTERFLY MIXED 10-9										Heat:2, starttime: 14:55	
Heat: 2/6 Lane : 2 Athlete: LOPEZ Y LOPEZ LEÓN										Q-time: 99:99:99	
PB (25m pool): no time					PB (50m pool): 00:41.39SB: no time						
	2 5 M		5 0 M								
PB			no time								
	no time										
											

Coach feedback:

Event number: 3: 50M BUTTERFLY MIXED 10-9							Heat:3, starttime: 14:56	
Heat: 3/6 Lane : 1 Athlete: BROUWERS MATHIEU							Q-time: 99:99:99	
PB (25m pool): no time				PB (50m pool): no time SB: no time				
	2 5 M		5 0 M					
PB			no time					
	no time							
								

Coach feedback:

Regiocup1 Bilzen: Session: 1: COACH evaluation sheet for TEAM: GZVN

Event number: 3: 50M BUTTERFLY MIXED 10-9			Heat:4, starttime: 14:58
Heat: 4/6 Lane : 1 Athlete: JAEKEN STAN			Q-time: 99:99:99
PB (25m pool): no time PB (50m pool): no time SB: no time			
	2 5 M	5 0 M	
PB		no time	
	no time		
			

Coach feedback:

Event number: 3: 50M BUTTERFLY MIXED 10-9			Heat:4, starttime: 14:58
Heat: 4/6 Lane : 3 Athlete: ZGHIBAT HAARITH			Q-time: 99:99:99
PB (25m pool): no time PB (50m pool): no time SB: no time			
	2 5 M	5 0 M	
PB		no time	
	no time		
			

Coach feedback:

Event number: 3: 50M BUTTERFLY MIXED 10-9			Heat:4, starttime: 14:58
Heat: 4/6 Lane : 6 Athlete: OLAERTS FLORIS			Q-time: 99:99:99
PB (25m pool): no time PB (50m pool): 00:43.24 SB: no time			
	2 5 M	5 0 M	
PB		no time	
	no time		
			

Coach feedback:

Event number: 3: 50M BUTTERFLY MIXED 10-9			Heat:5, starttime: 14:59
Heat: 5/6 Lane : 4 Athlete: TORDEUR ROMI			Q-time: 99:99:99
PB (25m pool): no time PB (50m pool): no time SB: no time			
	2 5 M	5 0 M	
PB		no time	
	no time		
			

Coach feedback:

Regiocup1 Bilzen: Session: 1: COACH evaluation sheet for TEAM: GZVN

Event number: 3: 50M BUTTERFLY MIXED 10-9				Heat:5, starttime: 14:59
Heat: 5/6 Lane : 5 Athlete: CASTRONOVO VINZ				Q-time: 99:99:99
PB (25m pool): no time		PB (50m pool): no time SB: no time		
	2 5 M	5 0 M		
PB		no time		
	no time			
				

Coach feedback:

Event number: 4: 100M BREASTSTROKE WOMEN 11+					Heat:3, starttime: 15:08
Heat: 3/6 Lane : 5 Athlete: LBALI ALISA-SARA					Q-time: 01:47:16
PB (25m pool): no time		PB (50m pool): 01:47.16 SB: no time			
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		no time	
	no time				
					

Coach feedback:

Event number: 4: 100M BREASTSTROKE WOMEN 11+					Heat:3, starttime: 15:08
Heat: 3/6 Lane : 6 Athlete: VANHAEN ALISSIA					Q-time: 01:52:24
PB (25m pool): no time		PB (50m pool): 01:52.24 SB: no time			
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		no time	
	no time				
					

Coach feedback:

Event number: 4: 100M BREASTSTROKE WOMEN 11+					Heat:6, starttime: 15:14
Heat: 6/6 Lane : 6 Athlete: DREESSEN LYANA					Q-time: 01:27:66
PB (25m pool): 01:27.66 Arendonk 30/11/2025		PB (50m pool): 01:34.66 SB: 01:27.66 Arendonk 30/11/2025			
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:41.19		01:27.66	
	00:41.19		00:46.47		
					

Coach feedback:

Regiocup1 Bilzen: Session: 1: COACH evaluation sheet for TEAM: GZVN

Event number: 5: 100M BREASTSTROKE MEN 11+					Heat:1, starttime: 15:16
Heat: 1/7 Lane : 3 Athlete: VANDEBROEK ALEXANDER					Q-time: 99:99:99
PB (25m pool): no time PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		no time	
	no time				
					

Coach feedback:

Event number: 5: 100M BREASTSTROKE MEN 11+					Heat:4, starttime: 15:24
Heat: 4/7 Lane : 5 Athlete: MWIRI SAM					Q-time: 02:03:35
PB (25m pool): no time PB (50m pool): 02:03.35 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		no time	
	no time				
					

Coach feedback:

Event number: 6: 50M BACKSTROKE WOMEN 11+					Heat:1, starttime: 15:49
Heat: 1/7 Lane : 2 Athlete: VANIERSCHOT KATO					Q-time: 99:99:99
PB (25m pool): no time PB (50m pool): no time SB: no time					
	2 5 M	5 0 M			
PB		no time			
	no time				
					

Coach feedback:

Event number: 6: 50M BACKSTROKE WOMEN 11+					Heat:1, starttime: 15:49
Heat: 1/7 Lane : 3 Athlete: MOORS MAUD					Q-time: 99:99:99
PB (25m pool): 00:46.77 Pelt 08/10/2023 PB (50m pool): no time SB: no time					
	2 5 M	5 0 M			
PB		00:46.77			
	00:46.77				
					

Coach feedback:

Regiocup1 Bilzen: Session: 1: COACH evaluation sheet for TEAM: GZVN

Event number: 6: 50M BACKSTROKE WOMEN 11+			Heat:2, starttime: 15:50
Heat: 2/7 Lane : 4 Athlete: LBALI ALISA-SARA			Q-time: 99:99:99
PB (25m pool): no time			PB (50m pool): no time SB: no time
	2 5 M	5 0 M	
PB		no time	
	no time		
			

Coach feedback:

Event number: 6: 50M BACKSTROKE WOMEN 11+			Heat:5, starttime: 15:54
Heat: 5/7 Lane : 4 Athlete: VANHAEN ALISSIA			Q-time: 00:40:01
PB (25m pool): 00:40.01 Bree 21/12/2025			PB (50m pool): no time SB: 00:40.01 Bree 21/12/2025
	2 5 M	5 0 M	
PB		00:40.01	
	00:40.01		
			

Coach feedback:

Event number: 6: 50M BACKSTROKE WOMEN 11+			Heat:6, starttime: 15:55
Heat: 6/7 Lane : 2 Athlete: PANNEMANS TESSA			Q-time: 00:37:76
PB (25m pool): 00:37.76 Bree 21/12/2025			PB (50m pool): 00:39.34 SB: 00:37.76 Bree 21/12/2025
	2 5 M	5 0 M	
PB		00:37.76	
	00:37.76		
			

Coach feedback:

Event number: 7: 50M BACKSTROKE MEN 11+			Heat:1, starttime: 15:58
Heat: 1/6 Lane : 2 Athlete: MWIRI SAM			Q-time: 99:99:99
PB (25m pool): no time			PB (50m pool): no time SB: no time
	2 5 M	5 0 M	
PB		no time	
	no time		
			

Coach feedback:

Regiocup1 Bilzen: Session: 1: COACH evaluation sheet for TEAM: GZVN

Event number: 7: 50M BACKSTROKE MEN 11+			Heat:2, starttime: 15:59
Heat: 2/6 Lane : 2 Athlete: VANDEBROEK ALEXANDER			Q-time: 99:99:99
PB (25m pool): no time PB (50m pool): no time SB: no time			
	2 5 M	5 0 M	
PB		no time	
	no time		
			

Coach feedback:

Event number: 7: 50M BACKSTROKE MEN 11+			Heat:3, starttime: 16:01
Heat: 3/6 Lane : 6 Athlete: KONINCKX MATTHIAS			Q-time: 99:99:99
PB (25m pool): no time PB (50m pool): no time SB: no time			
	2 5 M	5 0 M	
PB		no time	
	no time		
			

Coach feedback:

Event number: 7: 50M BACKSTROKE MEN 11+			Heat:4, starttime: 16:02
Heat: 4/6 Lane : 5 Athlete: PANNEMANS WOUTER			Q-time: 00:43:45
PB (25m pool): 00:43.45 Bree 21/12/2025 PB (50m pool): 00:46.86 SB: 00:43.45 Bree 21/12/2025			
	2 5 M	5 0 M	
PB		00:43.45	
	00:43.45		
			

Coach feedback:

Event number: 7: 50M BACKSTROKE MEN 11+			Heat:5, starttime: 16:03
Heat: 5/6 Lane : 3 Athlete: VANDEBROEK JONAS			Q-time: 00:34:41
PB (25m pool): 00:34.41 Hasselt 12/10/2025 PB (50m pool): 00:37.96 SB: 00:34.41 Hasselt 12/10/2025			
	2 5 M	5 0 M	
PB		00:34.41	
	00:34.41		
			

Coach feedback:

Regiocup1 Bilzen: Session: 1: COACH evaluation sheet for TEAM: GZVN

Event number: 8: 100M BREASTSTROKE MIXED 10-9					Heat:2, starttime: 16:09
Heat: 2/8 Lane : 1 Athlete: BROUWERS MATHIEU					Q-time: 99:99:99
PB (25m pool): no time PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		no time	
	no time				
					

Coach feedback:

Event number: 8: 100M BREASTSTROKE MIXED 10-9					Heat:3, starttime: 16:12
Heat: 3/8 Lane : 1 Athlete: CASTRONOVO VINZ					Q-time: 99:99:99
PB (25m pool): no time PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		no time	
	no time				
					

Coach feedback:

Event number: 8: 100M BREASTSTROKE MIXED 10-9					Heat:4, starttime: 16:14
Heat: 4/8 Lane : 1 Athlete: TORDEUR ROMI					Q-time: 99:99:99
PB (25m pool): no time PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		no time	
	no time				
					

Coach feedback:

Event number: 8: 100M BREASTSTROKE MIXED 10-9					Heat:7, starttime: 16:22
Heat: 7/8 Lane : 2 Athlete: LOPEZ Y LOPEZ LEÓN					Q-time: 01:54:99
PB (25m pool): 01:54.99 Pelt 05/10/2025 PB (50m pool): 01:53.92 SB: 01:54.99 Pelt 05/10/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:54.63		01:54.99	
	00:54.63 01:00.36				
					

Coach feedback:

Regiocup1 Bilzen: Session: 1: COACH evaluation sheet for TEAM: GZVN

Event number: 8: 100M BREASTSTROKE MIXED 10-9					Heat:8, starttime: 16:25
Heat: 8/8 Lane : 1 Athlete: ZGHIBAT HAARITH					Q-time: 01:49:23
PB (25m pool): 01:49.23 Arendonk 30/11/2025					PB (50m pool): 01:50.11 SB: 01:49.23 Arendonk 30/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:51.78		01:49.23	
	00:51.78		00:57.45		
					

Coach feedback:

Event number: 8: 100M BREASTSTROKE MIXED 10-9					Heat:8, starttime: 16:25
Heat: 8/8 Lane : 2 Athlete: JAEKEN STAN					Q-time: 01:46:71
PB (25m pool): 01:46.71 Arendonk 30/11/2025					PB (50m pool): 01:48.69 SB: 01:46.71 Arendonk 30/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:50.79		01:46.71	
	00:50.79		00:55.92		
					

Coach feedback:

Event number: 8: 100M BREASTSTROKE MIXED 10-9					Heat:8, starttime: 16:25
Heat: 8/8 Lane : 3 Athlete: OLAERTS FLORIS					Q-time: 01:40:70
PB (25m pool): 01:40.70 Pelt 05/10/2025					PB (50m pool): 01:51.18 SB: 01:40.70 Pelt 05/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:48.88		01:40.70	
	00:48.88		00:51.82		
					

Coach feedback:

Event number: 9: 100M MEDLEY WOMEN 11+					Heat:2, starttime: 16:30
Heat: 2/11 Lane : 5 Athlete: LBALI ALISA-SARA					Q-time: 99:99:99
PB (25m pool): no time					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		no time	
	no time				
					

Coach feedback:

Regiocup1 Bilzen: Session: 1: COACH evaluation sheet for TEAM: GZVN

Event number: 9: 100M MEDLEY WOMEN 11+					Heat:7, starttime: 16:42
Heat: 7/11 Lane : 3 Athlete: VANHAEN ALISSIA					Q-time: 01:33:22
PB (25m pool): 01:33.22 Bree 21/12/2025					PB (50m pool): no time SB: 01:33.22 Bree 21/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:33.22	
	no time				
					

Coach feedback:

Event number: 9: 100M MEDLEY WOMEN 11+					Heat:8, starttime: 16:44
Heat: 8/11 Lane : 1 Athlete: MOORS MAUD					Q-time: 01:29:40
PB (25m pool): 01:29.40 Lommel 02/03/2025					PB (50m pool): no time SB: 01:31.37 Maastricht 30/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:42.20		01:29.40	
	00:42.20 00:47.20				
					

Coach feedback:

Event number: 9: 100M MEDLEY WOMEN 11+					Heat:10, starttime: 16:48
Heat: 10/11 Lane : 6 Athlete: PANNEMANS TESSA					Q-time: 01:20:58
PB (25m pool): 01:20.58 Lommel 02/03/2025					PB (50m pool): no time SB: 01:22.87 Maastricht 30/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.70		01:20.58	
	00:35.70 00:44.88				
					

Coach feedback:

Event number: 10: 100M MEDLEY MEN 11+					Heat:3, starttime: 16:57
Heat: 3/9 Lane : 5 Athlete: VANDEBROEK JONAS					Q-time: 99:99:99
PB (25m pool): 01:18.30 De Sprink 22/12/2024					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:18.30	
	no time				
					

Coach feedback:

Regiocup1 Bilzen: Session: 1: COACH evaluation sheet for TEAM: GZVN

Event number: 10: 100M MEDLEY MEN 11+					Heat:4, starttime: 16:59
Heat: 4/9 Lane : 2 Athlete: MWIRI SAM					Q-time: 99:99:99
PB (25m pool): no time PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		no time	
	no time				
					

Coach feedback:

Event number: 10: 100M MEDLEY MEN 11+					Heat:4, starttime: 16:59
Heat: 4/9 Lane : 5 Athlete: VANDEBROUCK ARNO					Q-time: 99:99:99
PB (25m pool): no time PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		no time	
	no time				
					

Coach feedback:

Event number: 10: 100M MEDLEY MEN 11+					Heat:5, starttime: 17:02
Heat: 5/9 Lane : 4 Athlete: NYS ROBBE					Q-time: 01:44:91
PB (25m pool): 01:44.91 Arendonk 30/11/2025 PB (50m pool): no time SB: 01:44.91 Arendonk 30/11/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:44.91	
	no time				
					

Coach feedback:

Event number: 10: 100M MEDLEY MEN 11+					Heat:5, starttime: 17:02
Heat: 5/9 Lane : 6 Athlete: VANDEBROEK ALEXANDER					Q-time: 99:99:99
PB (25m pool): no time PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		no time	
	no time				
					

Coach feedback:

Regiocup1 Bilzen: Session: 1: COACH evaluation sheet for TEAM: GZVN

Event number: 10: 100M MEDLEY MEN 11+				Heat:6, starttime: 17:04	
Heat: 6/9 Lane : 4 Athlete: PANNEMANS WOUTER				Q-time: 01:31:92	
PB (25m pool): 01:31.92 Bree 21/12/2025				PB (50m pool): no time SB: 01:31.92 Bree 21/12/2025	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:31.92	
	no time				
					

Coach feedback: