

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

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 : 1 Athlete: HERMANS FéLICE							Q-time: 03:32:78	
PB (25m pool): 03:35.86 Pelt 05/10/2025			PB (50m pool): no time SB: 03:35.86 Pelt 05/10/2025					
	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		00:43.88		01:38.83		no time		03:35.86
	00:43.88		00:54.95					
								

Coach feedback:

Event number: 1: 200M FREESTYLE WOMEN 11+							Heat:5, starttime: 14:16	
Heat: 5/9 Lane : 5 Athlete: GERARD LAURE							Q-time: 03:25:01	
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:5, starttime: 14:16	
Heat: 5/9 Lane : 6 Athlete: JONGEN JADE							Q-time: 03:35:84	
PB (25m pool): 03:35.84 Pelt 05/10/2025			PB (50m pool): no time SB: 03:35.84 Pelt 05/10/2025					
	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		00:55.80		01:39.68		no time		03:35.84
	00:55.80		00:43.88					
								

Coach feedback:

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

Event number: 2: 200M FREESTYLE MEN 11+							Heat:1, starttime: 14:34	
Heat: 1/6 Lane : 4 Athlete: JONGEN KENZI							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: 3: 50M BUTTERFLY MIXED 10-9							Heat:6, starttime: 15:00		
Heat: 6/6 Lane : 1 Athlete: NICOLAERS MARIE							Q-time: 00:56:24		
PB (25m pool): no time				PB (50m pool): 00:52.50				SB: no time	
	2 5 M		5 0 M						
PB			no time						
	no time								
									

Coach feedback:

Event number: 4: 100M BREASTSTROKE WOMEN 11+							Heat:1, starttime: 15:02	
Heat: 1/6 Lane : 2 Athlete: HERMANS FÉLICE							Q-time: 99:99:99	
PB (25m pool): 01:50.98 Pelt 05/10/2025				PB (50m pool): 01:44.16SB: 01:50.98 Pelt 05/10/2025				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:51.16		01:50.98				
	00:51.16		00:59.82					
								

Coach feedback:

Event number: 4: 100M BREASTSTROKE WOMEN 11+							Heat:1, starttime: 15:02	
Heat: 1/6 Lane : 4 Athlete: JONGEN JADE							Q-time: 99:99:99	
PB (25m pool): 01:51.22 Pelt 05/10/2025				PB (50m pool): 01:49.00SB: 01:51.22 Pelt 05/10/2025				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:50.56		01:51.22				
	00:50.56		01:00.66					
								

Coach feedback:

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

Event number: 5: 100M BREASTSTROKE MEN 11+					Heat:3, starttime: 15:22
Heat: 3/7 Lane : 5 Athlete: JONGEN KENZI					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: 6: 50M BACKSTROKE WOMEN 11+					Heat:3, starttime: 15:51
Heat: 3/7 Lane : 2 Athlete: GERARD LAURE					Q-time: 00:48:10
PB (25m pool): 00:48.77 Beringen 16/03/2025 PB (50m pool): no time SB: no time					
	2 5 M	5 0 M			
PB		00:48.77			
	00:48.77				
					

Coach feedback:

Event number: 8: 100M BREASTSTROKE MIXED 10-9					Heat:1, starttime: 16:06
Heat: 1/8 Lane : 2 Athlete: OOSTERBOSCH FINN					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:8, starttime: 16:25
Heat: 8/8 Lane : 4 Athlete: NICOLAERS MARIE					Q-time: 01:45:94
PB (25m pool): 01:45.94 Bree 21/12/2025 PB (50m pool): no time SB: 01:45.94 Bree 21/12/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:50.69		01:45.94	
	00:50.69		00:55.25		
					

Coach feedback:

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

Event number: 9: 100M MEDLEY WOMEN 11+					Heat:4, starttime: 16:35
Heat: 4/11 Lane : 2 Athlete: HERMANS FÉLICE					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:5, starttime: 16:37
Heat: 5/11 Lane : 6 Athlete: GERARD LAURE					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 : 6 Athlete: JONGEN JADE					Q-time: 01:38:57
PB (25m pool): 01:38.57 Bree 21/12/2025 PB (50m pool): no time SB: 01:38.57 Bree 21/12/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:38.57	
	no time				
					

Coach feedback:

Event number: 10: 100M MEDLEY MEN 11+					Heat:1, starttime: 16:52
Heat: 1/9 Lane : 4 Athlete: JONGEN KENZI					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: