

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

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:4, starttime: 14:12	
Heat: 4/9 Lane : 5 Athlete: TAIBI AYA							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:4, starttime: 14:12	
Heat: 4/9 Lane : 6 Athlete: DANIELS LOTTE							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 : 5 Athlete: BRUNINX VICTOR							Q-time: 99:99:99	
PB (25m pool):			PB (50m pool):		SB:			
	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								
								

Coach feedback:

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

Event number: 3: 50M BUTTERFLY MIXED 10-9				Heat:2, starttime: 14:55	
Heat: 2/6 Lane : 5 Athlete: JANSSENS JANNE				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:2, starttime: 14:55	
Heat: 2/6 Lane : 6 Athlete: HOANG VEDETT (ANH HAI TRAN				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 : 4 Athlete: JANS AMÉLIE					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:2, starttime: 15:05
Heat: 2/6 Lane : 1 Athlete: TAIBI AYA				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: HZS

Event number: 4: 100M BREASTSTROKE WOMEN 11+					Heat:2, starttime: 15:05
Heat: 2/6 Lane : 4 Athlete: DANIELS LOTTE					Q-time: 01:58:11
PB (25m pool): 01:58.11 Hasselt 04/05/2025					PB (50m pool): 01:59.73 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:56.62		01:58.11	
	00:56.62		01:01.49		
					

Coach feedback:

Event number: 5: 100M BREASTSTROKE MEN 11+					Heat:3, starttime: 15:22
Heat: 3/7 Lane : 6 Athlete: BRUNINX LEON					Q-time: 99:99:99
PB (25m pool): 01:57.11 Stedelijk Zwembad Geel 11/02/2024					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:57.11	
	no time				
					

Coach feedback:

Event number: 5: 100M BREASTSTROKE MEN 11+					Heat:4, starttime: 15:24
Heat: 4/7 Lane : 2 Athlete: MATHIJS CORNEEL					Q-time: 02:00:27
PB (25m pool): 02:00.27 Bree 21/12/2025					PB (50m pool): 02:23.94 SB: 02:00.27 Bree 21/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:56.45		02:00.27	
	00:56.45		01:03.82		
					

Coach feedback:

Event number: 5: 100M BREASTSTROKE MEN 11+					Heat:5, starttime: 15:27
Heat: 5/7 Lane : 6 Athlete: SPREUWERS LEI					Q-time: 01:45:01
PB (25m pool): 01:46.67 Bree 01/06/2025					PB (50m pool): 01:45.01 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:48.76		01:46.67	
	00:48.76		00:57.91		
					

Coach feedback:

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

Event number: 6: 50M BACKSTROKE WOMEN 11+			Heat:2, starttime: 15:50
Heat: 2/7 Lane : 1 Athlete: VANIERSCHOT LINA			Q-time: 99:99:99
PB (25m pool): 00:36.57 Beringen 05/03/2023			PB (50m pool): 00:38.56 SB: no time
	2 5 M	5 0 M	
PB		00:36.57	
		00:36.57	
			

Coach feedback:

Event number: 7: 50M BACKSTROKE MEN 11+			Heat:1, starttime: 15:58
Heat: 1/6 Lane : 4 Athlete: BRUNINX VICTOR			Q-time: 99:99:99
PB (25m pool):			PB (50m pool): SB:
	2 5 M	5 0 M	
PB			
			

Coach feedback:

Event number: 7: 50M BACKSTROKE MEN 11+			Heat:2, starttime: 15:59
Heat: 2/6 Lane : 1 Athlete: MATHIJS CORNEEL			Q-time: 99:99:99
PB (25m pool): 00:54.71 De Sprink 01/06/2024			PB (50m pool): no time SB: no time
	2 5 M	5 0 M	
PB		00:54.71	
		00:54.71	
			

Coach feedback:

Event number: 7: 50M BACKSTROKE MEN 11+			Heat:3, starttime: 16:01
Heat: 3/6 Lane : 2 Athlete: BRUNINX LEON			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: HZS

Event number: 7: 50M BACKSTROKE MEN 11+				Heat:4, starttime: 16:02
Heat: 4/6 Lane : 6 Athlete: SPREUWERS LEI				Q-time: 00:46:00
PB (25m pool): 00:46.00 Hasselt 04/05/2025				PB (50m pool): no time SB: no time
	2 5 M	5 0 M		
PB		00:46.00		
	00:46.00			
				

Coach feedback:

Event number: 8: 100M BREASTSTROKE MIXED 10-9					Heat:3, starttime: 16:12
Heat: 3/8 Lane : 2 Athlete: HOANG VEDETT (ANH HAI TRAN)					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 : 5 Athlete: JANSSENS JANNE					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 : 6 Athlete: VERJANS AXELLE					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: HZS

Event number: 8: 100M BREASTSTROKE MIXED 10-9					Heat:5, starttime: 16:17
Heat: 5/8 Lane : 6 Athlete: JANS AMÉLIE					Q-time: 02:13:02
PB (25m pool): 02:13.02 Hasselt 04/05/2025					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		01:02.17		02:13.02	
	01:02.17		01:10.85		
					

Coach feedback:

Event number: 9: 100M MEDLEY WOMEN 11+					Heat:1, starttime: 16:28
Heat: 1/11 Lane : 5 Athlete: DANIELS LOTTE					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: 9: 100M MEDLEY WOMEN 11+					Heat:2, starttime: 16:30
Heat: 2/11 Lane : 2 Athlete: VANIERSCHOT LINA					Q-time: 99:99:99
PB (25m pool): 01:22.43 Pelt 26/09/2021					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:22.43	
	no time				
					

Coach feedback:

Event number: 9: 100M MEDLEY WOMEN 11+					Heat:2, starttime: 16:30
Heat: 2/11 Lane : 6 Athlete: TAIBI AYA					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:

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Event number: 10: 100M MEDLEY MEN 11+					Heat:3, starttime: 16:57
Heat: 3/9 Lane : 4 Athlete: BRUNINX LEON					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 : 1 Athlete: SPREUWERS LEI					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 : 2 Athlete: MATHIJS CORNEEL					Q-time: 01:45:64
PB (25m pool): 01:45.64 Pelt 05/10/2025		PB (50m pool): no time SB: 01:45.64 Pelt 05/10/2025			
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:45.64	
	no time				
					

Coach feedback:

Event number: 12: 4x50M FREESTYLE MEN 11+							Heat:2, starttime: 17:21	
Heat: 2/2 Lane : 5 Athlete: TEAM HZS 1							Q-time: 02:37:05	
PB (25m pool):			PB (50m pool):		SB:			
	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								
								

Coach feedback: