

Regiocup1 Bilzen: Session: 1: 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: 1: 200M FREESTYLE WOMEN 11+							Heat:1, starttime: 14:00	
Heat: 1/9 Lane : 2 Athlete: MANNAERTS ROSANNE							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:8, starttime: 14:27	
Heat: 8/9 Lane : 4 Athlete: JANSEN NINA							Q-time: 02:31:30	
PB (25m pool): 02:31.30 Mol 28/12/2025			PB (50m pool): no time SB: 02:31.30 Mol 28/12/2025					
	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		00:35.55		01:15.03		01:54.42		02:31.30
	00:35.55		00:39.48		00:39.39		00:36.88	
								

Coach feedback:

Event number: 2: 200M FREESTYLE MEN 11+							Heat:2, starttime: 14:37	
Heat: 2/6 Lane : 4 Athlete: KAMAGATE TAMSI							Q-time: 99:99:99	
PB (25m pool): 02:26.17 Pelt 06/10/2024			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		02:26.17
	no time							
								

Coach feedback:

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

Event number: 2: 200M FREESTYLE MEN 11+							Heat:4, starttime: 14:44	
Heat: 4/6 Lane : 2 Athlete: MANNAERTS MATHIAS							Q-time: 02:24:13	
PB (25m pool): 02:24.13 Mol 28/12/2025				PB (50m pool): 02:29.60SB: 02:24.13 Mol 28/12/2025				
	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		00:32.53		01:09.83		01:47.64		02:24.13
	00:32.53		00:37.30		00:37.81		00:36.49	
								

Coach feedback:

Event number: 2: 200M FREESTYLE MEN 11+							Heat:4, starttime: 14:44	
Heat: 4/6 Lane : 6 Athlete: HURKMANS CÉDRIC							Q-time: 02:41:16	
PB (25m pool): 02:39.25 Lommel 02/03/2025				PB (50m pool): 02:39.18SB: 02:41.16 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		00:35.31		01:15.53		01:57.38		02:39.25
	00:35.31		00:40.22		00:41.85		00:41.87	
								

Coach feedback:

Event number: 2: 200M FREESTYLE MEN 11+							Heat:6, starttime: 14:50	
Heat: 6/6 Lane : 1 Athlete: JANSEN TOON							Q-time: 02:16:10	
PB (25m pool): 02:16.10 3500 Hasselt 26/11/2023				PB (50m pool): 02:27.30SB: 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		02:16.10
	no time							
								

Coach feedback:

Event number: 2: 200M FREESTYLE MEN 11+							Heat:6, starttime: 14:50	
Heat: 6/6 Lane : 3 Athlete: TOPS MIKA							Q-time: 02:06:63	
PB (25m pool): 02:06.63 3500 Hasselt 30/04/2023				PB (50m pool): 02:09.85SB: 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		02:06.63
	no time							
								

Coach feedback:

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

Event number: 2: 200M FREESTYLE MEN 11+							Heat:6, starttime: 14:50	
Heat: 6/6 Lane : 6 Athlete: GERITS TUUR							Q-time: 02:16:16	
PB (25m pool): 02:17.34 Lommel 02/03/2025				PB (50m pool): 02:19.97 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		00:32.11		01:07.68		01:44.23		02:17.34
	00:32.11		00:35.57		00:36.55		00:33.11	
								

Coach feedback:

Event number: 4: 100M BREASTSTROKE WOMEN 11+						Heat:2, starttime: 15:05	
Heat: 2/6 Lane : 6 Athlete: ABAS NOUR					Q-time: 99:99:99		
PB (25m pool): 01:39.31 Nijlen 16/11/2025				PB (50m pool): no time SB: 01:39.31 Nijlen 16/11/2025			
	2 5 M	5 0 M	7 5 M	1 0 0 M			
PB		00:46.00		01:39.31			
	00:46.00		00:53.31				
							

Coach feedback:

Event number: 4: 100M BREASTSTROKE WOMEN 11+					Heat:4, starttime: 15:10	
Heat: 4/6 Lane : 5 Athlete: DE LAAT ELENA					Q-time: 01:35:78	
PB (25m pool): 01:35.78 Mol 28/12/2025			PB (50m pool): 01:39.17SB: 01:35.78 Mol 28/12/2025			
	2 5 M	5 0 M	7 5 M	1 0 0 M		
PB		00:44.77		01:35.78		
	00:44.77		00:51.01			
						

Coach feedback:

Event number: 5: 100M BREASTSTROKE MEN 11+							Heat:4, starttime: 15:24	
Heat: 4/7 Lane : 6 Athlete: MANNAERTS MARTIJN							Q-time: 02:07:07	
PB (25m pool): 02:07.07 Nijlen 16/11/2025				PB (50m pool): 02:08.24SB: 02:07.07 Nijlen 16/11/2025				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:59.86		02:07.07				
	00:59.86		01:07.21					
								

Coach feedback:

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Event number: 5: 100M BREASTSTROKE MEN 11+					Heat:6, starttime: 15:29
Heat: 6/7 Lane : 3 Athlete: GERITS TUUR					Q-time: 01:24:15
PB (25m pool): 01:29.29 Mol 29/12/2024					PB (50m pool): 01:39.19 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:42.91		01:29.29	
	00:42.91		00:46.38		
					

Coach feedback:

Event number: 6: 50M BACKSTROKE WOMEN 11+					Heat:2, starttime: 15:50
Heat: 2/7 Lane : 5 Athlete: MANNAERTS ROSANNE					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:4, starttime: 15:53
Heat: 4/7 Lane : 6 Athlete: VAN HAM MARIE					Q-time: 00:42:75
PB (25m pool): 00:41.30 Lommel 02/03/2025					PB (50m pool): no time SB: no time
	2 5 M	5 0 M			
PB		00:41.30			
	00:41.30				
					

Coach feedback:

Event number: 7: 50M BACKSTROKE MEN 11+					Heat:3, starttime: 16:01
Heat: 3/6 Lane : 4 Athlete: MANNAERTS MARTIJN					Q-time: 00:53:31
PB (25m pool): 00:53.69 Bree 01/06/2025					PB (50m pool): 00:54.56 SB: no time
	2 5 M	5 0 M			
PB		00:53.69			
	00:53.69				
					

Coach feedback:

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Event number: 7: 50M BACKSTROKE MEN 11+				Heat:5, starttime: 16:03
Heat: 5/6 Lane : 4 Athlete: MANNAERTS MATHIAS				Q-time: 00:34:86
PB (25m pool): 00:36.23 3500 Hasselt 20/10/2024				PB (50m pool): 00:35.78 SB: no time
	2 5 M	5 0 M		
PB		00:36.23		
	00:36.23			
				

Coach feedback:

Event number: 9: 100M MEDLEY WOMEN 11+					Heat:1, starttime: 16:28
Heat: 1/11 Lane : 1 Athlete: ABAS NOUR					Q-time: 99:99:99
PB (25m pool): 01:36.07 Bree 21/12/2025					PB (50m pool): no time SB: 01:36.07 Bree 21/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:36.07	
	no time				
					

Coach feedback:

Event number: 9: 100M MEDLEY WOMEN 11+					Heat:4, starttime: 16:35
Heat: 4/11 Lane : 5 Athlete: DE LAAT ELENA					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:7, starttime: 16:42
Heat: 7/11 Lane : 4 Athlete: VAN HAM MARIE					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:

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Event number: 9: 100M MEDLEY WOMEN 11+					Heat:9, starttime: 16:46
Heat: 9/11 Lane : 3 Athlete: JANSEN NINA					Q-time: 01:21:00
PB (25m pool): 01:21.00 Bree 21/12/2025					PB (50m pool): no time SB: 01:21.00 Bree 21/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:21.00	
	no time				
					

Coach feedback:

Event number: 9: 100M MEDLEY WOMEN 11+					Heat:10, starttime: 16:48
Heat: 10/11 Lane : 2 Athlete: CLUYSEN ZOë					Q-time: 01:19:91
PB (25m pool): 01:18.48 Geel 19/02/2023					PB (50m pool): no time SB: 01:23.42 Mol 28/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:18.48	
	no time				
					

Coach feedback:

Event number: 10: 100M MEDLEY MEN 11+					Heat:2, starttime: 16:54
Heat: 2/9 Lane : 5 Athlete: JANSEN TOON					Q-time: 99:99:99
PB (25m pool): 01:09.33 Mol 30/12/2022					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:09.33	
	no time				
					

Coach feedback:

Event number: 10: 100M MEDLEY MEN 11+					Heat:3, starttime: 16:57
Heat: 3/9 Lane : 1 Athlete: HURKMANS CÉDRIC					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:7, starttime: 17:06
Heat: 7/9 Lane : 5 Athlete: MANNAERTS MATHIAS					Q-time: 01:24:67
PB (25m pool): 01:23.26 Lommel 02/03/2025					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.53		01:23.26	
	00:38.53		00:44.73		
					

Coach feedback:

Event number: 10: 100M MEDLEY MEN 11+					Heat:8, starttime: 17:08
Heat: 8/9 Lane : 2 Athlete: GERITS TUUR					Q-time: 01:13:28
PB (25m pool): 01:13.28 Lommel 02/03/2025					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.21		01:13.28	
	00:34.21		00:39.07		
					

Coach feedback:

Event number: 10: 100M MEDLEY MEN 11+					Heat:9, starttime: 17:10
Heat: 9/9 Lane : 3 Athlete: TOPS MIKA					Q-time: 01:05:00
PB (25m pool): 01:04.52 De Sprink 04/06/2023					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:04.52	
	no time				
					

Coach feedback:

Event number: 12: 4x50M FREESTYLE MEN 11+							Heat:2, starttime: 17:21	
Heat: 2/2 Lane : 3 Athlete: TEAM LWB 1							Q-time: 01:48:40	
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: