

# Regio C Beringen: Session: 1: COACH Evaluation sheet for TEAM: DBT

Coachinfo: Warming up from: 13:15 untill 13:55. Teamleadmeeting @ 13:15 The listed starttimes are indicative!

PB => Personal Best time

SB => Seasons Best time: Season starting point: first of September.

| Event number: 1: 200M BACKSTROKE WOMEN 11+            |           |           |           |                                    |           |           | Heat:1, starttime: 14:00 |           |
|-------------------------------------------------------|-----------|-----------|-----------|------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 1/8    Lane : 3    Athlete: MOORS YANA          |           |           |           |                                    |           |           | Q-time: 99:99:99         |           |
| PB (25m pool): 02:40.42    3500 Hasselt    24/11/2024 |           |           |           | PB (50m pool): 02:49.69SB: 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                                                    |           | 00:37.84  |           | 01:19.22                           |           | 02:00.82  |                          | 02:40.42  |
|                                                       | 00:37.84  |           | 00:41.38  |                                    | 00:41.60  |           | 00:39.60                 |           |
|                                                       | . . . . . | . . . . . | . . . . . | . . . . .                          | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 1: 200M BACKSTROKE WOMEN 11+  |         |         |                                       |         |       |         | Heat:2, starttime: 14:04 |         |
|---------------------------------------------|---------|---------|---------------------------------------|---------|-------|---------|--------------------------|---------|
| Heat: 2/8    Lane : 2    Athlete: POEL OONA |         |         |                                       |         |       |         | 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 BACKSTROKE WOMEN 11+         |           |           |           |                                       |           |           | Heat:2, starttime: 14:04 |           |
|----------------------------------------------------|-----------|-----------|-----------|---------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 2/8    Lane : 3    Athlete: NIJS ALANI       |           |           |           |                                       |           |           | Q-time: 99:99:99         |           |
| PB (25m pool): 03:09.41    Sint-Truiden 17/03/2024 |           |           |           | 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   |                          | 03:09.41  |
|                                                    | no time   |           |           |                                       |           |           |                          |           |
|                                                    | . . . . . | . . . . . | . . . . . | . . . . .                             | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

# Regio C Beringen: Session: 1: COACH Evaluation sheet for TEAM: DBT

| Event number: 1: 200M BACKSTROKE WOMEN 11+                |         |         |                        |         |       |             | Heat:2, starttime: 14:04 |         |
|-----------------------------------------------------------|---------|---------|------------------------|---------|-------|-------------|--------------------------|---------|
| Heat: 2/8    Lane : 5    Athlete: MEYERS TRAPMAN ANNALINA |         |         |                        |         |       |             | 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 BACKSTROKE WOMEN 11+       |           |           |                                       |           |           |           | Heat:2, starttime: 14:04 |           |
|--------------------------------------------------|-----------|-----------|---------------------------------------|-----------|-----------|-----------|--------------------------|-----------|
| Heat: 2/8    Lane : 8    Athlete: CREMER EVIANNA |           |           |                                       |           |           |           | 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 BACKSTROKE WOMEN 11+   |           |           |                        |           |           |             | Heat:3, starttime: 14:08 |           |
|----------------------------------------------|-----------|-----------|------------------------|-----------|-----------|-------------|--------------------------|-----------|
| Heat: 3/8    Lane : 1    Athlete: VAES LIENE |           |           |                        |           |           |             | 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 BACKSTROKE WOMEN 11+            |           |           |                                       |           |           |           | Heat:3, starttime: 14:08 |           |
|-------------------------------------------------------|-----------|-----------|---------------------------------------|-----------|-----------|-----------|--------------------------|-----------|
| Heat: 3/8    Lane : 2    Athlete: ARDU PEPPA JOLENE   |           |           |                                       |           |           |           | Q-time: 99:99:99         |           |
| PB (25m pool): 03:22.57    3500 Hasselt    26/11/2023 |           |           | 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   |                          | 03:22.57  |
|                                                       | no time   |           |                                       |           |           |           |                          |           |
|                                                       | . . . . . | . . . . . | . . . . .                             | . . . . . | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

# Regio C Beringen: Session: 1: COACH Evaluation sheet for TEAM: DBT

| Event number: 1: 200M BACKSTROKE WOMEN 11+   |           |           |                        |           |           |             | Heat:3, starttime: 14:08 |           |
|----------------------------------------------|-----------|-----------|------------------------|-----------|-----------|-------------|--------------------------|-----------|
| Heat: 3/8    Lane : 4    Athlete: OOMS CÉLIA |           |           |                        |           |           |             | 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 BACKSTROKE WOMEN 11+            |           |           |           |                                       |           |           | Heat:3, starttime: 14:08 |           |
|-------------------------------------------------------|-----------|-----------|-----------|---------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 3/8    Lane : 7    Athlete: BEERTEN FLORENCE    |           |           |           |                                       |           |           | Q-time: 99:99:99         |           |
| PB (25m pool): 03:06.56    3500 Hasselt    24/11/2024 |           |           |           | 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                                                    |           | 00:44.19  |           | 01:32.83                              |           | 02:20.89  |                          | 03:06.56  |
|                                                       | 00:44.19  |           | 00:48.64  |                                       | 00:48.06  |           | 00:45.67                 |           |
|                                                       | . . . . . | . . . . . | . . . . . | . . . . .                             | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 1: 200M BACKSTROKE WOMEN 11+             |           |           |                                       |           |           |           | Heat:3, starttime: 14:08 |           |
|--------------------------------------------------------|-----------|-----------|---------------------------------------|-----------|-----------|-----------|--------------------------|-----------|
| Heat: 3/8    Lane : 8    Athlete: LIMONTA-SCULL OFELIA |           |           |                                       |           |           |           | 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 BACKSTROKE WOMEN 11+        |           |           |                        |           |           |             | Heat:4, starttime: 14:13 |           |
|---------------------------------------------------|-----------|-----------|------------------------|-----------|-----------|-------------|--------------------------|-----------|
| Heat: 4/8    Lane : 2    Athlete: BREBELS MAARTJE |           |           |                        |           |           |             | 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:

# Regio C Beringen: Session: 1: COACH Evaluation sheet for TEAM: DBT

| Event number: 1: 200M BACKSTROKE WOMEN 11+      |         |         |       |                                    |       |         | Heat:4, starttime: 14:13 |          |
|-------------------------------------------------|---------|---------|-------|------------------------------------|-------|---------|--------------------------|----------|
| Heat: 4/8 Lane : 4 Athlete: MOORS NORA          |         |         |       |                                    |       |         | Q-time: 99:99:99         |          |
| PB (25m pool): 03:18.47 Sint-Truiden 17/03/2024 |         |         |       | 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 |                          | 03:18.47 |
|                                                 | no time |         |       |                                    |       |         |                          |          |
|                                                 | .....   | .....   | ..... | .....                              | ..... | .....   | .....                    | .....    |

Coach feedback:

| Event number: 1: 200M BACKSTROKE WOMEN 11+ |         |         |       |                                    |       |         | Heat:4, starttime: 14:13 |         |
|--------------------------------------------|---------|---------|-------|------------------------------------|-------|---------|--------------------------|---------|
| Heat: 4/8 Lane : 5 Athlete: MOONS CHARLINE |         |         |       |                                    |       |         | 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 BACKSTROKE WOMEN 11+   |         |         |       |                                    |       |         | Heat:4, starttime: 14:13 |         |
|----------------------------------------------|---------|---------|-------|------------------------------------|-------|---------|--------------------------|---------|
| Heat: 4/8 Lane : 6 Athlete: LAMBRECHTS ANAÏS |         |         |       |                                    |       |         | 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 BACKSTROKE WOMEN 11+      |         |         |       |                                    |       |         | Heat:5, starttime: 14:17 |          |
|-------------------------------------------------|---------|---------|-------|------------------------------------|-------|---------|--------------------------|----------|
| Heat: 5/8 Lane : 1 Athlete: UNAL ADA            |         |         |       |                                    |       |         | Q-time: 99:99:99         |          |
| PB (25m pool): 03:34.13 3500 Hasselt 26/11/2023 |         |         |       | 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 |                          | 03:34.13 |
|                                                 | no time |         |       |                                    |       |         |                          |          |
|                                                 | .....   | .....   | ..... | .....                              | ..... | .....   | .....                    | .....    |

Coach feedback:

# Regio C Beringen: Session: 1: COACH Evaluation sheet for TEAM: DBT

| Event number: 1: 200M BACKSTROKE WOMEN 11+     |           |           |           |                                       |           |           | Heat:5, starttime: 14:17 |           |
|------------------------------------------------|-----------|-----------|-----------|---------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 5/8    Lane : 5    Athlete: KERFS LENTEL |           |           |           |                                       |           |           | Q-time: 03:21:66         |           |
| PB (25m pool): 03:21.66    Beringen 16/03/2025 |           |           |           | 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                                             |           | 00:45.09  |           | 01:36.72                              |           | no time   |                          | 03:21.66  |
|                                                | 00:45.09  |           | 00:51.63  |                                       |           |           |                          |           |
|                                                | . . . . . | . . . . . | . . . . . | . . . . .                             | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 1: 200M BACKSTROKE WOMEN 11+    |           |           |                                       |           |           |           | Heat:5, starttime: 14:17 |           |
|-----------------------------------------------|-----------|-----------|---------------------------------------|-----------|-----------|-----------|--------------------------|-----------|
| Heat: 5/8    Lane : 7    Athlete: SIMONS FENA |           |           |                                       |           |           |           | 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 BACKSTROKE WOMEN 11+         |           |           |           |                                       |           |           | Heat:6, starttime: 14:21 |           |
|----------------------------------------------------|-----------|-----------|-----------|---------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 6/8    Lane : 2    Athlete: VANBRABANT MANON |           |           |           |                                       |           |           | Q-time: 03:06:75         |           |
| PB (25m pool): 03:06.75    Beringen 16/03/2025     |           |           |           | 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                                                 |           | 00:44.31  |           | 01:31.51                              |           | no time   |                          | 03:06.75  |
|                                                    | 00:44.31  |           | 00:47.20  |                                       |           |           |                          |           |
|                                                    | . . . . . | . . . . . | . . . . . | . . . . .                             | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 1: 200M BACKSTROKE WOMEN 11+            |           |           |           |                                                                      |           |           | Heat:6, starttime: 14:21 |           |
|-------------------------------------------------------|-----------|-----------|-----------|----------------------------------------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 6/8    Lane : 3    Athlete: VREYS ANSE          |           |           |           |                                                                      |           |           | Q-time: 03:02:33         |           |
| PB (25m pool): 03:02.33    3500 Hasselt    23/11/2025 |           |           |           | PB (50m pool): no time    SB: 03:02.33    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                                                    |           | 00:43.25  |           | 01:29.67                                                             |           | 02:17.70  |                          | 03:02.33  |
|                                                       | 00:43.25  |           | 00:46.42  |                                                                      | 00:48.03  |           | 00:44.63                 |           |
|                                                       | . . . . . | . . . . . | . . . . . | . . . . .                                                            | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

# Regio C Beringen: Session: 1: COACH Evaluation sheet for TEAM: DBT

| Event number: 1: 200M BACKSTROKE WOMEN 11+        |           |           |           |                                                         |           |           | Heat:8, starttime: 14:28 |           |
|---------------------------------------------------|-----------|-----------|-----------|---------------------------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 8/8    Lane : 4    Athlete: VANDEVENNE LIAH |           |           |           |                                                         |           |           | Q-time: 02:20:26         |           |
| PB (25m pool): 02:20.26    Gent 09/11/2025        |           |           |           | PB (50m pool): 02:26.81 SB: 02:20.26    Gent 09/11/2025 |           |           |                          |           |
|                                                   | 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                                                |           | 00:32.58  |           | 01:08.65                                                |           | 01:45.19  |                          | 02:20.26  |
|                                                   | 00:32.58  |           | 00:36.07  |                                                         | 00:36.54  |           | 00:35.07                 |           |
|                                                   | . . . . . | . . . . . | . . . . . | . . . . .                                               | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 1: 200M BACKSTROKE WOMEN 11+            |           |           |                                                                   |           |           |           | Heat:8, starttime: 14:28 |           |
|-------------------------------------------------------|-----------|-----------|-------------------------------------------------------------------|-----------|-----------|-----------|--------------------------|-----------|
| Heat: 8/8    Lane : 5    Athlete: VANHEES ELLA        |           |           |                                                                   |           |           |           | Q-time: 02:27:51         |           |
| PB (25m pool): 02:27.51    3500 Hasselt    23/11/2025 |           |           | PB (50m pool): 02:35.69SB: 02:27.51    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                                                    |           | 00:34.55  |                                                                   | 01:12.34  |           | 01:50.70  |                          | 02:27.51  |
|                                                       | 00:34.55  |           | 00:37.79                                                          |           | 00:38.36  |           | 00:36.81                 |           |
|                                                       | . . . . . | . . . . . | . . . . .                                                         | . . . . . | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 1: 200M BACKSTROKE WOMEN 11+         |           |           |           |                                                           |           |           | Heat:8, starttime: 14:28 |           |
|----------------------------------------------------|-----------|-----------|-----------|-----------------------------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 8/8    Lane : 7    Athlete: VAN HEES LENTHEL |           |           |           |                                                           |           |           | Q-time: 02:44:97         |           |
| PB (25m pool): 02:44.97    Bree 21/12/2025         |           |           |           | PB (50m pool): no time    SB: 02:44.97    Bree 21/12/2025 |           |           |                          |           |
|                                                    | 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                                                 |           | 00:39.78  |           | 01:21.62                                                  |           | no time   |                          | 02:44.97  |
|                                                    | 00:39.78  |           | 00:41.84  |                                                           |           |           |                          |           |
|                                                    | . . . . . | . . . . . | . . . . . | . . . . .                                                 | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 2: 200M BACKSTROKE MEN 11+              |           |           |           |                                    |           |           | Heat:1, starttime: 14:32 |           |
|-------------------------------------------------------|-----------|-----------|-----------|------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 1/6    Lane : 5    Athlete: CETINKAYA DORUK     |           |           |           |                                    |           |           | Q-time: 99:99:99         |           |
| PB (25m pool): 02:34.11    3500 Hasselt    24/11/2024 |           |           |           | PB (50m pool): 03:06.24SB: 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                                                    |           | 00:36.14  |           | 01:15.54                           |           | 01:55.70  |                          | 02:34.11  |
|                                                       | 00:36.14  |           | 00:39.40  |                                    | 00:40.16  |           | 00:38.41                 |           |
|                                                       | . . . . . | . . . . . | . . . . . | . . . . .                          | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

# Regio C Beringen: Session: 1: COACH Evaluation sheet for TEAM: DBT

| Event number: 2: 200M BACKSTROKE MEN 11+          |         |         |                        |         |       |             | Heat:2, starttime: 14:36 |         |
|---------------------------------------------------|---------|---------|------------------------|---------|-------|-------------|--------------------------|---------|
| Heat: 2/6    Lane : 2    Athlete: BIRLOGEANU LUCA |         |         |                        |         |       |             | 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 BACKSTROKE MEN 11+       |           |           |                        |           |           |             | Heat:3, starttime: 14:40 |           |
|------------------------------------------------|-----------|-----------|------------------------|-----------|-----------|-------------|--------------------------|-----------|
| Heat: 3/6    Lane : 2    Athlete: CLAES PEPIJN |           |           |                        |           |           |             | 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 BACKSTROKE MEN 11+          |         |         |                                       |         |       |         | Heat:3, starttime: 14:40 |         |
|---------------------------------------------------|---------|---------|---------------------------------------|---------|-------|---------|--------------------------|---------|
| Heat: 3/6    Lane : 4    Athlete: VANBRABANT NOAH |         |         |                                       |         |       |         | 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 BACKSTROKE MEN 11+       |           |           |                        |           |           |             | Heat:4, starttime: 14:43 |           |
|------------------------------------------------|-----------|-----------|------------------------|-----------|-----------|-------------|--------------------------|-----------|
| Heat: 4/6    Lane : 1    Athlete: HENNING LIAM |           |           |                        |           |           |             | 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:

# Regio C Beringen: Session: 1: COACH Evaluation sheet for TEAM: DBT

| Event number: 2: 200M BACKSTROKE MEN 11+      |           |           |           |                                       |           |           | Heat:4, starttime: 14:43 |           |
|-----------------------------------------------|-----------|-----------|-----------|---------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 4/6    Lane : 4    Athlete: MOORS LIAM  |           |           |           |                                       |           |           | Q-time: 03:18:46         |           |
| PB (25m pool): 03:18.46    Hasselt 04/05/2025 |           |           |           | 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                                            |           | 00:46.29  |           | 01:37.24                              |           | 02:29.88  |                          | 03:18.46  |
|                                               | 00:46.29  |           | 00:50.95  |                                       | 00:52.64  |           | 00:48.58                 |           |
|                                               | . . . . . | . . . . . | . . . . . | . . . . .                             | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 2: 200M BACKSTROKE MEN 11+         |         |         |                                       |         |       |         | Heat:4, starttime: 14:43 |         |
|--------------------------------------------------|---------|---------|---------------------------------------|---------|-------|---------|--------------------------|---------|
| Heat: 4/6    Lane : 6    Athlete: GRIETEN ARTHUR |         |         |                                       |         |       |         | 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 BACKSTROKE MEN 11+       |           |           |           |                                     |           |           | Heat:5, starttime: 14:47 |           |
|------------------------------------------------|-----------|-----------|-----------|-------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 5/6    Lane : 4    Athlete: GIJBELS JUUL |           |           |           |                                     |           |           | Q-time: 02:39:66         |           |
| PB (25m pool): 02:39.66    Beringen 16/03/2025 |           |           |           | PB (50m pool): 02:42.95 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                                             |           | 00:35.26  |           | 01:15.11                            |           | no time   |                          | 02:39.66  |
|                                                | 00:35.26  |           | 00:39.85  |                                     |           |           |                          |           |
|                                                | . . . . . | . . . . . | . . . . . | . . . . .                           | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 2: 200M BACKSTROKE MEN 11+              |           |           |           |                                                                   |           |           | Heat:5, starttime: 14:47 |           |
|-------------------------------------------------------|-----------|-----------|-----------|-------------------------------------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 5/6    Lane : 5    Athlete: POELMANS KEANO      |           |           |           |                                                                   |           |           | Q-time: 02:39:74         |           |
| PB (25m pool): 02:33.78    3500 Hasselt    24/11/2024 |           |           |           | PB (50m pool): 02:39.74SB: 02:41.61    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                                                    |           | 00:36.20  |           | 01:15.74                                                          |           | 01:56.29  |                          | 02:33.78  |
|                                                       | 00:36.20  |           | 00:39.54  |                                                                   | 00:40.55  |           | 00:37.49                 |           |
|                                                       | . . . . . | . . . . . | . . . . . | . . . . .                                                         | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

# Regio C Beringen: Session: 1: COACH Evaluation sheet for TEAM: DBT

| Event number: 2: 200M BACKSTROKE MEN 11+              |           |           |           |                                                                   |           |           | Heat:5, starttime: 14:47 |           |
|-------------------------------------------------------|-----------|-----------|-----------|-------------------------------------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 5/6    Lane : 6    Athlete: LEMMENS LARS        |           |           |           |                                                                   |           |           | Q-time: 02:43:21         |           |
| PB (25m pool): 02:43.21    3500 Hasselt    23/11/2025 |           |           |           | PB (50m pool): 02:49.23SB: 02:43.21    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                                                    |           | 00:38.66  |           | 01:19.85                                                          |           | 02:01.55  |                          | 02:43.21  |
|                                                       | 00:38.66  |           | 00:41.19  |                                                                   | 00:41.70  |           | 00:41.66                 |           |
|                                                       | . . . . . | . . . . . | . . . . . | . . . . .                                                         | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 2: 200M BACKSTROKE MEN 11+       |           |           |           |                                                           |           |           | Heat:6, starttime: 14:51 |           |
|------------------------------------------------|-----------|-----------|-----------|-----------------------------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 6/6    Lane : 3    Athlete: BALLET EMILE |           |           |           |                                                           |           |           | Q-time: 02:28:05         |           |
| PB (25m pool): 02:28.05    Hasselt 12/10/2025  |           |           |           | PB (50m pool): 02:31.51SB: 02:28.05    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                                             |           | 00:34.69  |           | 01:12.21                                                  |           | 01:50.32  |                          | 02:28.05  |
|                                                | 00:34.69  |           | 00:37.52  |                                                           | 00:38.11  |           | 00:37.73                 |           |
|                                                | . . . . . | . . . . . | . . . . . | . . . . .                                                 | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 2: 200M BACKSTROKE MEN 11+              |           |           |           |                                                                      |           |           | Heat:6, starttime: 14:51 |           |
|-------------------------------------------------------|-----------|-----------|-----------|----------------------------------------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 6/6    Lane : 4    Athlete: THEUNISSEN TOON     |           |           |           |                                                                      |           |           | Q-time: 02:25:58         |           |
| PB (25m pool): 02:25.58    3500 Hasselt    23/11/2025 |           |           |           | PB (50m pool): no time    SB: 02:25.58    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                                                    |           | 00:33.74  |           | 01:10.70                                                             |           | 01:48.90  |                          | 02:25.58  |
|                                                       | 00:33.74  |           | 00:36.96  |                                                                      | 00:38.20  |           | 00:36.68                 |           |
|                                                       | . . . . . | . . . . . | . . . . . | . . . . .                                                            | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 2: 200M BACKSTROKE MEN 11+              |           |           |                                                                      |           |           |           | Heat:6, starttime: 14:51 |           |
|-------------------------------------------------------|-----------|-----------|----------------------------------------------------------------------|-----------|-----------|-----------|--------------------------|-----------|
| Heat: 6/6    Lane : 7    Athlete: VERTESSEN WOUT      |           |           |                                                                      |           |           |           | Q-time: 02:39:22         |           |
| PB (25m pool): 02:39.22    3500 Hasselt    23/11/2025 |           |           | PB (50m pool): no time    SB: 02:39.22    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                                                    |           | 00:37.97  |                                                                      | 01:18.46  |           | 01:59.96  |                          | 02:39.22  |
|                                                       | 00:37.97  |           | 00:40.49                                                             |           | 00:41.50  |           | 00:39.26                 |           |
|                                                       | . . . . . | . . . . . | . . . . .                                                            | . . . . . | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

# Regio C Beringen: Session: 1: COACH Evaluation sheet for TEAM: DBT

| Event number: 3: 50M BACKSTROKE MIXED 10-9  |       |          | Heat:2, starttime: 14:56            |
|---------------------------------------------|-------|----------|-------------------------------------|
| Heat: 2/2 Lane : 3 Athlete: KILIC EYMEN     |       |          | Q-time: 00:47:99                    |
| PB (25m pool): 00:47.99 Beringen 16/03/2025 |       |          | PB (50m pool): 00:52.41 SB: no time |
|                                             | 2 5 M | 5 0 M    |                                     |
| PB                                          |       | 00:47.99 |                                     |
|                                             |       | 00:47.99 |                                     |
|                                             | ..... | .....    |                                     |

Coach feedback:

| Event number: 3: 50M BACKSTROKE MIXED 10-9 |       |          | Heat:2, starttime: 14:56                            |
|--------------------------------------------|-------|----------|-----------------------------------------------------|
| Heat: 2/2 Lane : 4 Athlete: TIRI LILY      |       |          | Q-time: 00:44:61                                    |
| PB (25m pool): 00:44.61 Bree 21/12/2025    |       |          | PB (50m pool): no time SB: 00:44.61 Bree 21/12/2025 |
|                                            | 2 5 M | 5 0 M    |                                                     |
| PB                                         |       | 00:44.61 |                                                     |
|                                            |       | 00:44.61 |                                                     |
|                                            | ..... | .....    |                                                     |

Coach feedback:

| Event number: 3: 50M BACKSTROKE MIXED 10-9        |       |          | Heat:2, starttime: 14:56                            |
|---------------------------------------------------|-------|----------|-----------------------------------------------------|
| Heat: 2/2 Lane : 5 Athlete: MEYERS TRAPMAN SANDER |       |          | Q-time: 00:45:44                                    |
| PB (25m pool): 00:45.44 Beringen 16/03/2025       |       |          | PB (50m pool): no time SB: 00:50.95 Bree 21/12/2025 |
|                                                   | 2 5 M | 5 0 M    |                                                     |
| PB                                                |       | 00:45.44 |                                                     |
|                                                   |       | 00:45.44 |                                                     |
|                                                   | ..... | .....    |                                                     |

Coach feedback:

| Event number: 3: 50M BACKSTROKE MIXED 10-9        |       |          | Heat:2, starttime: 14:56           |
|---------------------------------------------------|-------|----------|------------------------------------|
| Heat: 2/2 Lane : 6 Athlete: RASKINET JULIAN       |       |          | Q-time: 00:48:68                   |
| PB (25m pool): 00:48.68 De Sprink Bree 31/05/2025 |       |          | PB (50m pool): no time SB: no time |
|                                                   | 2 5 M | 5 0 M    |                                    |
| PB                                                |       | 00:48.68 |                                    |
|                                                   |       | 00:48.68 |                                    |
|                                                   | ..... | .....    |                                    |

Coach feedback:

# Regio C Beringen: Session: 1: COACH Evaluation sheet for TEAM: DBT

| Event number: 3: 50M BACKSTROKE MIXED 10-9     |         |                                    |  | Heat:2, starttime: 14:56 |
|------------------------------------------------|---------|------------------------------------|--|--------------------------|
| Heat: 2/2 Lane : 8 Athlete: VERSCHAEREN JESPER |         |                                    |  | 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 MEDLEY MIXED 10-10    |         |                                    |       |         | Heat:2, starttime: 15:00 |
|---------------------------------------------|---------|------------------------------------|-------|---------|--------------------------|
| Heat: 2/3 Lane : 4 Athlete: TIELENS VALERIE |         |                                    |       |         | 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: 4: 100M MEDLEY MIXED 10-10   |         |                                                     |       |          | Heat:3, starttime: 15:02 |
|--------------------------------------------|---------|-----------------------------------------------------|-------|----------|--------------------------|
| Heat: 3/3 Lane : 6 Athlete: JANSSEN FÉLINE |         |                                                     |       |          | Q-time: 01:42:53         |
| PB (25m pool): 01:42.53 Pelt 05/10/2025    |         | PB (50m pool): no time SB: 01:42.53 Pelt 05/10/2025 |       |          |                          |
|                                            | 2 5 M   | 5 0 M                                               | 7 5 M | 1 0 0 M  |                          |
| PB                                         |         | no time                                             |       | 01:42.53 |                          |
|                                            | no time |                                                     |       |          |                          |
|                                            | .....   | .....                                               | ..... | .....    |                          |

Coach feedback:

| Event number: 4: 100M MEDLEY MIXED 10-10 |         |                                    |       |         | Heat:3, starttime: 15:02 |
|------------------------------------------|---------|------------------------------------|-------|---------|--------------------------|
| Heat: 3/3 Lane : 8 Athlete: LEPPENS JADE |         |                                    |       |         | 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:

# Regio C Beringen: Session: 1: COACH Evaluation sheet for TEAM: DBT

| Event number: 5: 100M BUTTERFLY WOMEN 11+                 |         |         |       |         | Heat:1, starttime: 15:05 |
|-----------------------------------------------------------|---------|---------|-------|---------|--------------------------|
| Heat: 1/6 Lane : 4 Athlete: PIRA PAULINE                  |         |         |       |         | 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 BUTTERFLY WOMEN 11+                 |         |         |       |         | Heat:2, starttime: 15:07 |
|-----------------------------------------------------------|---------|---------|-------|---------|--------------------------|
| Heat: 2/6 Lane : 4 Athlete: SWINNEN PAULIEN               |         |         |       |         | 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 BUTTERFLY WOMEN 11+                                      |          |          |          |          | Heat:3, starttime: 15:10 |
|--------------------------------------------------------------------------------|----------|----------|----------|----------|--------------------------|
| Heat: 3/6 Lane : 2 Athlete: CLAES JANNE                                        |          |          |          |          | Q-time: 01:39:79         |
| PB (25m pool): 01:41.56 Hasselt 04/05/2025 PB (50m pool): 01:39.79 SB: no time |          |          |          |          |                          |
|                                                                                | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                          |
| PB                                                                             |          | 00:44.02 |          | 01:41.56 |                          |
|                                                                                | 00:44.02 |          | 00:57.54 |          |                          |
|                                                                                | .....    | .....    | .....    | .....    |                          |

Coach feedback:

| Event number: 5: 100M BUTTERFLY WOMEN 11+                                                    |          |          |          |          | Heat:3, starttime: 15:10 |
|----------------------------------------------------------------------------------------------|----------|----------|----------|----------|--------------------------|
| Heat: 3/6 Lane : 4 Athlete: CREMER FOTINI                                                    |          |          |          |          | Q-time: 01:28:34         |
| PB (25m pool): 01:28.34 Bree 21/12/2025 PB (50m pool): 01:38.90 SB: 01:28.34 Bree 21/12/2025 |          |          |          |          |                          |
|                                                                                              | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                          |
| PB                                                                                           |          | 00:39.96 |          | 01:28.34 |                          |
|                                                                                              | 00:39.96 |          | 00:48.38 |          |                          |
|                                                                                              | .....    | .....    | .....    | .....    |                          |

Coach feedback:

# Regio C Beringen: Session: 1: COACH Evaluation sheet for TEAM: DBT

| Event number: 5: 100M BUTTERFLY WOMEN 11+  |         |         |       |          | Heat:4, starttime: 15:12            |
|--------------------------------------------|---------|---------|-------|----------|-------------------------------------|
| Heat: 4/6 Lane : 2 Athlete: CLAESKENS LINA |         |         |       |          | Q-time: 01:24:21                    |
| PB (25m pool): 01:23.31 Bilzen 26/02/2023  |         |         |       |          | PB (50m pool): 01:24.98 SB: no time |
|                                            | 2 5 M   | 5 0 M   | 7 5 M | 1 0 0 M  |                                     |
| PB                                         |         | no time |       | 01:23.31 |                                     |
|                                            | no time |         |       |          |                                     |
|                                            | .....   | .....   | ..... | .....    |                                     |

Coach feedback:

| Event number: 5: 100M BUTTERFLY WOMEN 11+    |                   |          |       |          | Heat:4, starttime: 15:12                                |
|----------------------------------------------|-------------------|----------|-------|----------|---------------------------------------------------------|
| Heat: 4/6 Lane : 4 Athlete: VAN HEES LENTHEL |                   |          |       |          | Q-time: 01:19:95                                        |
| PB (25m pool): 01:19.95 Hasselt 12/10/2025   |                   |          |       |          | PB (50m pool): 01:27.47 SB: 01:19.95 Hasselt 12/10/2025 |
|                                              | 2 5 M             | 5 0 M    | 7 5 M | 1 0 0 M  |                                                         |
| PB                                           |                   | 00:36.96 |       | 01:19.95 |                                                         |
|                                              | 00:36.96 00:42.99 |          |       |          |                                                         |
|                                              | .....             | .....    | ..... | .....    |                                                         |

Coach feedback:

| Event number: 5: 100M BUTTERFLY WOMEN 11+ |                   |          |       |          | Heat:4, starttime: 15:12                             |
|-------------------------------------------|-------------------|----------|-------|----------|------------------------------------------------------|
| Heat: 4/6 Lane : 8 Athlete: VREYS ANSE    |                   |          |       |          | Q-time: 01:27:00                                     |
| PB (25m pool): 01:27.00 Bree 21/12/2025   |                   |          |       |          | PB (50m pool): 01:27.46 SB: 01:27.00 Bree 21/12/2025 |
|                                           | 2 5 M             | 5 0 M    | 7 5 M | 1 0 0 M  |                                                      |
| PB                                        |                   | 00:39.53 |       | 01:27.00 |                                                      |
|                                           | 00:39.53 00:47.47 |          |       |          |                                                      |
|                                           | .....             | .....    | ..... | .....    |                                                      |

Coach feedback:

| Event number: 5: 100M BUTTERFLY WOMEN 11+ |                   |          |       |          | Heat:5, starttime: 15:14                             |
|-------------------------------------------|-------------------|----------|-------|----------|------------------------------------------------------|
| Heat: 5/6 Lane : 2 Athlete: POEL MAREN    |                   |          |       |          | Q-time: 01:17:40                                     |
| PB (25m pool): 01:17.40 Bree 21/12/2025   |                   |          |       |          | PB (50m pool): 01:18.01 SB: 01:17.40 Bree 21/12/2025 |
|                                           | 2 5 M             | 5 0 M    | 7 5 M | 1 0 0 M  |                                                      |
| PB                                        |                   | 00:34.35 |       | 01:17.40 |                                                      |
|                                           | 00:34.35 00:43.05 |          |       |          |                                                      |
|                                           | .....             | .....    | ..... | .....    |                                                      |

Coach feedback:

# Regio C Beringen: Session: 1: COACH Evaluation sheet for TEAM: DBT

| Event number: 5: 100M BUTTERFLY WOMEN 11+    |         |         |       |          | Heat:5, starttime: 15:14                                |
|----------------------------------------------|---------|---------|-------|----------|---------------------------------------------------------|
| Heat: 5/6 Lane : 4 Athlete: CUIJVERS LISA    |         |         |       |          | Q-time: 01:12:93                                        |
| PB (25m pool): 01:12.52 De Sprink 04/06/2023 |         |         |       |          | PB (50m pool): 01:12.79 SB: 01:16.03 Hasselt 12/10/2025 |
|                                              | 2 5 M   | 5 0 M   | 7 5 M | 1 0 0 M  |                                                         |
| PB                                           |         | no time |       | 01:12.52 |                                                         |
|                                              | no time |         |       |          |                                                         |
|                                              | .....   | .....   | ..... | .....    |                                                         |

Coach feedback:

| Event number: 5: 100M BUTTERFLY WOMEN 11+   |                   |          |       |          | Heat:5, starttime: 15:14            |
|---------------------------------------------|-------------------|----------|-------|----------|-------------------------------------|
| Heat: 5/6 Lane : 5 Athlete: HIEL LINA       |                   |          |       |          | Q-time: 01:13:58                    |
| PB (25m pool): 01:13.58 Beringen 16/03/2025 |                   |          |       |          | PB (50m pool): 01:17.59 SB: no time |
|                                             | 2 5 M             | 5 0 M    | 7 5 M | 1 0 0 M  |                                     |
| PB                                          |                   | 00:33.29 |       | 01:13.58 |                                     |
|                                             | 00:33.29 00:40.29 |          |       |          |                                     |
|                                             | .....             | .....    | ..... | .....    |                                     |

Coach feedback:

| Event number: 5: 100M BUTTERFLY WOMEN 11+    |                   |          |       |          | Heat:5, starttime: 15:14                             |
|----------------------------------------------|-------------------|----------|-------|----------|------------------------------------------------------|
| Heat: 5/6 Lane : 6 Athlete: PIRA ANNE-SOPHIE |                   |          |       |          | Q-time: 01:16:69                                     |
| PB (25m pool): 01:16.69 Bree 21/12/2025      |                   |          |       |          | PB (50m pool): 01:18.13 SB: 01:16.69 Bree 21/12/2025 |
|                                              | 2 5 M             | 5 0 M    | 7 5 M | 1 0 0 M  |                                                      |
| PB                                           |                   | 00:35.59 |       | 01:16.69 |                                                      |
|                                              | 00:35.59 00:41.10 |          |       |          |                                                      |
|                                              | .....             | .....    | ..... | .....    |                                                      |

Coach feedback:

| Event number: 5: 100M BUTTERFLY WOMEN 11+      |                   |          |       |          | Heat:6, starttime: 15:16                             |
|------------------------------------------------|-------------------|----------|-------|----------|------------------------------------------------------|
| Heat: 6/6 Lane : 1 Athlete: BROUWERS CHARLOTTE |                   |          |       |          | Q-time: 01:10:83                                     |
| PB (25m pool): 01:10.11 De Sprink 22/12/2024   |                   |          |       |          | PB (50m pool): 01:14.73 SB: 01:10.83 Bree 21/12/2025 |
|                                                | 2 5 M             | 5 0 M    | 7 5 M | 1 0 0 M  |                                                      |
| PB                                             |                   | 00:32.41 |       | 01:10.11 |                                                      |
|                                                | 00:32.41 00:37.70 |          |       |          |                                                      |
|                                                | .....             | .....    | ..... | .....    |                                                      |

Coach feedback:

# Regio C Beringen: Session: 1: COACH Evaluation sheet for TEAM: DBT

| Event number: 5: 100M BUTTERFLY WOMEN 11+  |          |          |          |          | Heat:6, starttime: 15:16                                |
|--------------------------------------------|----------|----------|----------|----------|---------------------------------------------------------|
| Heat: 6/6 Lane : 2 Athlete: ENGELEN FLOOR  |          |          |          |          | Q-time: 01:09:56                                        |
| PB (25m pool): 01:09.56 Hasselt 12/10/2025 |          |          |          |          | PB (50m pool): 01:10.84 SB: 01:09.56 Hasselt 12/10/2025 |
|                                            | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                                                         |
| PB                                         |          | 00:32.01 |          | 01:09.56 |                                                         |
|                                            | 00:32.01 |          | 00:37.55 |          |                                                         |
|                                            | .....    | .....    | .....    | .....    |                                                         |

Coach feedback:

| Event number: 5: 100M BUTTERFLY WOMEN 11+   |          |          |          |          | Heat:6, starttime: 15:16            |
|---------------------------------------------|----------|----------|----------|----------|-------------------------------------|
| Heat: 6/6 Lane : 3 Athlete: VERSTREPEN SIEL |          |          |          |          | Q-time: 01:07:80                    |
| PB (25m pool): 01:07.80 Hasselt 04/05/2025  |          |          |          |          | PB (50m pool): 01:14.07 SB: no time |
|                                             | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                                     |
| PB                                          |          | 00:30.38 |          | 01:07.80 |                                     |
|                                             | 00:30.38 |          | 00:37.42 |          |                                     |
|                                             | .....    | .....    | .....    | .....    |                                     |

Coach feedback:

| Event number: 5: 100M BUTTERFLY WOMEN 11+  |          |          |          |          | Heat:6, starttime: 15:16                             |
|--------------------------------------------|----------|----------|----------|----------|------------------------------------------------------|
| Heat: 6/6 Lane : 4 Athlete: VERTESSEN FRAN |          |          |          |          | Q-time: 01:03:90                                     |
| PB (25m pool): 01:03.90 Gent 09/11/2025    |          |          |          |          | PB (50m pool): 01:06.13 SB: 01:03.90 Gent 09/11/2025 |
|                                            | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                                                      |
| PB                                         |          | 00:29.97 |          | 01:03.90 |                                                      |
|                                            | 00:29.97 |          | 00:33.93 |          |                                                      |
|                                            | .....    | .....    | .....    | .....    |                                                      |

Coach feedback:

| Event number: 5: 100M BUTTERFLY WOMEN 11+  |          |          |          |          | Heat:6, starttime: 15:16                                |
|--------------------------------------------|----------|----------|----------|----------|---------------------------------------------------------|
| Heat: 6/6 Lane : 5 Athlete: FREDERIX MAYA  |          |          |          |          | Q-time: 01:07:53                                        |
| PB (25m pool): 01:07.53 Hasselt 04/05/2025 |          |          |          |          | PB (50m pool): 01:08.41 SB: 01:07.82 Hasselt 12/10/2025 |
|                                            | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                                                         |
| PB                                         |          | 00:31.74 |          | 01:07.53 |                                                         |
|                                            | 00:31.74 |          | 00:35.79 |          |                                                         |
|                                            | .....    | .....    | .....    | .....    |                                                         |

Coach feedback:

# Regio C Beringen: Session: 1: COACH Evaluation sheet for TEAM: DBT

| Event number: 5: 100M BUTTERFLY WOMEN 11+ |          |          |          |          | Heat:6, starttime: 15:16                             |
|-------------------------------------------|----------|----------|----------|----------|------------------------------------------------------|
| Heat: 6/6 Lane : 6 Athlete: MELOTTE PIA   |          |          |          |          | Q-time: 01:08:11                                     |
| PB (25m pool): 01:08.11 Bree 21/12/2025   |          |          |          |          | PB (50m pool): 01:08.13 SB: 01:08.11 Bree 21/12/2025 |
|                                           | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                                                      |
| PB                                        |          | 00:31.53 |          | 01:08.11 |                                                      |
|                                           | 00:31.53 |          | 00:36.58 |          |                                                      |
|                                           | .....    | .....    | .....    | .....    |                                                      |

Coach feedback:

| Event number: 5: 100M BUTTERFLY WOMEN 11+   |          |          |          |          | Heat:6, starttime: 15:16                                |
|---------------------------------------------|----------|----------|----------|----------|---------------------------------------------------------|
| Heat: 6/6 Lane : 7 Athlete: RENETTE LENA    |          |          |          |          | Q-time: 01:10:22                                        |
| PB (25m pool): 01:10.22 Beringen 16/03/2025 |          |          |          |          | PB (50m pool): 01:13.63 SB: 01:11.10 Hasselt 12/10/2025 |
|                                             | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                                                         |
| PB                                          |          | 00:31.99 |          | 01:10.22 |                                                         |
|                                             | 00:31.99 |          | 00:38.23 |          |                                                         |
|                                             | .....    | .....    | .....    | .....    |                                                         |

Coach feedback:

| Event number: 5: 100M BUTTERFLY WOMEN 11+ |          |          |          |          | Heat:6, starttime: 15:16                              |
|-------------------------------------------|----------|----------|----------|----------|-------------------------------------------------------|
| Heat: 6/6 Lane : 8 Athlete: PUT FIEN      |          |          |          |          | Q-time: 01:10:85                                      |
| PB (25m pool): 01:10.85 Temse 17/11/2025  |          |          |          |          | PB (50m pool): 01:12.59 SB: 01:10.85 Temse 17/11/2025 |
|                                           | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                                                       |
| PB                                        |          | 00:32.93 |          | 01:10.85 |                                                       |
|                                           | 00:32.93 |          | 00:37.92 |          |                                                       |
|                                           | .....    | .....    | .....    | .....    |                                                       |

Coach feedback:

| Event number: 6: 100M BUTTERFLY MEN 11+        |         |         |       |         | Heat:2, starttime: 15:20           |
|------------------------------------------------|---------|---------|-------|---------|------------------------------------|
| Heat: 2/5 Lane : 5 Athlete: VERSCHAEREN LANDER |         |         |       |         | 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:

# Regio C Beringen: Session: 1: COACH Evaluation sheet for TEAM: DBT

| Event number: 6: 100M BUTTERFLY MEN 11+  |          |          |                                                      |          | Heat:3, starttime: 15:23 |
|------------------------------------------|----------|----------|------------------------------------------------------|----------|--------------------------|
| Heat: 3/5 Lane : 1 Athlete: GIELEN ZORAN |          |          |                                                      |          | Q-time: 01:26:13         |
| PB (25m pool): 01:26.13 Bree 21/12/2025  |          |          | PB (50m pool): 01:28.60 SB: 01:26.13 Bree 21/12/2025 |          |                          |
|                                          | 2 5 M    | 5 0 M    | 7 5 M                                                | 1 0 0 M  |                          |
| PB                                       |          | 00:40.56 |                                                      | 01:26.13 |                          |
|                                          | 00:40.56 |          | 00:45.57                                             |          |                          |
|                                          | .....    | .....    | .....                                                | .....    |                          |

Coach feedback:

| Event number: 6: 100M BUTTERFLY MEN 11+    |          |          |                                                         |          | Heat:3, starttime: 15:23 |
|--------------------------------------------|----------|----------|---------------------------------------------------------|----------|--------------------------|
| Heat: 3/5 Lane : 2 Athlete: HERMANS YESSE  |          |          |                                                         |          | Q-time: 01:21:13         |
| PB (25m pool): 01:21.13 Hasselt 12/10/2025 |          |          | PB (50m pool): 01:22.63 SB: 01:21.13 Hasselt 12/10/2025 |          |                          |
|                                            | 2 5 M    | 5 0 M    | 7 5 M                                                   | 1 0 0 M  |                          |
| PB                                         |          | 00:37.36 |                                                         | 01:21.13 |                          |
|                                            | 00:37.36 |          | 00:43.77                                                |          |                          |
|                                            | .....    | .....    | .....                                                   | .....    |                          |

Coach feedback:

| Event number: 6: 100M BUTTERFLY MEN 11+     |          |          |                                                     |          | Heat:3, starttime: 15:23 |
|---------------------------------------------|----------|----------|-----------------------------------------------------|----------|--------------------------|
| Heat: 3/5 Lane : 7 Athlete: VAN MELE GUNNAR |          |          |                                                     |          | Q-time: 01:23:89         |
| PB (25m pool): 01:23.89 Bree 21/12/2025     |          |          | PB (50m pool): no time SB: 01:23.89 Bree 21/12/2025 |          |                          |
|                                             | 2 5 M    | 5 0 M    | 7 5 M                                               | 1 0 0 M  |                          |
| PB                                          |          | 00:37.53 |                                                     | 01:23.89 |                          |
|                                             | 00:37.53 |          | 00:46.36                                            |          |                          |
|                                             | .....    | .....    | .....                                               | .....    |                          |

Coach feedback:

| Event number: 6: 100M BUTTERFLY MEN 11+    |          |          |                                     |          | Heat:4, starttime: 15:25 |
|--------------------------------------------|----------|----------|-------------------------------------|----------|--------------------------|
| Heat: 4/5 Lane : 1 Athlete: FREDERIX LOU   |          |          |                                     |          | Q-time: 01:11:58         |
| PB (25m pool): 01:11.71 Hasselt 04/05/2025 |          |          | PB (50m pool): 01:11.58 SB: no time |          |                          |
|                                            | 2 5 M    | 5 0 M    | 7 5 M                               | 1 0 0 M  |                          |
| PB                                         |          | 00:32.90 |                                     | 01:11.71 |                          |
|                                            | 00:32.90 |          | 00:38.81                            |          |                          |
|                                            | .....    | .....    | .....                               | .....    |                          |

Coach feedback:

# Regio C Beringen: Session: 1: COACH Evaluation sheet for TEAM: DBT

| Event number: 6: 100M BUTTERFLY MEN 11+   |          |          |          |          | Heat:4, starttime: 15:25                             |
|-------------------------------------------|----------|----------|----------|----------|------------------------------------------------------|
| Heat: 4/5 Lane : 2 Athlete: DEGRAEN DIEGO |          |          |          |          | Q-time: 01:10:71                                     |
| PB (25m pool): 01:10.71 Bree 21/12/2025   |          |          |          |          | PB (50m pool): 01:16.20 SB: 01:10.71 Bree 21/12/2025 |
|                                           | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                                                      |
| PB                                        |          | 00:32.06 |          | 01:10.71 |                                                      |
|                                           | 00:32.06 |          | 00:38.65 |          |                                                      |
|                                           | .....    | .....    | .....    | .....    |                                                      |

Coach feedback:

| Event number: 6: 100M BUTTERFLY MEN 11+   |          |          |          |          | Heat:4, starttime: 15:25                             |
|-------------------------------------------|----------|----------|----------|----------|------------------------------------------------------|
| Heat: 4/5 Lane : 6 Athlete: VERTESEN WOUT |          |          |          |          | Q-time: 01:09:84                                     |
| PB (25m pool): 01:09.84 Bree 21/12/2025   |          |          |          |          | PB (50m pool): 01:12.26 SB: 01:09.84 Bree 21/12/2025 |
|                                           | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                                                      |
| PB                                        |          | 00:32.39 |          | 01:09.84 |                                                      |
|                                           | 00:32.39 |          | 00:37.45 |          |                                                      |
|                                           | .....    | .....    | .....    | .....    |                                                      |

Coach feedback:

| Event number: 6: 100M BUTTERFLY MEN 11+    |          |          |          |          | Heat:5, starttime: 15:27                                |
|--------------------------------------------|----------|----------|----------|----------|---------------------------------------------------------|
| Heat: 5/5 Lane : 3 Athlete: BAELEN SIEBE   |          |          |          |          | Q-time: 01:02:73                                        |
| PB (25m pool): 01:02.73 Hasselt 12/10/2025 |          |          |          |          | PB (50m pool): 01:03.43 SB: 01:02.73 Hasselt 12/10/2025 |
|                                            | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                                                         |
| PB                                         |          | 00:29.24 |          | 01:02.73 |                                                         |
|                                            | 00:29.24 |          | 00:33.49 |          |                                                         |
|                                            | .....    | .....    | .....    | .....    |                                                         |

Coach feedback:

| Event number: 6: 100M BUTTERFLY MEN 11+ |          |          |          |          | Heat:5, starttime: 15:27                             |
|-----------------------------------------|----------|----------|----------|----------|------------------------------------------------------|
| Heat: 5/5 Lane : 5 Athlete: BAELEN TOBE |          |          |          |          | Q-time: 01:02:59                                     |
| PB (25m pool): 01:02.59 Bree 21/12/2025 |          |          |          |          | PB (50m pool): 01:05.70 SB: 01:02.59 Bree 21/12/2025 |
|                                         | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                                                      |
| PB                                      |          | 00:29.03 |          | 01:02.59 |                                                      |
|                                         | 00:29.03 |          | 00:33.56 |          |                                                      |
|                                         | .....    | .....    | .....    | .....    |                                                      |

Coach feedback:

# Regio C Beringen: Session: 1: COACH Evaluation sheet for TEAM: DBT

| Event number: 6: 100M BUTTERFLY MEN 11+         |         |         |       |          | Heat:5, starttime: 15:27                                |
|-------------------------------------------------|---------|---------|-------|----------|---------------------------------------------------------|
| Heat: 5/5 Lane : 6 Athlete: CLAESKENS MILAN     |         |         |       |          | Q-time: 01:02:99                                        |
| PB (25m pool): 01:02.28 3500 Hasselt 28/04/2024 |         |         |       |          | PB (50m pool): 01:03.32 SB: 01:03.26 Hasselt 12/10/2025 |
|                                                 | 2 5 M   | 5 0 M   | 7 5 M | 1 0 0 M  |                                                         |
| PB                                              |         | no time |       | 01:02.28 |                                                         |
|                                                 | no time |         |       |          |                                                         |
|                                                 | .....   | .....   | ..... | .....    |                                                         |

Coach feedback:

| Event number: 6: 100M BUTTERFLY MEN 11+   |                   |          |       |          | Heat:5, starttime: 15:27                             |
|-------------------------------------------|-------------------|----------|-------|----------|------------------------------------------------------|
| Heat: 5/5 Lane : 7 Athlete: JORISSEN RUBE |                   |          |       |          | Q-time: 01:03:75                                     |
| PB (25m pool): 01:03.75 Bree 21/12/2025   |                   |          |       |          | PB (50m pool): 01:04.98 SB: 01:03.75 Bree 21/12/2025 |
|                                           | 2 5 M             | 5 0 M    | 7 5 M | 1 0 0 M  |                                                      |
| PB                                        |                   | 00:30.52 |       | 01:03.75 |                                                      |
|                                           | 00:30.52 00:33.23 |          |       |          |                                                      |
|                                           | .....             | .....    | ..... | .....    |                                                      |

Coach feedback:

| Event number: 7: 50M FREESTYLE WOMEN 11+     |          |          |  |  | Heat:3, starttime: 15:46           |
|----------------------------------------------|----------|----------|--|--|------------------------------------|
| Heat: 3/7 Lane : 2 Athlete: OOMS CÉLIA       |          |          |  |  | Q-time: 00:41:72                   |
| PB (25m pool): 00:40.97 De Sprink 22/12/2024 |          |          |  |  | PB (50m pool): no time SB: no time |
|                                              | 2 5 M    | 5 0 M    |  |  |                                    |
| PB                                           |          | 00:40.97 |  |  |                                    |
|                                              | 00:40.97 |          |  |  |                                    |
|                                              | .....    | .....    |  |  |                                    |

Coach feedback:

| Event number: 7: 50M FREESTYLE WOMEN 11+ |          |          |  |  | Heat:3, starttime: 15:46                            |
|------------------------------------------|----------|----------|--|--|-----------------------------------------------------|
| Heat: 3/7 Lane : 4 Athlete: VAES LIENE   |          |          |  |  | Q-time: 00:39:08                                    |
| PB (25m pool): 00:39.08 Bree 21/12/2025  |          |          |  |  | PB (50m pool): no time SB: 00:39.08 Bree 21/12/2025 |
|                                          | 2 5 M    | 5 0 M    |  |  |                                                     |
| PB                                       |          | 00:39.08 |  |  |                                                     |
|                                          | 00:39.08 |          |  |  |                                                     |
|                                          | .....    | .....    |  |  |                                                     |

Coach feedback:

# Regio C Beringen: Session: 1: COACH Evaluation sheet for TEAM: DBT

| Event number: 7: 50M FREESTYLE WOMEN 11+     |           |           | Heat:4, starttime: 15:47           |
|----------------------------------------------|-----------|-----------|------------------------------------|
| Heat: 4/7 Lane : 6 Athlete: LAMBRECHTS ANAÏS |           |           | Q-time: 00:35:86                   |
| PB (25m pool): 00:35.86 Beringen 16/03/2025  |           |           | PB (50m pool): no time SB: no time |
|                                              | 2 5 M     | 5 0 M     |                                    |
| PB                                           |           | 00:35.86  |                                    |
|                                              |           | 00:35.86  |                                    |
|                                              | . . . . . | . . . . . |                                    |

Coach feedback:

| Event number: 7: 50M FREESTYLE WOMEN 11+ |           |           | Heat:4, starttime: 15:47            |
|------------------------------------------|-----------|-----------|-------------------------------------|
| Heat: 4/7 Lane : 7 Athlete: PIRA PAULINE |           |           | Q-time: 00:36:70                    |
| PB (25m pool): 00:36.70 Bree 16/02/2025  |           |           | PB (50m pool): 00:41.11 SB: no time |
|                                          | 2 5 M     | 5 0 M     |                                     |
| PB                                       |           | 00:36.70  |                                     |
|                                          |           | 00:36.70  |                                     |
|                                          | . . . . . | . . . . . |                                     |

Coach feedback:

| Event number: 7: 50M FREESTYLE WOMEN 11+    |           |           | Heat:4, starttime: 15:47            |
|---------------------------------------------|-----------|-----------|-------------------------------------|
| Heat: 4/7 Lane : 8 Athlete: KERFS LENTEL    |           |           | Q-time: 00:38:71                    |
| PB (25m pool): 00:38.71 Beringen 16/03/2025 |           |           | PB (50m pool): 00:45.84 SB: no time |
|                                             | 2 5 M     | 5 0 M     |                                     |
| PB                                          |           | 00:38.71  |                                     |
|                                             |           | 00:38.71  |                                     |
|                                             | . . . . . | . . . . . |                                     |

Coach feedback:

| Event number: 7: 50M FREESTYLE WOMEN 11+   |           |           | Heat:5, starttime: 15:48            |
|--------------------------------------------|-----------|-----------|-------------------------------------|
| Heat: 5/7 Lane : 4 Athlete: MOORS NORA     |           |           | Q-time: 00:33:68                    |
| PB (25m pool): 00:33.68 Hasselt 04/05/2025 |           |           | PB (50m pool): 00:36.11 SB: no time |
|                                            | 2 5 M     | 5 0 M     |                                     |
| PB                                         |           | 00:33.68  |                                     |
|                                            |           | 00:33.68  |                                     |
|                                            | . . . . . | . . . . . |                                     |

Coach feedback:

# Regio C Beringen: Session: 1: COACH Evaluation sheet for TEAM: DBT

| Event number: 7: 50M FREESTYLE WOMEN 11+    |           |           | Heat:5, starttime: 15:48            |
|---------------------------------------------|-----------|-----------|-------------------------------------|
| Heat: 5/7 Lane : 5 Athlete: UNAL ADA        |           |           | Q-time: 00:33:78                    |
| PB (25m pool): 00:33.78 Beringen 16/03/2025 |           |           | PB (50m pool): 00:38.05 SB: no time |
|                                             | 2 5 M     | 5 0 M     |                                     |
| PB                                          |           | 00:33.78  |                                     |
|                                             |           | 00:33.78  |                                     |
|                                             | . . . . . | . . . . . |                                     |

Coach feedback:

| Event number: 7: 50M FREESTYLE WOMEN 11+    |           |           | Heat:5, starttime: 15:48            |
|---------------------------------------------|-----------|-----------|-------------------------------------|
| Heat: 5/7 Lane : 6 Athlete: BREBELS MAARTJE |           |           | Q-time: 00:34:38                    |
| PB (25m pool): 00:34.38 Beringen 16/03/2025 |           |           | PB (50m pool): 00:37.88 SB: no time |
|                                             | 2 5 M     | 5 0 M     |                                     |
| PB                                          |           | 00:34.38  |                                     |
|                                             |           | 00:34.38  |                                     |
|                                             | . . . . . | . . . . . |                                     |

Coach feedback:

| Event number: 7: 50M FREESTYLE WOMEN 11+         |           |           | Heat:6, starttime: 15:49                             |
|--------------------------------------------------|-----------|-----------|------------------------------------------------------|
| Heat: 6/7 Lane : 1 Athlete: LIMONTA-SCULL OFELIA |           |           | Q-time: 00:32:62                                     |
| PB (25m pool): 00:32.62 Beringen 16/03/2025      |           |           | PB (50m pool): 00:33.85 SB: 00:33.24 Bree 21/12/2025 |
|                                                  | 2 5 M     | 5 0 M     |                                                      |
| PB                                               |           | 00:32.62  |                                                      |
|                                                  |           | 00:32.62  |                                                      |
|                                                  | . . . . . | . . . . . |                                                      |

Coach feedback:

| Event number: 7: 50M FREESTYLE WOMEN 11+ |           |           | Heat:6, starttime: 15:49                             |
|------------------------------------------|-----------|-----------|------------------------------------------------------|
| Heat: 6/7 Lane : 2 Athlete: NIJS ALANI   |           |           | Q-time: 00:32:49                                     |
| PB (25m pool): 00:32.49 Bree 21/12/2025  |           |           | PB (50m pool): 00:32.87 SB: 00:32.49 Bree 21/12/2025 |
|                                          | 2 5 M     | 5 0 M     |                                                      |
| PB                                       |           | 00:32.49  |                                                      |
|                                          |           | 00:32.49  |                                                      |
|                                          | . . . . . | . . . . . |                                                      |

Coach feedback:

# Regio C Beringen: Session: 1: COACH Evaluation sheet for TEAM: DBT

| Event number: 7: 50M FREESTYLE WOMEN 11+      |       |          | Heat:6, starttime: 15:49                               |
|-----------------------------------------------|-------|----------|--------------------------------------------------------|
| Heat: 6/7 Lane : 8 Athlete: ARDU PEPPA JOLENE |       |          | Q-time: 00:32:82                                       |
| PB (25m pool): 00:32.09 Bilzen 25/01/2026     |       |          | PB (50m pool): 00:32.69 SB: 00:32.09 Bilzen 25/01/2026 |
|                                               | 2 5 M | 5 0 M    |                                                        |
| PB                                            |       | 00:32.09 |                                                        |
|                                               |       | 00:32.09 |                                                        |
|                                               | ..... | .....    |                                                        |

Coach feedback:

| Event number: 7: 50M FREESTYLE WOMEN 11+    |       |          | Heat:7, starttime: 15:50                                |
|---------------------------------------------|-------|----------|---------------------------------------------------------|
| Heat: 7/7 Lane : 1 Athlete: MOORS YANA      |       |          | Q-time: 00:30:71                                        |
| PB (25m pool): 00:30.71 Beringen 16/03/2025 |       |          | PB (50m pool): 00:31.90 SB: 00:30.92 Hasselt 12/10/2025 |
|                                             | 2 5 M | 5 0 M    |                                                         |
| PB                                          |       | 00:30.71 |                                                         |
|                                             |       | 00:30.71 |                                                         |
|                                             | ..... | .....    |                                                         |

Coach feedback:

| Event number: 7: 50M FREESTYLE WOMEN 11+  |       |          | Heat:7, starttime: 15:50                             |
|-------------------------------------------|-------|----------|------------------------------------------------------|
| Heat: 7/7 Lane : 2 Athlete: ENGELEN FLOOR |       |          | Q-time: 00:30:34                                     |
| PB (25m pool): 00:30.34 Bree 21/12/2025   |       |          | PB (50m pool): 00:31.80 SB: 00:30.34 Bree 21/12/2025 |
|                                           | 2 5 M | 5 0 M    |                                                      |
| PB                                        |       | 00:30.34 |                                                      |
|                                           |       | 00:30.34 |                                                      |
|                                           | ..... | .....    |                                                      |

Coach feedback:

| Event number: 7: 50M FREESTYLE WOMEN 11+    |       |          | Heat:7, starttime: 15:50            |
|---------------------------------------------|-------|----------|-------------------------------------|
| Heat: 7/7 Lane : 4 Athlete: VERTESSSEN FRAN |       |          | Q-time: 00:28:15                    |
| PB (25m pool): 00:28.15 Hasselt 04/05/2025  |       |          | PB (50m pool): 00:28.11 SB: no time |
|                                             | 2 5 M | 5 0 M    |                                     |
| PB                                          |       | 00:28.15 |                                     |
|                                             |       | 00:28.15 |                                     |
|                                             | ..... | .....    |                                     |

Coach feedback:

# Regio C Beringen: Session: 1: COACH Evaluation sheet for TEAM: DBT

| Event number: 7: 50M FREESTYLE WOMEN 11+  |       |          | Heat:7, starttime: 15:50                               |
|-------------------------------------------|-------|----------|--------------------------------------------------------|
| Heat: 7/7 Lane : 5 Athlete: CUIJVERS LISA |       |          | Q-time: 00:29:51                                       |
| PB (25m pool): 00:29.33 Bilzen 25/01/2026 |       |          | PB (50m pool): 00:30.08 SB: 00:29.33 Bilzen 25/01/2026 |
|                                           | 2 5 M | 5 0 M    |                                                        |
| PB                                        |       | 00:29.33 |                                                        |
|                                           |       | 00:29.33 |                                                        |
|                                           | ..... | .....    |                                                        |

Coach feedback:

| Event number: 7: 50M FREESTYLE WOMEN 11+ |       |          | Heat:7, starttime: 15:50                             |
|------------------------------------------|-------|----------|------------------------------------------------------|
| Heat: 7/7 Lane : 6 Athlete: PUT FIEN     |       |          | Q-time: 00:29:80                                     |
| PB (25m pool): 00:29.80 Bree 21/12/2025  |       |          | PB (50m pool): 00:30.40 SB: 00:29.80 Bree 21/12/2025 |
|                                          | 2 5 M | 5 0 M    |                                                      |
| PB                                       |       | 00:29.80 |                                                      |
|                                          |       | 00:29.80 |                                                      |
|                                          | ..... | .....    |                                                      |

Coach feedback:

| Event number: 7: 50M FREESTYLE WOMEN 11+     |       |          | Heat:7, starttime: 15:50                             |
|----------------------------------------------|-------|----------|------------------------------------------------------|
| Heat: 7/7 Lane : 7 Athlete: PIRA ANNE-SOPHIE |       |          | Q-time: 00:30:63                                     |
| PB (25m pool): 00:30.63 Bree 21/12/2025      |       |          | PB (50m pool): 00:31.62 SB: 00:30.63 Bree 21/12/2025 |
|                                              | 2 5 M | 5 0 M    |                                                      |
| PB                                           |       | 00:30.63 |                                                      |
|                                              |       | 00:30.63 |                                                      |
|                                              | ..... | .....    |                                                      |

Coach feedback:

| Event number: 8: 50M FREESTYLE MEN 11+       |       |          | Heat:2, starttime: 15:53            |
|----------------------------------------------|-------|----------|-------------------------------------|
| Heat: 2/6 Lane : 1 Athlete: JANSSEN THIBE    |       |          | Q-time: 99:99:99                    |
| PB (25m pool): 00:31.48 De Sprink 22/12/2024 |       |          | PB (50m pool): 00:35.48 SB: no time |
|                                              | 2 5 M | 5 0 M    |                                     |
| PB                                           |       | 00:31.48 |                                     |
|                                              |       | 00:31.48 |                                     |
|                                              | ..... | .....    |                                     |

Coach feedback:

# Regio C Beringen: Session: 1: COACH Evaluation sheet for TEAM: DBT

| Event number: 8: 50M FREESTYLE MEN 11+     |       |          | Heat:3, starttime: 15:54           |
|--------------------------------------------|-------|----------|------------------------------------|
| Heat: 3/6 Lane : 3 Athlete: GRIETEN ARTHUR |       |          | Q-time: 00:45:51                   |
| PB (25m pool): 00:45.51 Bree 16/02/2025    |       |          | PB (50m pool): no time SB: no time |
|                                            | 2 5 M | 5 0 M    |                                    |
| PB                                         |       | 00:45.51 |                                    |
|                                            |       | 00:45.51 |                                    |
|                                            | ..... | .....    |                                    |

Coach feedback:

| Event number: 8: 50M FREESTYLE MEN 11+   |       |         | Heat:5, starttime: 15:57            |
|------------------------------------------|-------|---------|-------------------------------------|
| Heat: 5/6 Lane : 1 Athlete: CLAES PEPIJN |       |         | Q-time: 00:33:71                    |
| PB (25m pool): no time                   |       |         | PB (50m pool): 00:30.90 SB: no time |
|                                          | 2 5 M | 5 0 M   |                                     |
| PB                                       |       | no time |                                     |
|                                          |       | no time |                                     |
|                                          | ..... | .....   |                                     |

Coach feedback:

| Event number: 8: 50M FREESTYLE MEN 11+     |       |          | Heat:5, starttime: 15:57            |
|--------------------------------------------|-------|----------|-------------------------------------|
| Heat: 5/6 Lane : 4 Athlete: BALLET EMILE   |       |          | Q-time: 00:28:93                    |
| PB (25m pool): 00:28.96 Hasselt 04/05/2025 |       |          | PB (50m pool): 00:28.16 SB: no time |
|                                            | 2 5 M | 5 0 M    |                                     |
| PB                                         |       | 00:28.96 |                                     |
|                                            |       | 00:28.96 |                                     |
|                                            | ..... | .....    |                                     |

Coach feedback:

| Event number: 8: 50M FREESTYLE MEN 11+         |       |          | Heat:5, starttime: 15:57                             |
|------------------------------------------------|-------|----------|------------------------------------------------------|
| Heat: 5/6 Lane : 5 Athlete: VERSCHAEREN LANDER |       |          | Q-time: 00:29:17                                     |
| PB (25m pool): 00:29.17 Bree 21/12/2025        |       |          | PB (50m pool): 00:30.54 SB: 00:29.17 Bree 21/12/2025 |
|                                                | 2 5 M | 5 0 M    |                                                      |
| PB                                             |       | 00:29.17 |                                                      |
|                                                |       | 00:29.17 |                                                      |
|                                                | ..... | .....    |                                                      |

Coach feedback:

# Regio C Beringen: Session: 1: COACH Evaluation sheet for TEAM: DBT

|                                            |       |          |                                     |
|--------------------------------------------|-------|----------|-------------------------------------|
| Event number: 8: 50M FREESTYLE MEN 11+     |       |          | Heat:6, starttime: 15:58            |
| Heat: 6/6 Lane : 1 Athlete: POELMANS KEANO |       |          | Q-time: 00:27:60                    |
| PB (25m pool): 00:27.60 Hasselt 04/05/2025 |       |          | PB (50m pool): 00:28.29 SB: no time |
|                                            | 2 5 M | 5 0 M    |                                     |
| PB                                         |       | 00:27.60 |                                     |
|                                            |       | 00:27.60 |                                     |
|                                            | ..... | .....    |                                     |

Coach feedback:

|                                            |       |          |                                                      |
|--------------------------------------------|-------|----------|------------------------------------------------------|
| Event number: 8: 50M FREESTYLE MEN 11+     |       |          | Heat:6, starttime: 15:58                             |
| Heat: 6/6 Lane : 3 Athlete: BAELEN SIEBE   |       |          | Q-time: 00:26:33                                     |
| PB (25m pool): 00:26.33 Hasselt 04/05/2025 |       |          | PB (50m pool): 00:26.68 SB: 00:27.09 Bree 21/12/2025 |
|                                            | 2 5 M | 5 0 M    |                                                      |
| PB                                         |       | 00:26.33 |                                                      |
|                                            |       | 00:26.33 |                                                      |
|                                            | ..... | .....    |                                                      |

Coach feedback:

|                                            |       |          |                                                         |
|--------------------------------------------|-------|----------|---------------------------------------------------------|
| Event number: 8: 50M FREESTYLE MEN 11+     |       |          | Heat:6, starttime: 15:58                                |
| Heat: 6/6 Lane : 4 Athlete: BAELEN TOBE    |       |          | Q-time: 00:25:01                                        |
| PB (25m pool): 00:25.01 Hasselt 12/10/2025 |       |          | PB (50m pool): 00:26.02 SB: 00:25.01 Hasselt 12/10/2025 |
|                                            | 2 5 M | 5 0 M    |                                                         |
| PB                                         |       | 00:25.01 |                                                         |
|                                            |       | 00:25.01 |                                                         |
|                                            | ..... | .....    |                                                         |

Coach feedback:

|                                             |       |          |                                                      |
|---------------------------------------------|-------|----------|------------------------------------------------------|
| Event number: 8: 50M FREESTYLE MEN 11+      |       |          | Heat:6, starttime: 15:58                             |
| Heat: 6/6 Lane : 5 Athlete: THEUNISSEN TOON |       |          | Q-time: 00:25:91                                     |
| PB (25m pool): 00:25.91 Bree 21/12/2025     |       |          | PB (50m pool): 00:26.39 SB: 00:25.91 Bree 21/12/2025 |
|                                             | 2 5 M | 5 0 M    |                                                      |
| PB                                          |       | 00:25.91 |                                                      |
|                                             |       | 00:25.91 |                                                      |
|                                             | ..... | .....    |                                                      |

Coach feedback:

# Regio C Beringen: Session: 1: COACH Evaluation sheet for TEAM: DBT

| Event number: 8: 50M FREESTYLE MEN 11+   |          |          |  | Heat:6, starttime: 15:58            |
|------------------------------------------|----------|----------|--|-------------------------------------|
| Heat: 6/6 Lane : 8 Athlete: GIJBELS JUUL |          |          |  | Q-time: 00:28:87                    |
| PB (25m pool): 00:29.00 Bree 01/06/2025  |          |          |  | PB (50m pool): 00:28.87 SB: no time |
|                                          | 2 5 M    | 5 0 M    |  |                                     |
| PB                                       |          | 00:29.00 |  |                                     |
|                                          | 00:29.00 |          |  |                                     |
|                                          | .....    | .....    |  |                                     |

Coach feedback:

| Event number: 9: 100M FREESTYLE MIXED 10-9     |          |          |          |          | Heat:3, starttime: 16:04                             |
|------------------------------------------------|----------|----------|----------|----------|------------------------------------------------------|
| Heat: 3/4 Lane : 1 Athlete: VERSCHAEREN JESPER |          |          |          |          | Q-time: 01:36:70                                     |
| PB (25m pool): 01:36.70 Bree 21/12/2025        |          |          |          |          | PB (50m pool): 01:37.91 SB: 01:36.70 Bree 21/12/2025 |
|                                                | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                                                      |
| PB                                             |          | 00:45.46 |          | 01:36.70 |                                                      |
|                                                | 00:45.46 |          | 00:51.24 |          |                                                      |
|                                                | .....    | .....    | .....    | .....    |                                                      |

Coach feedback:

| Event number: 9: 100M FREESTYLE MIXED 10-9 |          |          |          |          | Heat:3, starttime: 16:04                             |
|--------------------------------------------|----------|----------|----------|----------|------------------------------------------------------|
| Heat: 3/4 Lane : 2 Athlete: KILIC EYMEN    |          |          |          |          | Q-time: 01:34:66                                     |
| PB (25m pool): 01:34.66 Bree 21/12/2025    |          |          |          |          | PB (50m pool): 01:39.25 SB: 01:34.66 Bree 21/12/2025 |
|                                            | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                                                      |
| PB                                         |          | 00:44.69 |          | 01:34.66 |                                                      |
|                                            | 00:44.69 |          | 00:49.97 |          |                                                      |
|                                            | .....    | .....    | .....    | .....    |                                                      |

Coach feedback:

| Event number: 9: 100M FREESTYLE MIXED 10-9  |          |          |          |          | Heat:3, starttime: 16:04                             |
|---------------------------------------------|----------|----------|----------|----------|------------------------------------------------------|
| Heat: 3/4 Lane : 3 Athlete: RASKINET JULIAN |          |          |          |          | Q-time: 01:31:65                                     |
| PB (25m pool): 01:33.95 Pelt 05/10/2025     |          |          |          |          | PB (50m pool): 01:31.65 SB: 01:33.95 Pelt 05/10/2025 |
|                                             | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                                                      |
| PB                                          |          | 00:44.05 |          | 01:33.95 |                                                      |
|                                             | 00:44.05 |          | 00:49.90 |          |                                                      |
|                                             | .....    | .....    | .....    | .....    |                                                      |

Coach feedback:

# Regio C Beringen: Session: 1: COACH Evaluation sheet for TEAM: DBT

| Event number: 9: 100M FREESTYLE MIXED 10-9  |          |          |                                                      |          | Heat:4, starttime: 16:06 |
|---------------------------------------------|----------|----------|------------------------------------------------------|----------|--------------------------|
| Heat: 4/4 Lane : 2 Athlete: TIRI LILY       |          |          |                                                      |          | Q-time: 01:27:78         |
| PB (25m pool): 01:33.49 Beringen 16/03/2025 |          |          | PB (50m pool): 01:27.78 SB: 01:35.25 Pelt 05/10/2025 |          |                          |
|                                             | 2 5 M    | 5 0 M    | 7 5 M                                                | 1 0 0 M  |                          |
| PB                                          |          | 00:44.27 |                                                      | 01:33.49 |                          |
|                                             | 00:44.27 |          | 00:49.22                                             |          |                          |
|                                             | .....    | .....    | .....                                                | .....    |                          |

Coach feedback:

| Event number: 9: 100M FREESTYLE MIXED 10-9  |          |          |                                                      |          | Heat:4, starttime: 16:06 |
|---------------------------------------------|----------|----------|------------------------------------------------------|----------|--------------------------|
| Heat: 4/4 Lane : 5 Athlete: TIELENS VALERIE |          |          |                                                      |          | Q-time: 01:23:25         |
| PB (25m pool): 01:23.25 Bree 21/12/2025     |          |          | PB (50m pool): 01:32.86 SB: 01:23.25 Bree 21/12/2025 |          |                          |
|                                             | 2 5 M    | 5 0 M    | 7 5 M                                                | 1 0 0 M  |                          |
| PB                                          |          | 00:39.00 |                                                      | 01:23.25 |                          |
|                                             | 00:39.00 |          | 00:44.25                                             |          |                          |
|                                             | .....    | .....    | .....                                                | .....    |                          |

Coach feedback:

| Event number: 9: 100M FREESTYLE MIXED 10-9 |         |         |                                                      |          | Heat:4, starttime: 16:06 |
|--------------------------------------------|---------|---------|------------------------------------------------------|----------|--------------------------|
| Heat: 4/4 Lane : 6 Athlete: JANSSEN FÉLINE |         |         |                                                      |          | Q-time: 01:27:11         |
| PB (25m pool): 01:32.22 Pelt 05/10/2025    |         |         | PB (50m pool): 01:27.11 SB: 01:32.22 Pelt 05/10/2025 |          |                          |
|                                            | 2 5 M   | 5 0 M   | 7 5 M                                                | 1 0 0 M  |                          |
| PB                                         |         | no time |                                                      | 01:32.22 |                          |
|                                            | no time |         |                                                      |          |                          |
|                                            | .....   | .....   | .....                                                | .....    |                          |

Coach feedback:

| Event number: 9: 100M FREESTYLE MIXED 10-9        |          |          |                                                      |          | Heat:4, starttime: 16:06 |
|---------------------------------------------------|----------|----------|------------------------------------------------------|----------|--------------------------|
| Heat: 4/4 Lane : 8 Athlete: MEYERS TRAPMAN SANDER |          |          |                                                      |          | Q-time: 01:29:18         |
| PB (25m pool): 01:29.18 Beringen 16/03/2025       |          |          | PB (50m pool): 01:29.73 SB: 01:30.13 Pelt 05/10/2025 |          |                          |
|                                                   | 2 5 M    | 5 0 M    | 7 5 M                                                | 1 0 0 M  |                          |
| PB                                                |          | 00:41.80 |                                                      | 01:29.18 |                          |
|                                                   | 00:41.80 |          | 00:47.38                                             |          |                          |
|                                                   | .....    | .....    | .....                                                | .....    |                          |

Coach feedback:

# Regio C Beringen: Session: 1: COACH Evaluation sheet for TEAM: DBT

| Event number: 10: 400M FREESTYLE WOMEN 11+     |         |         |                                    |         |         |         | Heat:1, starttime: 16:09 |          |
|------------------------------------------------|---------|---------|------------------------------------|---------|---------|---------|--------------------------|----------|
| Heat: 1/7    Lane : 2    Athlete: RENETTE LENA |         |         |                                    |         |         |         | Q-time: 99:99:99         |          |
| PB (25m pool): 05:08.69    Bree 15/10/2023     |         |         | PB (50m pool): 05:04.23SB: no time |         |         |         |                          |          |
|                                                | 2 5 M   | 5 0 M   | 7 5 M                              | 1 0 0 M | 1 2 5 M | 1 5 0 M | 1 7 5 M                  | 2 0 0 M  |
| PB                                             |         | no time |                                    | no time |         | no time |                          | no time  |
|                                                | no time |         |                                    |         |         |         |                          |          |
|                                                | .....   | .....   | .....                              | .....   | .....   | .....   | .....                    | .....    |
|                                                | 2 2 5 M | 2 5 0 M | 2 7 5 M                            | 3 0 0   | 3 2 5   | 3 5 0   | 3 7 5                    | 4 0 0 M  |
| PB                                             |         | no time |                                    | no time |         | no time |                          | 05:08.69 |
|                                                |         |         |                                    |         |         |         |                          |          |
|                                                | .....   | .....   | .....                              | .....   | .....   | .....   | .....                    | .....    |

Coach feedback:

| Event number: 10: 400M FREESTYLE WOMEN 11+  |         |         |         |                                    |         |         | Heat:1, starttime: 16:09 |          |
|---------------------------------------------|---------|---------|---------|------------------------------------|---------|---------|--------------------------|----------|
| Heat: 1/7    Lane : 3    Athlete: HIEL LINA |         |         |         |                                    |         |         | Q-time: 99:99:99         |          |
| PB (25m pool): 05:09.76    Pelt 06/10/2024  |         |         |         | PB (50m pool): 05:10.39SB: no time |         |         |                          |          |
|                                             | 2 5 M   | 5 0 M   | 7 5 M   | 1 0 0 M                            | 1 2 5 M | 1 5 0 M | 1 7 5 M                  | 2 0 0 M  |
| PB                                          |         | no time |         | no time                            |         | no time |                          | no time  |
|                                             | no time |         |         |                                    |         |         |                          |          |
|                                             | .....   | .....   | .....   | .....                              | .....   | .....   | .....                    | .....    |
|                                             | 2 2 5 M | 2 5 0 M | 2 7 5 M | 3 0 0                              | 3 2 5   | 3 5 0   | 3 7 5                    | 4 0 0 M  |
| PB                                          |         | no time |         | no time                            |         | no time |                          | 05:09.76 |
|                                             |         |         |         |                                    |         |         |                          |          |
|                                             | .....   | .....   | .....   | .....                              | .....   | .....   | .....                    | .....    |

Coach feedback:

| Event number: 10: 400M FREESTYLE WOMEN 11+            |          |          |          |                                       |          |          | Heat:1, starttime: 16:09 |          |
|-------------------------------------------------------|----------|----------|----------|---------------------------------------|----------|----------|--------------------------|----------|
| Heat: 1/7    Lane : 5    Athlete: BROUWERS CHARLOTTE  |          |          |          |                                       |          |          | Q-time: 99:99:99         |          |
| PB (25m pool): 04:44.44    3500 Hasselt    20/10/2024 |          |          |          | PB (50m pool): 05:00.83SB:    no time |          |          |                          |          |
|                                                       | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M                               | 1 2 5 M  | 1 5 0 M  | 1 7 5 M                  | 2 0 0 M  |
| PB                                                    |          | 00:31.34 |          | 01:06.23                              |          | 01:42.22 |                          | 02:18.83 |
|                                                       | 00:31.34 |          | 00:34.89 |                                       | 00:35.99 |          | 00:36.61                 |          |
|                                                       | .....    | .....    | .....    | .....                                 | .....    | .....    | .....                    | .....    |
|                                                       | 2 2 5 M  | 2 5 0 M  | 2 7 5 M  | 3 0 0                                 | 3 2 5    | 3 5 0    | 3 7 5                    | 4 0 0 M  |
| PB                                                    |          | 02:55.32 |          | 03:32.23                              |          | 04:09.62 |                          | 04:44.44 |
|                                                       | 00:36.49 |          | 00:36.91 |                                       | 00:37.39 |          | 00:34.82                 |          |
|                                                       | .....    | .....    | .....    | .....                                 | .....    | .....    | .....                    | .....    |

Coach feedback:

# Regio C Beringen: Session: 1: COACH Evaluation sheet for TEAM: DBT

| Event number: 10: 400M FREESTYLE WOMEN 11+       |           |           |                                                              |           |           |           | Heat:3, starttime: 16:25 |           |
|--------------------------------------------------|-----------|-----------|--------------------------------------------------------------|-----------|-----------|-----------|--------------------------|-----------|
| Heat: 3/7    Lane : 2    Athlete: MOONS CHARLINE |           |           |                                                              |           |           |           | Q-time: 06:23:45         |           |
| PB (25m pool): 06:23.45    Hasselt 12/10/2025    |           |           | PB (50m pool): no time    SB: 06:23.45    Hasselt 12/10/2025 |           |           |           |                          |           |
|                                                  | 2 5 M     | 5 0 M     | 7 5 M                                                        | 1 0 0 M   | 1 2 5 M   | 1 5 0 M   | 1 7 5 M                  | 2 0 0 M   |
| PB                                               |           | 00:41.52  |                                                              | 01:28.61  |           | 02:17.67  |                          | 03:07.37  |
|                                                  | 00:41.52  |           | 00:47.09                                                     |           | 00:49.06  |           | 00:49.70                 |           |
|                                                  | . . . . . | . . . . . | . . . . .                                                    | . . . . . | . . . . . | . . . . . | . . . . .                | . . . . . |
|                                                  | 2 2 5 M   | 2 5 0 M   | 2 7 5 M                                                      | 3 0 0     | 3 2 5     | 3 5 0     | 3 7 5                    | 4 0 0 M   |
| PB                                               |           | 03:57.19  |                                                              | 04:47.27  |           | 05:37.34  |                          | 06:23.45  |
|                                                  | 00:49.82  |           | 00:50.08                                                     |           | 00:50.07  |           | 00:46.11                 |           |
|                                                  | . . . . . | . . . . . | . . . . .                                                    | . . . . . | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 10: 400M FREESTYLE WOMEN 11+       |           |           |                                                                 |           |           |           | Heat:3, starttime: 16:25 |           |
|--------------------------------------------------|-----------|-----------|-----------------------------------------------------------------|-----------|-----------|-----------|--------------------------|-----------|
| Heat: 3/7    Lane : 3    Athlete: SIMONS FENA    |           |           |                                                                 |           |           |           | Q-time: 06:14:36         |           |
| PB (25m pool): 06:14.36    Hasselt    12/10/2025 |           |           | PB (50m pool): no time    SB: 06:14.36    Hasselt    12/10/2025 |           |           |           |                          |           |
|                                                  | 2 5 M     | 5 0 M     | 7 5 M                                                           | 1 0 0 M   | 1 2 5 M   | 1 5 0 M   | 1 7 5 M                  | 2 0 0 M   |
| PB                                               |           | 00:42.16  |                                                                 | 01:28.44  |           | 02:16.88  |                          | 03:05.83  |
|                                                  | 00:42.16  |           | 00:46.28                                                        |           | 00:48.44  |           | 00:48.95                 |           |
|                                                  | . . . . . | . . . . . | . . . . .                                                       | . . . . . | . . . . . | . . . . . | . . . . .                | . . . . . |
|                                                  | 2 2 5 M   | 2 5 0 M   | 2 7 5 M                                                         | 3 0 0     | 3 2 5     | 3 5 0     | 3 7 5                    | 4 0 0 M   |
| PB                                               |           | 03:54.54  |                                                                 | 04:43.02  |           | 05:31.49  |                          | 06:14.36  |
|                                                  | 00:48.71  |           | 00:48.48                                                        |           | 00:48.47  |           | 00:42.87                 |           |
|                                                  | . . . . . | . . . . . | . . . . .                                                       | . . . . . | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 10: 400M FREESTYLE WOMEN 11+            |           |           |           |                                                                   |           |           | Heat:3, starttime: 16:25 |           |
|-------------------------------------------------------|-----------|-----------|-----------|-------------------------------------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 3/7    Lane : 6    Athlete: POEL OONA           |           |           |           |                                                                   |           |           | Q-time: 06:20:80         |           |
| PB (25m pool): 06:20.80    3500 Hasselt    23/11/2025 |           |           |           | PB (50m pool): 07:10.78SB: 06:20.80    3500 Hasselt    23/11/2025 |           |           |                          |           |
|                                                       | 2 5 M     | 5 0 M     | 7 5 M     | 1 0 0 M                                                           | 1 2 5 M   | 1 5 0 M   | 1 7 5 M                  | 2 0 0 M   |
| PB                                                    |           | 00:41.17  |           | 01:28.61                                                          |           | 02:16.44  |                          | 03:05.23  |
|                                                       | 00:41.17  |           | 00:47.44  |                                                                   | 00:47.83  |           | 00:48.79                 |           |
|                                                       | . . . . . | . . . . . | . . . . . | . . . . .                                                         | . . . . . | . . . . . | . . . . .                | . . . . . |
|                                                       | 2 2 5 M   | 2 5 0 M   | 2 7 5 M   | 3 0 0                                                             | 3 2 5     | 3 5 0     | 3 7 5                    | 4 0 0 M   |
| PB                                                    |           | 03:54.91  |           | 04:44.37                                                          |           | 05:32.86  |                          | 06:20.80  |
|                                                       | 00:49.68  |           | 00:49.46  |                                                                   | 00:48.49  |           | 00:47.94                 |           |
|                                                       | . . . . . | . . . . . | . . . . . | . . . . .                                                         | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

# Regio C Beringen: Session: 1: COACH Evaluation sheet for TEAM: DBT

| Event number: 10: 400M FREESTYLE WOMEN 11+       |           |           |                                                              |           |           |           | Heat:3, starttime: 16:25 |           |
|--------------------------------------------------|-----------|-----------|--------------------------------------------------------------|-----------|-----------|-----------|--------------------------|-----------|
| Heat: 3/7    Lane : 7    Athlete: CREMER EVIANNA |           |           |                                                              |           |           |           | Q-time: 06:27:23         |           |
| PB (25m pool): 06:27.23    Hasselt    12/10/2025 |           |           | PB (50m pool): 07:28.90SB: 06:27.23    Hasselt    12/10/2025 |           |           |           |                          |           |
|                                                  | 2 5 M     | 5 0 M     | 7 5 M                                                        | 1 0 0 M   | 1 2 5 M   | 1 5 0 M   | 1 7 5 M                  | 2 0 0 M   |
| PB                                               |           | 00:40.26  |                                                              | 01:29.15  |           | 02:19.67  |                          | 03:10.75  |
|                                                  | 00:40.26  |           | 00:48.89                                                     |           | 00:50.52  |           | 00:51.08                 |           |
|                                                  | . . . . . | . . . . . | . . . . .                                                    | . . . . . | . . . . . | . . . . . | . . . . .                | . . . . . |
|                                                  | 2 2 5 M   | 2 5 0 M   | 2 7 5 M                                                      | 3 0 0     | 3 2 5     | 3 5 0     | 3 7 5                    | 4 0 0 M   |
| PB                                               |           | 04:00.18  |                                                              | 04:51.02  |           | 05:41.03  |                          | 06:27.23  |
|                                                  | 00:49.43  |           | 00:50.84                                                     |           | 00:50.01  |           | 00:46.20                 |           |
|                                                  | . . . . . | . . . . . | . . . . .                                                    | . . . . . | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 10: 400M FREESTYLE WOMEN 11+                |         |         |                                                           |          |         |         | Heat:4, starttime: 16:32 |          |
|-----------------------------------------------------------|---------|---------|-----------------------------------------------------------|----------|---------|---------|--------------------------|----------|
| Heat: 4/7    Lane : 2    Athlete: MEYERS TRAPMAN ANNALINA |         |         |                                                           |          |         |         | Q-time: 05:54:33         |          |
| PB (25m pool): 05:54.33    Bree    21/12/2025             |         |         | PB (50m pool): 07:06.87SB: 05:54.33    Bree    21/12/2025 |          |         |         |                          |          |
|                                                           | 2 5 M   | 5 0 M   | 7 5 M                                                     | 1 0 0 M  | 1 2 5 M | 1 5 0 M | 1 7 5 M                  | 2 0 0 M  |
| PB                                                        |         | no time |                                                           | 01:24.19 |         | no time |                          | 02:54.23 |
|                                                           | no time |         |                                                           |          |         |         |                          |          |
|                                                           | ...     | ...     | ...                                                       | ...      | ...     | ...     | ...                      | ...      |
|                                                           | 2 2 5 M | 2 5 0 M | 2 7 5 M                                                   | 3 0 0    | 3 2 5   | 3 5 0   | 3 7 5                    | 4 0 0 M  |
| PB                                                        |         | no time |                                                           | no time  |         | no time |                          | 05:54.33 |
|                                                           |         |         |                                                           |          |         |         |                          |          |
|                                                           | ...     | ...     | ...                                                       | ...      | ...     | ...     | ...                      | ...      |

Coach feedback:

| Event number: 10: 400M FREESTYLE WOMEN 11+         |           |           |           |                                    |           |           | Heat:4, starttime: 16:32 |           |
|----------------------------------------------------|-----------|-----------|-----------|------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 4/7    Lane : 5    Athlete: VANBRABANT MANON |           |           |           |                                    |           |           | Q-time: 05:46:74         |           |
| PB (25m pool): 05:46.74    Beringen 16/03/2025     |           |           |           | PB (50m pool): 06:04.85SB: no time |           |           |                          |           |
|                                                    | 2 5 M     | 5 0 M     | 7 5 M     | 1 0 0 M                            | 1 2 5 M   | 1 5 0 M   | 1 7 5 M                  | 2 0 0 M   |
| PB                                                 |           | no time   |           | 01:18.18                           |           | no time   |                          | 02:47.31  |
|                                                    | no time   |           |           |                                    |           |           |                          |           |
|                                                    | . . . . . | . . . . . | . . . . . | . . . . .                          | . . . . . | . . . . . | . . . . .                | . . . . . |
|                                                    | 2 2 5 M   | 2 5 0 M   | 2 7 5 M   | 3 0 0                              | 3 2 5     | 3 5 0     | 3 7 5                    | 4 0 0 M   |
| PB                                                 |           | no time   |           | no time                            |           | no time   |                          | 05:46.74  |
|                                                    |           |           |           |                                    |           |           |                          |           |
|                                                    | . . . . . | . . . . . | . . . . . | . . . . .                          | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

# Regio C Beringen: Session: 1: COACH Evaluation sheet for TEAM: DBT

| Event number: 10: 400M FREESTYLE WOMEN 11+         |         |         |         |                                     |         |         | Heat:4, starttime: 16:32 |          |
|----------------------------------------------------|---------|---------|---------|-------------------------------------|---------|---------|--------------------------|----------|
| Heat: 4/7    Lane : 6    Athlete: BEERTEN FLORENCE |         |         |         |                                     |         |         | Q-time: 05:53:67         |          |
| PB (25m pool): 05:45.09    De Sprink    22/12/2024 |         |         |         | PB (50m pool): 05:57.85 SB: no time |         |         |                          |          |
|                                                    | 2 5 M   | 5 0 M   | 7 5 M   | 1 0 0 M                             | 1 2 5 M | 1 5 0 M | 1 7 5 M                  | 2 0 0 M  |
| PB                                                 |         | no time |         | 01:24.78                            |         | no time |                          | 02:53.60 |
|                                                    | no time |         |         |                                     |         |         |                          |          |
|                                                    | .....   | .....   | .....   | .....                               | .....   | .....   | .....                    | .....    |
|                                                    | 2 2 5 M | 2 5 0 M | 2 7 5 M | 3 0 0                               | 3 2 5   | 3 5 0   | 3 7 5                    | 4 0 0 M  |
| PB                                                 |         | no time |         | no time                             |         | no time |                          | 05:45.09 |
|                                                    |         |         |         |                                     |         |         |                          |          |
|                                                    | .....   | .....   | .....   | .....                               | .....   | .....   | .....                    | .....    |

Coach feedback:

| Event number: 10: 400M FREESTYLE WOMEN 11+        |         |         |                                    |          |         |         | Heat:4, starttime: 16:32 |          |
|---------------------------------------------------|---------|---------|------------------------------------|----------|---------|---------|--------------------------|----------|
| Heat: 4/7    Lane : 8    Athlete: SWINNEN PAULIEN |         |         |                                    |          |         |         | Q-time: 05:59:99         |          |
| PB (25m pool): 05:59.99    Beringen 16/03/2025    |         |         | PB (50m pool): 06:11.84SB: no time |          |         |         |                          |          |
|                                                   | 2 5 M   | 5 0 M   | 7 5 M                              | 1 0 0 M  | 1 2 5 M | 1 5 0 M | 1 7 5 M                  | 2 0 0 M  |
| PB                                                |         | no time |                                    | 01:25.62 |         | no time |                          | 02:59.95 |
|                                                   | no time |         |                                    |          |         |         |                          |          |
|                                                   | .....   | .....   | .....                              | .....    | .....   | .....   | .....                    | .....    |
|                                                   | 2 2 5 M | 2 5 0 M | 2 7 5 M                            | 3 0 0    | 3 2 5   | 3 5 0   | 3 7 5                    | 4 0 0 M  |
| PB                                                |         | no time |                                    | no time  |         | no time |                          | 05:59.99 |
|                                                   |         |         |                                    |          |         |         |                          |          |
|                                                   | .....   | .....   | .....                              | .....    | .....   | .....   | .....                    | .....    |

Coach feedback:

| Event number: 10: 400M FREESTYLE WOMEN 11+       |         |         |         |                                    |         |         | Heat:5, starttime: 16:38 |          |
|--------------------------------------------------|---------|---------|---------|------------------------------------|---------|---------|--------------------------|----------|
| Heat: 5/7    Lane : 1    Athlete: CLAESKENS LINA |         |         |         |                                    |         |         | Q-time: 05:43:91         |          |
| PB (25m pool): 05:31.97    Bree 15/01/2023       |         |         |         | PB (50m pool): 05:25.85SB: no time |         |         |                          |          |
|                                                  | 2 5 M   | 5 0 M   | 7 5 M   | 1 0 0 M                            | 1 2 5 M | 1 5 0 M | 1 7 5 M                  | 2 0 0 M  |
| PB                                               |         | no time |         | no time                            |         | no time |                          | no time  |
|                                                  | no time |         |         |                                    |         |         |                          |          |
|                                                  | .....   | .....   | .....   | .....                              | .....   | .....   | .....                    | .....    |
|                                                  | 2 2 5 M | 2 5 0 M | 2 7 5 M | 3 0 0                              | 3 2 5   | 3 5 0   | 3 7 5                    | 4 0 0 M  |
| PB                                               |         | no time |         | no time                            |         | no time |                          | 05:31.97 |
|                                                  |         |         |         |                                    |         |         |                          |          |
|                                                  | .....   | .....   | .....   | .....                              | .....   | .....   | .....                    | .....    |

Coach feedback:

# Regio C Beringen: Session: 1: COACH Evaluation sheet for TEAM: DBT

| Event number: 10: 400M FREESTYLE WOMEN 11+      |         |         |         |                                    |         |         | Heat:5, starttime: 16:38 |          |
|-------------------------------------------------|---------|---------|---------|------------------------------------|---------|---------|--------------------------|----------|
| Heat: 5/7    Lane : 5    Athlete: CREMER FOTINI |         |         |         |                                    |         |         | Q-time: 05:24:18         |          |
| PB (25m pool): 05:24.18    Beringen 16/03/2025  |         |         |         | PB (50m pool): 05:37.72SB: no time |         |         |                          |          |
|                                                 | 2 5 M   | 5 0 M   | 7 5 M   | 1 0 0 M                            | 1 2 5 M | 1 5 0 M | 1 7 5 M                  | 2 0 0 M  |
| PB                                              |         | no time |         | 01:14.13                           |         | no time |                          | 02:38.85 |
|                                                 | no time |         |         |                                    |         |         |                          |          |
|                                                 | .....   | .....   | .....   | .....                              | .....   | .....   | .....                    | .....    |
|                                                 | 2 2 5 M | 2 5 0 M | 2 7 5 M | 3 0 0                              | 3 2 5   | 3 5 0   | 3 7 5                    | 4 0 0 M  |
| PB                                              |         | no time |         | no time                            |         | no time |                          | 05:24.18 |
|                                                 |         |         |         |                                    |         |         |                          |          |
|                                                 | .....   | .....   | .....   | .....                              | .....   | .....   | .....                    | .....    |

Coach feedback:

| Event number: 10: 400M FREESTYLE WOMEN 11+    |         |         |                                                           |          |         |         | Heat:5, starttime: 16:38 |          |
|-----------------------------------------------|---------|---------|-----------------------------------------------------------|----------|---------|---------|--------------------------|----------|
| Heat: 5/7    Lane : 7    Athlete: CLAES JANNE |         |         |                                                           |          |         |         | Q-time: 05:32:28         |          |
| PB (25m pool): 05:32.28    Bree    21/12/2025 |         |         | PB (50m pool): 06:10.15SB: 05:32.28    Bree    21/12/2025 |          |         |         |                          |          |
|                                               | 2 5 M   | 5 0 M   | 7 5 M                                                     | 1 0 0 M  | 1 2 5 M | 1 5 0 M | 1 7 5 M                  | 2 0 0 M  |
| PB                                            |         | no time |                                                           | 01:18.61 |         | no time |                          | 02:43.32 |
|                                               | no time |         |                                                           |          |         |         |                          |          |
|                                               | .....   | .....   | .....                                                     | .....    | .....   | .....   | .....                    | .....    |
|                                               | 2 2 5 M | 2 5 0 M | 2 7 5 M                                                   | 3 0 0    | 3 2 5   | 3 5 0   | 3 7 5                    | 4 0 0 M  |
| PB                                            |         | no time |                                                           | no time  |         | no time |                          | 05:32.28 |
|                                               |         |         |                                                           |          |         |         |                          |          |
|                                               | .....   | .....   | .....                                                     | .....    | .....   | .....   | .....                    | .....    |

Coach feedback:

| Event number: 10: 400M FREESTYLE WOMEN 11+     |         |         |         |                                    |         |         | Heat:6, starttime: 16:45 |          |
|------------------------------------------------|---------|---------|---------|------------------------------------|---------|---------|--------------------------|----------|
| Heat: 6/7    Lane : 5    Athlete: POEL MAREN   |         |         |         |                                    |         |         | Q-time: 05:02:28         |          |
| PB (25m pool): 05:02.28    Beringen 16/03/2025 |         |         |         | PB (50m pool): 05:17.74SB: no time |         |         |                          |          |
|                                                | 2 5 M   | 5 0 M   | 7 5 M   | 1 0 0 M                            | 1 2 5 M | 1 5 0 M | 1 7 5 M                  | 2 0 0 M  |
| PB                                             |         | no time |         | 01:10.98                           |         | no time |                          | 02:28.44 |
|                                                | no time |         |         |                                    |         |         |                          |          |
|                                                | .....   | .....   | .....   | .....                              | .....   | .....   | .....                    | .....    |
|                                                | 2 2 5 M | 2 5 0 M | 2 7 5 M | 3 0 0                              | 3 2 5   | 3 5 0   | 3 7 5                    | 4 0 0 M  |
| PB                                             |         | no time |         | no time                            |         | no time |                          | 05:02.28 |
|                                                |         |         |         |                                    |         |         |                          |          |
|                                                | .....   | .....   | .....   | .....                              | .....   | .....   | .....                    | .....    |

Coach feedback:

# Regio C Beringen: Session: 1: COACH Evaluation sheet for TEAM: DBT

| Event number: 10: 400M FREESTYLE WOMEN 11+      |         |         |                                     |         |         |         | Heat:7, starttime: 16:50 |          |
|-------------------------------------------------|---------|---------|-------------------------------------|---------|---------|---------|--------------------------|----------|
| Heat: 7/7    Lane : 3    Athlete: FREDERIX MAYA |         |         |                                     |         |         |         | Q-time: 04:49:55         |          |
| PB (25m pool): 05:00.32    Bree 15/10/2023      |         |         | PB (50m pool): 04:49.55 SB: no time |         |         |         |                          |          |
|                                                 | 2 5 M   | 5 0 M   | 7 5 M                               | 1 0 0 M | 1 2 5 M | 1 5 0 M | 1 7 5 M                  | 2 0 0 M  |
| PB                                              |         | no time |                                     | no time |         | no time |                          | no time  |
|                                                 | no time |         |                                     |         |         |         |                          |          |
|                                                 | .....   | .....   | .....                               | .....   | .....   | .....   | .....                    | .....    |
|                                                 | 2 2 5 M | 2 5 0 M | 2 7 5 M                             | 3 0 0   | 3 2 5   | 3 5 0   | 3 7 5                    | 4 0 0 M  |
| PB                                              |         | no time |                                     | no time |         | no time |                          | 05:00.32 |
|                                                 |         |         |                                     |         |         |         |                          |          |
|                                                 | .....   | .....   | .....                               | .....   | .....   | .....   | .....                    | .....    |

Coach feedback:

| Event number: 10: 400M FREESTYLE WOMEN 11+        |         |         |         |                                    |         |         | Heat:7, starttime: 16:50 |          |
|---------------------------------------------------|---------|---------|---------|------------------------------------|---------|---------|--------------------------|----------|
| Heat: 7/7    Lane : 4    Athlete: VANDEVENNE LIAH |         |         |         |                                    |         |         | Q-time: 04:36:15         |          |
| PB (25m pool): 04:36.15    Beringen 16/03/2025    |         |         |         | PB (50m pool): 04:57.89SB: no time |         |         |                          |          |
|                                                   | 2 5 M   | 5 0 M   | 7 5 M   | 1 0 0 M                            | 1 2 5 M | 1 5 0 M | 1 7 5 M                  | 2 0 0 M  |
| PB                                                |         | no time |         | 01:04.97                           |         | no time |                          | 02:16.58 |
|                                                   | no time |         |         |                                    |         |         |                          |          |
|                                                   | .....   | .....   | .....   | .....                              | .....   | .....   | .....                    | .....    |
|                                                   | 2 2 5 M | 2 5 0 M | 2 7 5 M | 3 0 0                              | 3 2 5   | 3 5 0   | 3 7 5                    | 4 0 0 M  |
| PB                                                |         | no time |         | no time                            |         | no time |                          | 04:36.15 |
|                                                   |         |         |         |                                    |         |         |                          |          |
|                                                   | .....   | .....   | .....   | .....                              | .....   | .....   | .....                    | .....    |

Coach feedback:

| Event number: 10: 400M FREESTYLE WOMEN 11+        |         |         |         |                                    |         |         | Heat:7, starttime: 16:50 |          |
|---------------------------------------------------|---------|---------|---------|------------------------------------|---------|---------|--------------------------|----------|
| Heat: 7/7    Lane : 5    Athlete: VERSTREPEN SIEL |         |         |         |                                    |         |         | Q-time: 04:45:48         |          |
| PB (25m pool): 04:45.48    Beringen 16/03/2025    |         |         |         | PB (50m pool): 04:58.69SB: no time |         |         |                          |          |
|                                                   | 2 5 M   | 5 0 M   | 7 5 M   | 1 0 0 M                            | 1 2 5 M | 1 5 0 M | 1 7 5 M                  | 2 0 0 M  |
| PB                                                |         | no time |         | 01:04.74                           |         | no time |                          | 02:17.71 |
|                                                   | no time |         |         |                                    |         |         |                          |          |
|                                                   | .....   | .....   | .....   | .....                              | .....   | .....   | .....                    | .....    |
|                                                   | 2 2 5 M | 2 5 0 M | 2 7 5 M | 3 0 0                              | 3 2 5   | 3 5 0   | 3 7 5                    | 4 0 0 M  |
| PB                                                |         | no time |         | no time                            |         | no time |                          | 04:45.48 |
|                                                   |         |         |         |                                    |         |         |                          |          |
|                                                   | .....   | .....   | .....   | .....                              | .....   | .....   | .....                    | .....    |

Coach feedback:

# Regio C Beringen: Session: 1: COACH Evaluation sheet for TEAM: DBT

| Event number: 10: 400M FREESTYLE WOMEN 11+      |         |         |                                     |         |         |         | Heat:7, starttime: 16:50 |          |
|-------------------------------------------------|---------|---------|-------------------------------------|---------|---------|---------|--------------------------|----------|
| Heat: 7/7    Lane : 6    Athlete: MELOTTE PIA   |         |         |                                     |         |         |         | Q-time: 04:50:91         |          |
| PB (25m pool): 05:14.80    De Sprink 23/12/2023 |         |         | PB (50m pool): 04:50.91 SB: no time |         |         |         |                          |          |
|                                                 | 2 5 M   | 5 0 M   | 7 5 M                               | 1 0 0 M | 1 2 5 M | 1 5 0 M | 1 7 5 M                  | 2 0 0 M  |
| PB                                              |         | no time |                                     | no time |         | no time |                          | no time  |
|                                                 | no time |         |                                     |         |         |         |                          |          |
|                                                 | .....   | .....   | .....                               | .....   | .....   | .....   | .....                    | .....    |
|                                                 | 2 2 5 M | 2 5 0 M | 2 7 5 M                             | 3 0 0   | 3 2 5   | 3 5 0   | 3 7 5                    | 4 0 0 M  |
| PB                                              |         | no time |                                     | no time |         | no time |                          | 05:14.80 |
|                                                 |         |         |                                     |         |         |         |                          |          |
|                                                 | .....   | .....   | .....                               | .....   | .....   | .....   | .....                    | .....    |

Coach feedback:

| Event number: 10: 400M FREESTYLE WOMEN 11+     |         |         |                                    |         |         |         | Heat:7, starttime: 16:50 |          |
|------------------------------------------------|---------|---------|------------------------------------|---------|---------|---------|--------------------------|----------|
| Heat: 7/7    Lane : 7    Athlete: VANHEES ELLA |         |         |                                    |         |         |         | Q-time: 04:53:87         |          |
| PB (25m pool): 04:52.78    Bree 15/10/2023     |         |         | PB (50m pool): 04:51.01SB: no time |         |         |         |                          |          |
|                                                | 2 5 M   | 5 0 M   | 7 5 M                              | 1 0 0 M | 1 2 5 M | 1 5 0 M | 1 7 5 M                  | 2 0 0 M  |
| PB                                             |         | no time |                                    | no time |         | no time |                          | no time  |
|                                                | no time |         |                                    |         |         |         |                          |          |
|                                                | .....   | .....   | .....                              | .....   | .....   | .....   | .....                    | .....    |
|                                                | 2 2 5 M | 2 5 0 M | 2 7 5 M                            | 3 0 0   | 3 2 5   | 3 5 0   | 3 7 5                    | 4 0 0 M  |
| PB                                             |         | no time |                                    | no time |         | no time |                          | 04:52.78 |
|                                                |         |         |                                    |         |         |         |                          |          |
|                                                | .....   | .....   | .....                              | .....   | .....   | .....   | .....                    | .....    |

Coach feedback:

| Event number: 11: 400M FREESTYLE MEN 11+           |          |          |          |                                    |          |          | Heat:1, starttime: 16:56 |          |
|----------------------------------------------------|----------|----------|----------|------------------------------------|----------|----------|--------------------------|----------|
| Heat: 1/7    Lane : 4    Athlete: LEMMENS LARS     |          |          |          |                                    |          |          | Q-time: 99:99:99         |          |
| PB (25m pool): 05:57.38    3500 Hasselt 20/10/2024 |          |          |          | PB (50m pool): 06:24.59SB: no time |          |          |                          |          |
|                                                    | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M                            | 1 2 5 M  | 1 5 0 M  | 1 7 5 M                  | 2 0 0 M  |
| PB                                                 |          | 00:39.94 |          | 01:24.73                           |          | 02:09.73 |                          | 02:55.34 |
|                                                    | 00:39.94 |          | 00:44.79 |                                    | 00:45.00 |          | 00:45.61                 |          |
|                                                    | .....    | .....    | .....    | .....                              | .....    | .....    | .....                    | .....    |
|                                                    | 2 2 5 M  | 2 5 0 M  | 2 7 5 M  | 3 0 0                              | 3 2 5    | 3 5 0    | 3 7 5                    | 4 0 0 M  |
| PB                                                 |          | 03:41.32 |          | 04:27.14                           |          | 05:13.42 |                          | 05:57.38 |
|                                                    | 00:45.98 |          | 00:45.82 |                                    | 00:46.28 |          | 00:43.96                 |          |
|                                                    | .....    | .....    | .....    | .....                              | .....    | .....    | .....                    | .....    |

Coach feedback:

# Regio C Beringen: Session: 1: COACH Evaluation sheet for TEAM: DBT

| Event number: 11: 400M FREESTYLE MEN 11+          |         |         |                                       |         |         |         | Heat:2, starttime: 17:05 |         |
|---------------------------------------------------|---------|---------|---------------------------------------|---------|---------|---------|--------------------------|---------|
| Heat: 2/7    Lane : 2    Athlete: BIRLOGEANU LUCA |         |         |                                       |         |         |         | 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 | 1 2 5 M | 1 5 0 M | 1 7 5 M                  | 2 0 0 M |
| PB                                                |         | no time |                                       | no time |         | no time |                          | no time |
|                                                   | no time |         |                                       |         |         |         |                          |         |
|                                                   | .....   | .....   | .....                                 | .....   | .....   | .....   | .....                    | .....   |
|                                                   | 2 2 5 M | 2 5 0 M | 2 7 5 M                               | 3 0 0   | 3 2 5   | 3 5 0   | 3 7 5                    | 4 0 0 M |
| PB                                                |         | no time |                                       | no time |         | no time |                          | no time |
|                                                   |         |         |                                       |         |         |         |                          |         |
|                                                   | .....   | .....   | .....                                 | .....   | .....   | .....   | .....                    | .....   |

Coach feedback:

| Event number: 11: 400M FREESTYLE MEN 11+          |         |         |                                       |         |         |         | Heat:2, starttime: 17:05 |          |
|---------------------------------------------------|---------|---------|---------------------------------------|---------|---------|---------|--------------------------|----------|
| Heat: 2/7    Lane : 5    Athlete: CETINKAYA DORUK |         |         |                                       |         |         |         | Q-time: 99:99:99         |          |
| PB (25m pool): 05:07.06    De Sprink 23/12/2023   |         |         | PB (50m pool): no time    SB: no time |         |         |         |                          |          |
|                                                   | 2 5 M   | 5 0 M   | 7 5 M                                 | 1 0 0 M | 1 2 5 M | 1 5 0 M | 1 7 5 M                  | 2 0 0 M  |
| PB                                                |         | no time |                                       | no time |         | no time |                          | no time  |
|                                                   | no time |         |                                       |         |         |         |                          |          |
|                                                   | .....   | .....   | .....                                 | .....   | .....   | .....   | .....                    | .....    |
|                                                   | 2 2 5 M | 2 5 0 M | 2 7 5 M                               | 3 0 0   | 3 2 5   | 3 5 0   | 3 7 5                    | 4 0 0 M  |
| PB                                                |         | no time |                                       | no time |         | no time |                          | 05:07.06 |
|                                                   |         |         |                                       |         |         |         |                          |          |
|                                                   | .....   | .....   | .....                                 | .....   | .....   | .....   | .....                    | .....    |

Coach feedback:

| Event number: 11: 400M FREESTYLE MEN 11+                |         |         |                                       |          |         |         | Heat:3, starttime: 17:13 |          |
|---------------------------------------------------------|---------|---------|---------------------------------------|----------|---------|---------|--------------------------|----------|
| Heat: 3/7    Lane : 3    Athlete: HENNING LIAM          |         |         |                                       |          |         |         | Q-time: 06:48:78         |          |
| PB (25m pool): 06:48.78    De Sprink Bree    31/05/2025 |         |         | PB (50m pool): no time    SB: no time |          |         |         |                          |          |
|                                                         | 2 5 M   | 5 0 M   | 7 5 M                                 | 1 0 0 M  | 1 2 5 M | 1 5 0 M | 1 7 5 M                  | 2 0 0 M  |
| PB                                                      |         | no time |                                       | 01:35.09 |         | no time |                          | 03:21.28 |
|                                                         | no time |         |                                       |          |         |         |                          |          |
|                                                         | .....   | .....   | .....                                 | .....    | .....   | .....   | .....                    | .....    |
|                                                         | 2 2 5 M | 2 5 0 M | 2 7 5 M                               | 3 0 0    | 3 2 5   | 3 5 0   | 3 7 5                    | 4 0 0 M  |
| PB                                                      |         | no time |                                       | no time  |         | no time |                          | 06:48.78 |
|                                                         |         |         |                                       |          |         |         |                          |          |
|                                                         | .....   | .....   | .....                                 | .....    | .....   | .....   | .....                    | .....    |

Coach feedback:

# Regio C Beringen: Session: 1: COACH Evaluation sheet for TEAM: DBT

| Event number: 11: 400M FREESTYLE MEN 11+       |         |         |                                     |          |         |         | Heat:3, starttime: 17:13 |          |
|------------------------------------------------|---------|---------|-------------------------------------|----------|---------|---------|--------------------------|----------|
| Heat: 3/7    Lane : 5    Athlete: MOORS LIAM   |         |         |                                     |          |         |         | Q-time: 06:28:60         |          |
| PB (25m pool): 06:28.60    Beringen 16/03/2025 |         |         | PB (50m pool): 06:21.15 SB: no time |          |         |         |                          |          |
|                                                | 2 5 M   | 5 0 M   | 7 5 M                               | 1 0 0 M  | 1 2 5 M | 1 5 0 M | 1 7 5 M                  | 2 0 0 M  |
| PB                                             |         | no time |                                     | 01:29.64 |         | no time |                          | 03:11.59 |
|                                                | no time |         |                                     |          |         |         |                          |          |
|                                                | .....   | .....   | .....                               | .....    | .....   | .....   | .....                    | .....    |
|                                                | 2 2 5 M | 2 5 0 M | 2 7 5 M                             | 3 0 0    | 3 2 5   | 3 5 0   | 3 7 5                    | 4 0 0 M  |
| PB                                             |         | no time |                                     | no time  |         | no time |                          | 06:28.60 |
|                                                |         |         |                                     |          |         |         |                          |          |
|                                                | .....   | .....   | .....                               | .....    | .....   | .....   | .....                    | .....    |

Coach feedback:

| Event number: 11: 400M FREESTYLE MEN 11+          |          |          |          |                                                              |          |          | Heat:4, starttime: 17:21 |          |
|---------------------------------------------------|----------|----------|----------|--------------------------------------------------------------|----------|----------|--------------------------|----------|
| Heat: 4/7    Lane : 5    Athlete: VANBRABANT NOAH |          |          |          |                                                              |          |          | Q-time: 06:04:85         |          |
| PB (25m pool): 06:04.85    Hasselt    12/10/2025  |          |          |          | PB (50m pool): 06:38.99SB: 06:04.85    Hasselt    12/10/2025 |          |          |                          |          |
|                                                   | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M                                                      | 1 2 5 M  | 1 5 0 M  | 1 7 5 M                  | 2 0 0 M  |
| PB                                                |          | 00:39.13 |          | 01:23.85                                                     |          | 02:10.81 |                          | 02:57.32 |
|                                                   | 00:39.13 |          | 00:44.72 |                                                              | 00:46.96 |          | 00:46.51                 |          |
|                                                   | .....    | .....    | .....    | .....                                                        | .....    | .....    | .....                    | .....    |
|                                                   | 2 2 5 M  | 2 5 0 M  | 2 7 5 M  | 3 0 0                                                        | 3 2 5    | 3 5 0    | 3 7 5                    | 4 0 0 M  |
| PB                                                |          | 03:44.90 |          | 04:32.66                                                     |          | 05:20.08 |                          | 06:04.85 |
|                                                   | 00:47.58 |          | 00:47.76 |                                                              | 00:47.42 |          | 00:44.77                 |          |
|                                                   | .....    | .....    | .....    | .....                                                        | .....    | .....    | .....                    | .....    |

Coach feedback:

| Event number: 11: 400M FREESTYLE MEN 11+        |         |         |         |                                    |         |         | Heat:5, starttime: 17:28 |          |
|-------------------------------------------------|---------|---------|---------|------------------------------------|---------|---------|--------------------------|----------|
| Heat: 5/7    Lane : 2    Athlete: HERMANS YESSE |         |         |         |                                    |         |         | Q-time: 05:36:34         |          |
| PB (25m pool): 05:36.34    Beringen 16/03/2025  |         |         |         | PB (50m pool): 05:37.67SB: no time |         |         |                          |          |
|                                                 | 2 5 M   | 5 0 M   | 7 5 M   | 1 0 0 M                            | 1 2 5 M | 1 5 0 M | 1 7 5 M                  | 2 0 0 M  |
| PB                                              |         | no time |         | 01:18.90                           |         | no time |                          | 02:45.43 |
|                                                 | no time |         |         |                                    |         |         |                          |          |
|                                                 | .....   | .....   | .....   | .....                              | .....   | .....   | .....                    | .....    |
|                                                 | 2 2 5 M | 2 5 0 M | 2 7 5 M | 3 0 0                              | 3 2 5   | 3 5 0   | 3 7 5                    | 4 0 0 M  |
| PB                                              |         | no time |         | no time                            |         | no time |                          | 05:36.34 |
|                                                 |         |         |         |                                    |         |         |                          |          |
|                                                 | .....   | .....   | .....   | .....                              | .....   | .....   | .....                    | .....    |

Coach feedback:

# Regio C Beringen: Session: 1: COACH Evaluation sheet for TEAM: DBT

| Event number: 11: 400M FREESTYLE MEN 11+       |         |         |         |                                     |         |         | Heat:5, starttime: 17:28 |          |
|------------------------------------------------|---------|---------|---------|-------------------------------------|---------|---------|--------------------------|----------|
| Heat: 5/7    Lane : 6    Athlete: GIELEN ZORAN |         |         |         |                                     |         |         | Q-time: 05:34:55         |          |
| PB (25m pool): 05:46.18    Beringen 16/03/2025 |         |         |         | PB (50m pool): 05:34.55 SB: no time |         |         |                          |          |
|                                                | 2 5 M   | 5 0 M   | 7 5 M   | 1 0 0 M                             | 1 2 5 M | 1 5 0 M | 1 7 5 M                  | 2 0 0 M  |
| PB                                             |         | no time |         | 01:19.28                            |         | no time |                          | 02:49.23 |
|                                                | no time |         |         |                                     |         |         |                          |          |
|                                                | .....   | .....   | .....   | .....                               | .....   | .....   | .....                    | .....    |
|                                                | 2 2 5 M | 2 5 0 M | 2 7 5 M | 3 0 0                               | 3 2 5   | 3 5 0   | 3 7 5                    | 4 0 0 M  |
| PB                                             |         | no time |         | no time                             |         | no time |                          | 05:46.18 |
|                                                |         |         |         |                                     |         |         |                          |          |
|                                                | .....   | .....   | .....   | .....                               | .....   | .....   | .....                    | .....    |

Coach feedback:

| Event number: 11: 400M FREESTYLE MEN 11+          |         |         |         |                                     |         |         | Heat:5, starttime: 17:28 |          |
|---------------------------------------------------|---------|---------|---------|-------------------------------------|---------|---------|--------------------------|----------|
| Heat: 5/7    Lane : 8    Athlete: VAN MELE GUNNAR |         |         |         |                                     |         |         | Q-time: 05:51:27         |          |
| PB (25m pool): 06:25.22    Beringen 16/03/2025    |         |         |         | PB (50m pool): 05:33.70 SB: no time |         |         |                          |          |
|                                                   | 2 5 M   | 5 0 M   | 7 5 M   | 1 0 0 M                             | 1 2 5 M | 1 5 0 M | 1 7 5 M                  | 2 0 0 M  |
| PB                                                |         | no time |         | 01:23.27                            |         | no time |                          | 03:03.58 |
|                                                   | no time |         |         |                                     |         |         |                          |          |
|                                                   | .....   | .....   | .....   | .....                               | .....   | .....   | .....                    | .....    |
|                                                   | 2 2 5 M | 2 5 0 M | 2 7 5 M | 3 0 0                               | 3 2 5   | 3 5 0   | 3 7 5                    | 4 0 0 M  |
| PB                                                |         | no time |         | no time                             |         | no time |                          | 06:25.22 |
|                                                   |         |         |         |                                     |         |         |                          |          |
|                                                   | .....   | .....   | .....   | .....                               | .....   | .....   | .....                    | .....    |

Coach feedback:

| Event number: 11: 400M FREESTYLE MEN 11+       |         |         |         |                                     |         |         | Heat:6, starttime: 17:34 |          |
|------------------------------------------------|---------|---------|---------|-------------------------------------|---------|---------|--------------------------|----------|
| Heat: 6/7    Lane : 5    Athlete: FREDERIX LOU |         |         |         |                                     |         |         | Q-time: 04:45:79         |          |
| PB (25m pool): 04:45.79    Beringen 16/03/2025 |         |         |         | PB (50m pool): 04:59.71 SB: no time |         |         |                          |          |
|                                                | 2 5 M   | 5 0 M   | 7 5 M   | 1 0 0 M                             | 1 2 5 M | 1 5 0 M | 1 7 5 M                  | 2 0 0 M  |
| PB                                             |         | no time |         | 01:06.84                            |         | no time |                          | 02:19.67 |
|                                                | no time |         |         |                                     |         |         |                          |          |
|                                                | .....   | .....   | .....   | .....                               | .....   | .....   | .....                    | .....    |
|                                                | 2 2 5 M | 2 5 0 M | 2 7 5 M | 3 0 0                               | 3 2 5   | 3 5 0   | 3 7 5                    | 4 0 0 M  |
| PB                                             |         | no time |         | no time                             |         | no time |                          | 04:45.79 |
|                                                |         |         |         |                                     |         |         |                          |          |
|                                                | .....   | .....   | .....   | .....                               | .....   | .....   | .....                    | .....    |

Coach feedback:

# Regio C Beringen: Session: 1: COACH Evaluation sheet for TEAM: DBT

| Event number: 11: 400M FREESTYLE MEN 11+        |           |           |           |                                                           |           |           | Heat:6, starttime: 17:34 |           |
|-------------------------------------------------|-----------|-----------|-----------|-----------------------------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 6/7    Lane : 6    Athlete: JANSSEN THIBE |           |           |           |                                                           |           |           | Q-time: 04:48:70         |           |
| PB (25m pool): 04:48.70    Hasselt 12/10/2025   |           |           |           | PB (50m pool): 04:56.08SB: 04:48.70    Hasselt 12/10/2025 |           |           |                          |           |
|                                                 | 2 5 M     | 5 0 M     | 7 5 M     | 1 0 0 M                                                   | 1 2 5 M   | 1 5 0 M   | 1 7 5 M                  | 2 0 0 M   |
| PB                                              |           | 00:31.32  |           | 01:06.94                                                  |           | 01:43.86  |                          | 02:21.00  |
|                                                 | 00:31.32  |           | 00:35.62  |                                                           | 00:36.92  |           | 00:37.14                 |           |
|                                                 | . . . . . | . . . . . | . . . . . | . . . . .                                                 | . . . . . | . . . . . | . . . . .                | . . . . . |
|                                                 | 2 2 5 M   | 2 5 0 M   | 2 7 5 M   | 3 0 0                                                     | 3 2 5     | 3 5 0     | 3 7 5                    | 4 0 0 M   |
| PB                                              |           | 02:58.65  |           | 03:36.75                                                  |           | 04:13.88  |                          | 04:48.70  |
|                                                 | 00:37.65  |           | 00:38.10  |                                                           | 00:37.13  |           | 00:34.82                 |           |
|                                                 | . . . . . | . . . . . | . . . . . | . . . . .                                                 | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 11: 400M FREESTYLE MEN 11+        |           |           |           |                                                           |           |           | Heat:6, starttime: 17:34 |           |
|-------------------------------------------------|-----------|-----------|-----------|-----------------------------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 6/7    Lane : 7    Athlete: DEGRAEN DIEGO |           |           |           |                                                           |           |           | Q-time: 04:57:23         |           |
| PB (25m pool): 04:57.23    Pelt 05/10/2025      |           |           |           | PB (50m pool): no time    SB: 04:57.23    Pelt 05/10/2025 |           |           |                          |           |
|                                                 | 2 5 M     | 5 0 M     | 7 5 M     | 1 0 0 M                                                   | 1 2 5 M   | 1 5 0 M   | 1 7 5 M                  | 2 0 0 M   |
| PB                                              |           | no time   |           | 01:09.84                                                  |           | no time   |                          | 02:26.06  |
|                                                 | no time   |           |           |                                                           |           |           |                          |           |
|                                                 | . . . . . | . . . . . | . . . . . | . . . . .                                                 | . . . . . | . . . . . | . . . . .                | . . . . . |
|                                                 | 2 2 5 M   | 2 5 0 M   | 2 7 5 M   | 3 0 0                                                     | 3 2 5     | 3 5 0     | 3 7 5                    | 4 0 0 M   |
| PB                                              |           | no time   |           | no time                                                   |           | no time   |                          | 04:57.23  |
|                                                 |           |           |           |                                                           |           |           |                          |           |
|                                                 | . . . . . | . . . . . | . . . . . | . . . . .                                                 | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 11: 400M FREESTYLE MEN 11+        |         |         |         |                                                     |         |         | Heat:7, starttime: 17:40 |          |
|-------------------------------------------------|---------|---------|---------|-----------------------------------------------------|---------|---------|--------------------------|----------|
| Heat: 7/7 Lane : 4 Athlete: CLAESKENS MILAN     |         |         |         |                                                     |         |         | Q-time: 04:18:31         |          |
| PB (25m pool): 04:17.90 3500 Hasselt 28/04/2024 |         |         |         | PB (50m pool): 04:28.22SB: 04:18.31 Bree 21/12/2025 |         |         |                          |          |
|                                                 | 2 5 M   | 5 0 M   | 7 5 M   | 1 0 0 M                                             | 1 2 5 M | 1 5 0 M | 1 7 5 M                  | 2 0 0 M  |
| PB                                              |         | no time |         | no time                                             |         | no time |                          | no time  |
|                                                 | no time |         |         |                                                     |         |         |                          |          |
|                                                 | ...     | ...     | ...     | ...                                                 | ...     | ...     | ...                      | ...      |
|                                                 | 2 2 5 M | 2 5 0 M | 2 7 5 M | 3 0 0                                               | 3 2 5   | 3 5 0   | 3 7 5                    | 4 0 0 M  |
| PB                                              |         | no time |         | no time                                             |         | no time |                          | 04:17.90 |
|                                                 |         |         |         |                                                     |         |         |                          |          |
|                                                 | ...     | ...     | ...     | ...                                                 | ...     | ...     | ...                      | ...      |

Coach feedback:

# Regio C Beringen: Session: 1: COACH Evaluation sheet for TEAM: DBT

| Event number: 11: 400M FREESTYLE MEN 11+    |         |         |         |                                     |         |         | Heat:7, starttime: 17:40 |          |
|---------------------------------------------|---------|---------|---------|-------------------------------------|---------|---------|--------------------------|----------|
| Heat: 7/7 Lane : 5 Athlete: JORISSEN RUBE   |         |         |         |                                     |         |         | Q-time: 04:27:27         |          |
| PB (25m pool): 04:21.90 Aarschot 28/04/2024 |         |         |         | PB (50m pool): 04:27.27 SB: no time |         |         |                          |          |
|                                             | 2 5 M   | 5 0 M   | 7 5 M   | 1 0 0 M                             | 1 2 5 M | 1 5 0 M | 1 7 5 M                  | 2 0 0 M  |
| PB                                          |         | no time |         | no time                             |         | no time |                          | no time  |
|                                             | no time |         |         |                                     |         |         |                          |          |
|                                             | .....   | .....   | .....   | .....                               | .....   | .....   | .....                    | .....    |
|                                             | 2 2 5 M | 2 5 0 M | 2 7 5 M | 3 0 0                               | 3 2 5   | 3 5 0   | 3 7 5                    | 4 0 0 M  |
| PB                                          |         | no time |         | no time                             |         | no time |                          | 04:21.90 |
|                                             |         |         |         |                                     |         |         |                          |          |
|                                             | .....   | .....   | .....   | .....                               | .....   | .....   | .....                    | .....    |

Coach feedback:

| Event number: 12: 4x100M MEDLEY WOMEN 11+    |         |         |                |         |         |         | Heat:1, starttime: 17:50 |         |
|----------------------------------------------|---------|---------|----------------|---------|---------|---------|--------------------------|---------|
| Heat: 1/1    Lane : 2    Athlete: TEAM DBT 1 |         |         |                |         |         |         | Q-time: 05:19:24         |         |
| PB (25m pool):                               |         |         | PB (50m pool): |         |         | SB:     |                          |         |
|                                              | 2 5 M   | 5 0 M   | 7 5 M          | 1 0 0 M | 1 2 5 M | 1 5 0 M | 1 7 5 M                  | 2 0 0 M |
| PB                                           |         |         |                |         |         |         |                          |         |
|                                              |         |         |                |         |         |         |                          |         |
|                                              | .....   | .....   | .....          | .....   | .....   | .....   | .....                    | .....   |
|                                              | 2 2 5 M | 2 5 0 M | 2 7 5 M        | 3 0 0   | 3 2 5   | 3 5 0   | 3 7 5                    | 4 0 0 M |
| PB                                           |         |         |                |         |         |         |                          |         |
|                                              |         |         |                |         |         |         |                          |         |
|                                              | .....   | .....   | .....          | .....   | .....   | .....   | .....                    | .....   |

Coach feedback:

| Event number: 12: 4x100M MEDLEY WOMEN 11+    |         |         |                |         |         |         | Heat:1, starttime: 17:50 |         |
|----------------------------------------------|---------|---------|----------------|---------|---------|---------|--------------------------|---------|
| Heat: 1/1    Lane : 3    Athlete: TEAM DBT 3 |         |         |                |         |         |         | Q-time: 05:18:84         |         |
| PB (25m pool):                               |         |         | PB (50m pool): |         |         | SB:     |                          |         |
|                                              | 2 5 M   | 5 0 M   | 7 5 M          | 1 0 0 M | 1 2 5 M | 1 5 0 M | 1 7 5 M                  | 2 0 0 M |
| PB                                           |         |         |                |         |         |         |                          |         |
|                                              |         |         |                |         |         |         |                          |         |
|                                              | .....   | .....   | .....          | .....   | .....   | .....   | .....                    | .....   |
|                                              | 2 2 5 M | 2 5 0 M | 2 7 5 M        | 3 0 0   | 3 2 5   | 3 5 0   | 3 7 5                    | 4 0 0 M |
| PB                                           |         |         |                |         |         |         |                          |         |
|                                              |         |         |                |         |         |         |                          |         |
|                                              | .....   | .....   | .....          | .....   | .....   | .....   | .....                    | .....   |

Coach feedback:

# Regio C Beringen: Session: 1: COACH Evaluation sheet for TEAM: DBT

| Event number: 12: 4x100M MEDLEY WOMEN 11+    |         |         |                |         |         |         | Heat:1, starttime: 17:50 |         |
|----------------------------------------------|---------|---------|----------------|---------|---------|---------|--------------------------|---------|
| Heat: 1/1    Lane : 4    Athlete: TEAM DBT 5 |         |         |                |         |         |         | Q-time: 05:18:19         |         |
| PB (25m pool):                               |         |         | PB (50m pool): |         |         | SB:     |                          |         |
|                                              | 2 5 M   | 5 0 M   | 7 5 M          | 1 0 0 M | 1 2 5 M | 1 5 0 M | 1 7 5 M                  | 2 0 0 M |
| PB                                           |         |         |                |         |         |         |                          |         |
|                                              |         |         |                |         |         |         |                          |         |
|                                              | .....   | .....   | .....          | .....   | .....   | .....   | .....                    | .....   |
|                                              | 2 2 5 M | 2 5 0 M | 2 7 5 M        | 3 0 0   | 3 2 5   | 3 5 0   | 3 7 5                    | 4 0 0 M |
| PB                                           |         |         |                |         |         |         |                          |         |
|                                              |         |         |                |         |         |         |                          |         |
|                                              | .....   | .....   | .....          | .....   | .....   | .....   | .....                    | .....   |

Coach feedback:

| Event number: 12: 4x100M MEDLEY WOMEN 11+    |         |         |                |         |         |         | Heat:1, starttime: 17:50 |         |
|----------------------------------------------|---------|---------|----------------|---------|---------|---------|--------------------------|---------|
| Heat: 1/1    Lane : 5    Athlete: TEAM DBT 4 |         |         |                |         |         |         | Q-time: 05:18:75         |         |
| PB (25m pool):                               |         |         | PB (50m pool): |         |         | SB:     |                          |         |
|                                              | 2 5 M   | 5 0 M   | 7 5 M          | 1 0 0 M | 1 2 5 M | 1 5 0 M | 1 7 5 M                  | 2 0 0 M |
| PB                                           |         |         |                |         |         |         |                          |         |
|                                              |         |         |                |         |         |         |                          |         |
|                                              | .....   | .....   | .....          | .....   | .....   | .....   | .....                    | .....   |
|                                              | 2 2 5 M | 2 5 0 M | 2 7 5 M        | 3 0 0   | 3 2 5   | 3 5 0   | 3 7 5                    | 4 0 0 M |
| PB                                           |         |         |                |         |         |         |                          |         |
|                                              |         |         |                |         |         |         |                          |         |
|                                              | .....   | .....   | .....          | .....   | .....   | .....   | .....                    | .....   |

Coach feedback:

| Event number: 12: 4x100M MEDLEY WOMEN 11+    |         |         |                |         |         |         | Heat:1, starttime: 17:50 |         |
|----------------------------------------------|---------|---------|----------------|---------|---------|---------|--------------------------|---------|
| Heat: 1/1    Lane : 6    Athlete: TEAM DBT 2 |         |         |                |         |         |         | Q-time: 05:19:16         |         |
| PB (25m pool):                               |         |         | PB (50m pool): |         |         | SB:     |                          |         |
|                                              | 2 5 M   | 5 0 M   | 7 5 M          | 1 0 0 M | 1 2 5 M | 1 5 0 M | 1 7 5 M                  | 2 0 0 M |
| PB                                           |         |         |                |         |         |         |                          |         |
|                                              |         |         |                |         |         |         |                          |         |
|                                              | .....   | .....   | .....          | .....   | .....   | .....   | .....                    | .....   |
|                                              | 2 2 5 M | 2 5 0 M | 2 7 5 M        | 3 0 0   | 3 2 5   | 3 5 0   | 3 7 5                    | 4 0 0 M |
| PB                                           |         |         |                |         |         |         |                          |         |
|                                              |         |         |                |         |         |         |                          |         |
|                                              | .....   | .....   | .....          | .....   | .....   | .....   | .....                    | .....   |

Coach feedback:

# Regio C Beringen: Session: 1: COACH Evaluation sheet for TEAM: DBT

| Event number: 13: 4x100M MEDLEY MEN 11+      |         |         |                |         |         |         | Heat:1, starttime: 17:57 |         |
|----------------------------------------------|---------|---------|----------------|---------|---------|---------|--------------------------|---------|
| Heat: 1/1    Lane : 2    Athlete: TEAM DBT 1 |         |         |                |         |         |         | Q-time: 04:52:83         |         |
| PB (25m pool):                               |         |         | PB (50m pool): |         |         | SB:     |                          |         |
|                                              | 2 5 M   | 5 0 M   | 7 5 M          | 1 0 0 M | 1 2 5 M | 1 5 0 M | 1 7 5 M                  | 2 0 0 M |
| PB                                           |         |         |                |         |         |         |                          |         |
|                                              |         |         |                |         |         |         |                          |         |
|                                              | .....   | .....   | .....          | .....   | .....   | .....   | .....                    | .....   |
|                                              | 2 2 5 M | 2 5 0 M | 2 7 5 M        | 3 0 0   | 3 2 5   | 3 5 0   | 3 7 5                    | 4 0 0 M |
| PB                                           |         |         |                |         |         |         |                          |         |
|                                              |         |         |                |         |         |         |                          |         |
|                                              | .....   | .....   | .....          | .....   | .....   | .....   | .....                    | .....   |

Coach feedback:

| Event number: 13: 4x100M MEDLEY MEN 11+      |         |         |                |         |         |         | Heat:1, starttime: 17:57 |         |
|----------------------------------------------|---------|---------|----------------|---------|---------|---------|--------------------------|---------|
| Heat: 1/1    Lane : 3    Athlete: TEAM DBT 3 |         |         |                |         |         |         | Q-time: 04:50:94         |         |
| PB (25m pool):                               |         |         | PB (50m pool): |         |         | SB:     |                          |         |
|                                              | 2 5 M   | 5 0 M   | 7 5 M          | 1 0 0 M | 1 2 5 M | 1 5 0 M | 1 7 5 M                  | 2 0 0 M |
| PB                                           |         |         |                |         |         |         |                          |         |
|                                              |         |         |                |         |         |         |                          |         |
|                                              | .....   | .....   | .....          | .....   | .....   | .....   | .....                    | .....   |
|                                              | 2 2 5 M | 2 5 0 M | 2 7 5 M        | 3 0 0   | 3 2 5   | 3 5 0   | 3 7 5                    | 4 0 0 M |
| PB                                           |         |         |                |         |         |         |                          |         |
|                                              |         |         |                |         |         |         |                          |         |
|                                              | .....   | .....   | .....          | .....   | .....   | .....   | .....                    | .....   |

Coach feedback:

| Event number: 13: 4x100M MEDLEY MEN 11+      |         |         |                |         |         |         | Heat:1, starttime: 17:57 |         |
|----------------------------------------------|---------|---------|----------------|---------|---------|---------|--------------------------|---------|
| Heat: 1/1    Lane : 4    Athlete: TEAM DBT 5 |         |         |                |         |         |         | Q-time: 04:48:60         |         |
| PB (25m pool):                               |         |         | PB (50m pool): |         |         | SB:     |                          |         |
|                                              | 2 5 M   | 5 0 M   | 7 5 M          | 1 0 0 M | 1 2 5 M | 1 5 0 M | 1 7 5 M                  | 2 0 0 M |
| PB                                           |         |         |                |         |         |         |                          |         |
|                                              |         |         |                |         |         |         |                          |         |
|                                              | .....   | .....   | .....          | .....   | .....   | .....   | .....                    | .....   |
|                                              | 2 2 5 M | 2 5 0 M | 2 7 5 M        | 3 0 0   | 3 2 5   | 3 5 0   | 3 7 5                    | 4 0 0 M |
| PB                                           |         |         |                |         |         |         |                          |         |
|                                              |         |         |                |         |         |         |                          |         |
|                                              | .....   | .....   | .....          | .....   | .....   | .....   | .....                    | .....   |

Coach feedback:

# Regio C Beringen: Session: 1: COACH Evaluation sheet for TEAM: DBT

|                                              |         |         |                |         |         |         |                          |         |
|----------------------------------------------|---------|---------|----------------|---------|---------|---------|--------------------------|---------|
| Event number: 13: 4x100M MEDLEY MEN 11+      |         |         |                |         |         |         | Heat:1, starttime: 17:57 |         |
| Heat: 1/1    Lane : 5    Athlete: TEAM DBT 4 |         |         |                |         |         |         | Q-time: 04:48:79         |         |
| PB (25m pool):                               |         |         | PB (50m pool): |         |         | SB:     |                          |         |
|                                              | 2 5 M   | 5 0 M   | 7 5 M          | 1 0 0 M | 1 2 5 M | 1 5 0 M | 1 7 5 M                  | 2 0 0 M |
| PB                                           |         |         |                |         |         |         |                          |         |
|                                              |         |         |                |         |         |         |                          |         |
|                                              | .....   | .....   | .....          | .....   | .....   | .....   | .....                    | .....   |
|                                              | 2 2 5 M | 2 5 0 M | 2 7 5 M        | 3 0 0   | 3 2 5   | 3 5 0   | 3 7 5                    | 4 0 0 M |
| PB                                           |         |         |                |         |         |         |                          |         |
|                                              |         |         |                |         |         |         |                          |         |
|                                              | .....   | .....   | .....          | .....   | .....   | .....   | .....                    | .....   |

Coach feedback:

| Event number: 13: 4x100M MEDLEY MEN 11+      |         |         |                |         |         |         | Heat:1, starttime: 17:57 |         |
|----------------------------------------------|---------|---------|----------------|---------|---------|---------|--------------------------|---------|
| Heat: 1/1    Lane : 6    Athlete: TEAM DBT 2 |         |         |                |         |         |         | Q-time: 04:51:65         |         |
| PB (25m pool):                               |         |         | PB (50m pool): |         |         | SB:     |                          |         |
|                                              | 2 5 M   | 5 0 M   | 7 5 M          | 1 0 0 M | 1 2 5 M | 1 5 0 M | 1 7 5 M                  | 2 0 0 M |
| PB                                           |         |         |                |         |         |         |                          |         |
|                                              |         |         |                |         |         |         |                          |         |
|                                              | .....   | .....   | .....          | .....   | .....   | .....   | .....                    | .....   |
|                                              | 2 2 5 M | 2 5 0 M | 2 7 5 M        | 3 0 0   | 3 2 5   | 3 5 0   | 3 7 5                    | 4 0 0 M |
| PB                                           |         |         |                |         |         |         |                          |         |
|                                              |         |         |                |         |         |         |                          |         |
|                                              | .....   | .....   | .....          | .....   | .....   | .....   | .....                    | .....   |

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