

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

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:5, starttime: 14:16	
Heat: 5/9 Lane : 2 Athlete: MERLO MAGALI							Q-time: 03:10:94	
PB (25m pool): 03:15.53 3500 Hasselt 24/11/2024				PB (50m pool): 03:10.94SB: 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		00:41.33		01:30.08		no time		03:15.53
	00:41.33		00:48.75					
								

Coach feedback:

Event number: 1: 200M FREESTYLE WOMEN 11+							Heat:5, starttime: 14:16	
Heat: 5/9 Lane : 4 Athlete: OLAERTS TESS							Q-time: 03:07:29	
PB (25m pool): 03:07.29 3500 Hasselt 23/11/2025				PB (50m pool): no time SB: 03:07.29 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		00:40.46		01:29.12		02:19.99		03:07.29
	00:40.46		00:48.66		00:50.87		00:47.30	
								

Coach feedback:

Event number: 1: 200M FREESTYLE WOMEN 11+							Heat:9, starttime: 14:30	
Heat: 9/9 Lane : 3 Athlete: JANSSENS MARTHE							Q-time: 02:20:80	
PB (25m pool): 02:20.80 3500 Hasselt 23/11/2025				PB (50m pool): no time SB: 02:20.80 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		00:32.83		01:09.00		01:45.57		02:20.80
	00:32.83		00:36.17		00:36.57		00:35.23	
								

Coach feedback:

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

Event number: 2: 200M FREESTYLE MEN 11+							Heat:3, starttime: 14:40	
Heat: 3/6 Lane : 4 Athlete: JANSSEN DRIES							Q-time: 02:51:36	
PB (25m pool): 02:51.36 Hasselt 12/10/2025				PB (50m pool): 03:01.49 SB: 02:51.36 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		00:38.99		01:23.11		02:08.13		02:51.36
	00:38.99		00:44.12		00:45.02		00:43.23	
								

Coach feedback:

Event number: 2: 200M FREESTYLE MEN 11+							Heat:4, starttime: 14:44	
Heat: 4/6 Lane : 3 Athlete: SCHOOFs TUUR							Q-time: 02:22:84	
PB (25m pool): 02:22.84 3500 Hasselt 23/11/2025				PB (50m pool): no time SB: 02:22.84 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		00:32.32		01:08.98		01:46.97		02:22.84
	00:32.32		00:36.66		00:37.99		00:35.87	
								

Coach feedback:

Event number: 2: 200M FREESTYLE MEN 11+							Heat:5, starttime: 14:47	
Heat: 5/6 Lane : 5 Athlete: DRIJKONINGEN RUBE							Q-time: 02:17:91	
PB (25m pool): 02:17.91 Lommel 02/03/2025				PB (50m pool): 02:28.86SB: 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		00:31.33		01:06.26		01:42.88		02:17.91
	00:31.33		00:34.93		00:36.62		00:35.03	
								

Coach feedback:

Event number: 4: 100M BREASTSTROKE WOMEN 11+							Heat:2, starttime: 15:05	
Heat: 2/6 Lane : 2 Athlete: MERLO ANNELIE							Q-time: 02:00:03	
PB (25m pool): 02:00.03 Pelt 05/10/2025				PB (50m pool): 02:02.26SB: 02:00.03 Pelt 05/10/2025				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:59.03		02:00.03				
	00:59.03		01:01.00					
								

Coach feedback:

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

Event number: 5: 100M BREASTSTROKE MEN 11+					Heat:5, starttime: 15:27
Heat: 5/7 Lane : 3 Athlete: PEETERS JOCHEN					Q-time: 01:36:30
PB (25m pool): 01:36.30 Hasselt 12/10/2025					PB (50m pool): 01:40.31 SB: 01:36.30 Hasselt 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:45.20		01:36.30	
	00:45.20		00:51.10		
					

Coach feedback:

Event number: 5: 100M BREASTSTROKE MEN 11+					Heat:5, starttime: 15:27
Heat: 5/7 Lane : 4 Athlete: ZEEUW MAX					Q-time: 01:36:78
PB (25m pool): 01:36.78 Pelt 05/10/2025					PB (50m pool): 01:41.29 SB: 01:36.78 Pelt 05/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:45.53		01:36.78	
	00:45.53		00:51.25		
					

Coach feedback:

Event number: 5: 100M BREASTSTROKE MEN 11+					Heat:6, starttime: 15:29
Heat: 6/7 Lane : 4 Athlete: DRIJKONINGEN RUBE					Q-time: 01:26:94
PB (25m pool): 01:26.94 Lommel 02/03/2025					PB (50m pool): 01:30.07 SB: 01:29.85 Pelt 05/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.28		01:26.94	
	00:40.28		00:46.66		
					

Coach feedback:

Event number: 5: 100M BREASTSTROKE MEN 11+					Heat:7, starttime: 15:31
Heat: 7/7 Lane : 6 Athlete: CROMMEN WOUT					Q-time: 01:23:66
PB (25m pool): 01:23.66 Pelt 05/10/2025					PB (50m pool): 01:25.34 SB: 01:23.66 Pelt 05/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.65		01:23.66	
	00:39.65		00:44.01		
					

Coach feedback:

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

Event number: 6: 50M BACKSTROKE WOMEN 11+			Heat:3, starttime: 15:51
Heat: 3/7 Lane : 4 Athlete: MERLO MAGALI			Q-time: 00:45:09
PB (25m pool): 00:45.09 Bree 21/12/2025			PB (50m pool): 00:48.21 SB: 00:45.09 Bree 21/12/2025
	2 5 M	5 0 M	
PB		00:45.09	
		00:45.09	
			

Coach feedback:

Event number: 6: 50M BACKSTROKE WOMEN 11+			Heat:3, starttime: 15:51
Heat: 3/7 Lane : 5 Athlete: DRIJKONINGEN LIEN			Q-time: 00:49:07
PB (25m pool): 00:49.07 Lommel 02/03/2025			PB (50m pool): 00:54.66 SB: no time
	2 5 M	5 0 M	
PB		00:49.07	
		00:49.07	
			

Coach feedback:

Event number: 6: 50M BACKSTROKE WOMEN 11+			Heat:4, starttime: 15:53
Heat: 4/7 Lane : 1 Athlete: OLAERTS TESS			Q-time: 00:42:39
PB (25m pool): 00:42.39 Bree 21/12/2025			PB (50m pool): 00:45.57 SB: 00:42.39 Bree 21/12/2025
	2 5 M	5 0 M	
PB		00:42.39	
		00:42.39	
			

Coach feedback:

Event number: 6: 50M BACKSTROKE WOMEN 11+			Heat:7, starttime: 15:56
Heat: 7/7 Lane : 5 Athlete: JANSSENS MARTHE			Q-time: 00:35:70
PB (25m pool): 00:35.70 Hasselt 12/10/2025			PB (50m pool): 00:37.19 SB: 00:35.70 Hasselt 12/10/2025
	2 5 M	5 0 M	
PB		00:35.70	
		00:35.70	
			

Coach feedback:

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

Event number: 7: 50M BACKSTROKE MEN 11+			Heat:3, starttime: 16:01
Heat: 3/6 Lane : 3 Athlete: PEETERS JOCHEN			Q-time: 00:49:70
PB (25m pool): no time			PB (50m pool): 00:49.70 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 : 3 Athlete: JANSSEN DRIES			Q-time: 00:38:62
PB (25m pool): 00:38.62 Hasselt 12/10/2025			PB (50m pool): 00:41.81 SB: 00:38.62 Hasselt 12/10/2025
	2 5 M	5 0 M	
PB		00:38.62	
	00:38.62		
			

Coach feedback:

Event number: 7: 50M BACKSTROKE MEN 11+			Heat:4, starttime: 16:02
Heat: 4/6 Lane : 4 Athlete: ZEEUW MAX			Q-time: 00:41:37
PB (25m pool): 00:41.37 Hasselt 12/10/2025			PB (50m pool): no time SB: 00:41.37 Hasselt 12/10/2025
	2 5 M	5 0 M	
PB		00:41.37	
	00:41.37		
			

Coach feedback:

Event number: 7: 50M BACKSTROKE MEN 11+			Heat:5, starttime: 16:03
Heat: 5/6 Lane : 1 Athlete: CROMMEN WOUT			Q-time: 00:36:92
PB (25m pool): 00:36.92 Hasselt 12/10/2025			PB (50m pool): 00:39.01 SB: 00:36.92 Hasselt 12/10/2025
	2 5 M	5 0 M	
PB		00:36.92	
	00:36.92		
			

Coach feedback:

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

Event number: 7: 50M BACKSTROKE MEN 11+				Heat:6, starttime: 16:04
Heat: 6/6 Lane : 4 Athlete: SCHOOF S TUUR				Q-time: 00:33:65
PB (25m pool): 00:33.65 Bree 21/12/2025				PB (50m pool): 00:35.23 SB: 00:33.65 Bree 21/12/2025
	2 5 M	5 0 M		
PB		00:33.65		
	00:33.65			
				

Coach feedback:

Event number: 9: 100M MEDLEY WOMEN 11+					Heat:3, starttime: 16:32
Heat: 3/11 Lane : 1 Athlete: MERLO ANNELIE					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:6, starttime: 16:40
Heat: 6/11 Lane : 2 Athlete: DRIJKONINGEN LIEN					Q-time: 01:47:66
PB (25m pool): 01:47.66 Bree 21/12/2025					PB (50m pool): no time SB: 01:47.66 Bree 21/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:47.66	
	no time				
					

Coach feedback:

Event number: 9: 100M MEDLEY WOMEN 11+					Heat:6, starttime: 16:40
Heat: 6/11 Lane : 3 Athlete: OLAERTS TESS					Q-time: 01:39:56
PB (25m pool): 01:39.56 Bree 21/12/2025					PB (50m pool): no time SB: 01:39.56 Bree 21/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:39.56	
	no time				
					

Coach feedback:

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

Event number: 9: 100M MEDLEY WOMEN 11+					Heat:7, starttime: 16:42
Heat: 7/11 Lane : 5 Athlete: MERLO MAGALI					Q-time: 01:34:61
PB (25m pool): 01:34.61 Bree 21/12/2025					PB (50m pool): no time SB: 01:34.61 Bree 21/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:34.61	
	no time				
					

Coach feedback:

Event number: 9: 100M MEDLEY WOMEN 11+					Heat:11, starttime: 16:50
Heat: 11/11 Lane : 1 Athlete: JANSSENS MARTHE					Q-time: 01:17:46
PB (25m pool): 01:15.88 De Sprink 22/12/2024					PB (50m pool): no time SB: 01:17.46 Bree 21/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:15.88	
	no time				
					

Coach feedback:

Event number: 10: 100M MEDLEY MEN 11+					Heat:6, starttime: 17:04
Heat: 6/9 Lane : 1 Athlete: PEETERS JOCHEN					Q-time: 01:36:34
PB (25m pool): 01:36.34 Bree 21/12/2025					PB (50m pool): no time SB: 01:36.34 Bree 21/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:36.34	
	no time				
					

Coach feedback:

Event number: 10: 100M MEDLEY MEN 11+					Heat:6, starttime: 17:04
Heat: 6/9 Lane : 2 Athlete: JANSSEN DRIES					Q-time: 01:32:15
PB (25m pool): 01:32.15 Lommel 02/03/2025					PB (50m pool): no time SB: 01:32.47 Bree 21/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:43.13		01:32.15	
	00:43.13		00:49.02		
					

Coach feedback:

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

Event number: 10: 100M MEDLEY MEN 11+					Heat:6, starttime: 17:04
Heat: 6/9 Lane : 6 Athlete: ZEEUW MAX					Q-time: 01:40:89
PB (25m pool): 01:40.89 Mol 29/12/2024					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:50.83		01:40.89	
	00:50.83		00:50.06		
					

Coach feedback:

Event number: 10: 100M MEDLEY MEN 11+					Heat:7, starttime: 17:06
Heat: 7/9 Lane : 3 Athlete: CROMMEN WOUT					Q-time: 01:16:93
PB (25m pool): 01:16.93 Bree 21/12/2025					PB (50m pool): no time SB: 01:16.93 Bree 21/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:16.93	
	no time				
					

Coach feedback:

Event number: 10: 100M MEDLEY MEN 11+					Heat:8, starttime: 17:08
Heat: 8/9 Lane : 4 Athlete: DRIJKONINGEN RUBE					Q-time: 01:12:93
PB (25m pool): 01:12.93 Bree 21/12/2025					PB (50m pool): no time SB: 01:12.93 Bree 21/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:12.93	
	no time				
					

Coach feedback:

Event number: 10: 100M MEDLEY MEN 11+					Heat:8, starttime: 17:08
Heat: 8/9 Lane : 5 Athlete: SCHOOFS TUUR					Q-time: 01:13:46
PB (25m pool): 01:13.46 Bree 21/12/2025					PB (50m pool): no time SB: 01:13.46 Bree 21/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:13.46	
	no time				
					

Coach feedback:

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

Event number: 11: 4x50M FREESTYLE WOMEN 11+							Heat:2, starttime: 17:15	
Heat: 2/2 Lane : 2 Athlete: TEAM ZCM 1							Q-time: 02:22:78	
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:

Event number: 12: 4x50M FREESTYLE MEN 11+							Heat:2, starttime: 17:21	
Heat: 2/2 Lane : 2 Athlete: TEAM ZCM 1							Q-time: 02:17:09	
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: