

Regio C Beringen: Session: 1: COACH evaluation sheet for TEAM: GZVN

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:2, starttime: 14:04	
Heat: 2/8 Lane : 6 Athlete: VANIERSCHOT KATO							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 : 3 Athlete: MOORS MAUD							Q-time: 03:24:39	
PB (25m pool): 03:24.39 Hasselt 12/10/2025			PB (50m pool): 03:28.85 SB: 03:24.39 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		00:48.48		01:41.58		02:35.46		03:24.39
	00:48.48		00:53.10		00:53.88		00:48.93	
								

Coach feedback:

Event number: 2: 200M BACKSTROKE MEN 11+							Heat:1, starttime: 14:32	
Heat: 1/6 Lane : 6 Athlete: VANDEBROEK JONAS							Q-time: 99:99:99	
PB (25m pool): 02:45.17 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		00:38.32		01:20.55		02:03.27		02:45.17
	00:38.32		00:42.23		00:42.72		00:41.90	
								

Coach feedback:

Regio C Beringen: Session: 1: COACH evaluation sheet for TEAM: GZVN

Event number: 2: 200M BACKSTROKE MEN 11+							Heat:2, starttime: 14:36	
Heat: 2/6 Lane : 3 Athlete: MWIRI SAM							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 : 1 Athlete: PANNEMANS WOUTER							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 : 5 Athlete: KONINCKX MATTHIAS							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 : 7 Athlete: VANDEBROEK ALEXANDER							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: GZVN

Event number: 3: 50M BACKSTROKE MIXED 10-9				Heat:1, starttime: 14:54
Heat: 1/2 Lane : 5 Athlete: BROUWERS MATHIEU				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 : 6 Athlete: CASTRONOVO VINZ					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:2, starttime: 15:00
Heat: 2/3 Lane : 7 Athlete: ZGHIBAT HAARITH					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 : 2 Athlete: JAEKEN STAN					Q-time: 01:44:49
PB (25m pool): 01:44.49 Arendonk 30/11/2025		PB (50m pool): no time SB: 01:44.49 Arendonk 30/11/2025			
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:44.49	
	no time				
					

Coach feedback:

Regio C Beringen: Session: 1: COACH evaluation sheet for TEAM: GZVN

Event number: 4: 100M MEDLEY MIXED 10-10					Heat:3, starttime: 15:02
Heat: 3/3 Lane : 4 Athlete: LOPEZ Y LOPEZ LEÓN					Q-time: 01:28:70
PB (25m pool): 01:28.70 Arendonk 30/11/2025					PB (50m pool): no time SB: 01:28.70 Arendonk 30/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:28.70	
	no time				
					

Coach feedback:

Event number: 4: 100M MEDLEY MIXED 10-10					Heat:3, starttime: 15:02
Heat: 3/3 Lane : 5 Athlete: OLAERTS FLORIS					Q-time: 01:35:56
PB (25m pool): 01:35.56 Pelt 05/10/2025					PB (50m pool): no time SB: 01:35.56 Pelt 05/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:35.56	
	no time				
					

Coach feedback:

Event number: 5: 100M BUTTERFLY WOMEN 11+					Heat:1, starttime: 15:05
Heat: 1/6 Lane : 5 Athlete: BERGHMANS LAUREN					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 : 3 Athlete: VANHAEN ALICIA					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: GZVN

Event number: 5: 100M BUTTERFLY WOMEN 11+					Heat:4, starttime: 15:12
Heat: 4/6 Lane : 1 Athlete: PANNEMANS TESSA				Q-time: 01:26:12	
PB (25m pool): 01:26.12 Pelt 05/10/2025		PB (50m pool): 01:22.84SB: 01:26.12 Pelt 05/10/2025			
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.17		01:26.12	
	00:39.17		00:46.95		
					

Coach feedback:

Event number: 5: 100M BUTTERFLY WOMEN 11+					Heat:4, starttime: 15:12
Heat: 4/6 Lane : 7 Athlete: GABRIËLS AMELIA				Q-time: 01:25:96	
PB (25m pool): 01:25.96 Maastricht 30/12/2025			PB (50m pool): 01:25.20 SB: 01:25.96 Maastricht 30/12/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.58		01:25.96	
	00:38.58		00:47.38		
					

Coach feedback:

Event number: 6: 100M BUTTERFLY MEN 11+					Heat:3, starttime: 15:23
Heat: 3/5 Lane : 4 Athlete: VANDEBROEK JONAS				Q-time: 01:12:92	
PB (25m pool): 01:12.92 Hasselt 12/10/2025			PB (50m pool): 01:16.72 SB: 01:12.92 Hasselt 12/10/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.73		01:12.92	
	00:33.73		00:39.19		
					

Coach feedback:

Event number: 7: 50M FREESTYLE WOMEN 11+					Heat:2, starttime: 15:45	
Heat: 2/7 Lane : 3 Athlete: VANIERSCHOT KATO					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:

Regio C Beringen: Session: 1: COACH evaluation sheet for TEAM: GZVN

Event number: 7: 50M FREESTYLE WOMEN 11+			Heat:2, starttime: 15:45
Heat: 2/7 Lane : 7 Athlete: VANHAEN ALICIA			Q-time: 99:99:99
PB (25m pool): 00:36.96 Bree 21/12/2025			PB (50m pool): no time SB: 00:36.96 Bree 21/12/2025
	2 5 M	5 0 M	
PB		00:36.96	
		00:36.96	
			

Coach feedback:

Event number: 7: 50M FREESTYLE WOMEN 11+			Heat:2, starttime: 15:45
Heat: 2/7 Lane : 8 Athlete: GABRIëLS AMELIA			Q-time: 99:99:99
PB (25m pool): 00:34.63 De Sprink 22/12/2024			PB (50m pool): no time SB: no time
	2 5 M	5 0 M	
PB		00:34.63	
		00:34.63	
			

Coach feedback:

Event number: 7: 50M FREESTYLE WOMEN 11+			Heat:5, starttime: 15:48
Heat: 5/7 Lane : 1 Athlete: BERGHMANS LAUREN			Q-time: 00:34:78
PB (25m pool): 00:34.78 Bree 21/12/2025			PB (50m pool): 00:34.95 SB: 00:34.78 Bree 21/12/2025
	2 5 M	5 0 M	
PB		00:34.78	
		00:34.78	
			

Coach feedback:

Event number: 7: 50M FREESTYLE WOMEN 11+			Heat:5, starttime: 15:48
Heat: 5/7 Lane : 2 Athlete: MOORS MAUD			Q-time: 00:34:46
PB (25m pool): 00:34.46 Hasselt 12/10/2025			PB (50m pool): no time SB: 00:34.46 Hasselt 12/10/2025
	2 5 M	5 0 M	
PB		00:34.46	
		00:34.46	
			

Coach feedback:

Regio C Beringen: Session: 1: COACH evaluation sheet for TEAM: GZVN

Event number: 7: 50M FREESTYLE WOMEN 11+			Heat:7, starttime: 15:50
Heat: 7/7 Lane : 3 Athlete: PANNEMANS TESSA			Q-time: 00:29:72
PB (25m pool): 00:29.72 Maastricht 30/12/2025			PB (50m pool): 00:30.73 SB: 00:29.72 Maastricht 30/12/2025
	2 5 M	5 0 M	
PB		00:29.72	
		00:29.72	
			

Coach feedback:

Event number: 8: 50M FREESTYLE MEN 11+			Heat:1, starttime: 15:52
Heat: 1/6 Lane : 4 Athlete: VANDEBROEK ALEXANDER			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: 8: 50M FREESTYLE MEN 11+			Heat:2, starttime: 15:53
Heat: 2/6 Lane : 6 Athlete: KONINCKX MATTHIAS			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: 8: 50M FREESTYLE MEN 11+			Heat:3, starttime: 15:54
Heat: 3/6 Lane : 2 Athlete: MWIRI SAM			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:

Regio C Beringen: Session: 1: COACH evaluation sheet for TEAM: GZVN

Event number: 8: 50M FREESTYLE MEN 11+				Heat:4, starttime: 15:56
Heat: 4/6 Lane : 2 Athlete: PANNEMANS WOUTER				Q-time: 00:36:62
PB (25m pool): 00:36.62 Hasselt 04/05/2025				PB (50m pool): 00:38.98 SB: no time
	2 5 M	5 0 M		
PB		00:36.62		
	00:36.62			
				

Coach feedback:

Event number: 9: 100M FREESTYLE MIXED 10-9					Heat:1, starttime: 15:59
Heat: 1/4 Lane : 4 Athlete: BROUWERS MATHIEU					Q-time: 99:99:99
PB (25m pool): no time					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		no time	
	no time				
					

Coach feedback:

Event number: 9: 100M FREESTYLE MIXED 10-9					Heat:3, starttime: 16:04
Heat: 3/4 Lane : 4 Athlete: JAEKEN STAN					Q-time: 01:30:55
PB (25m pool): 01:30.55 Bree 21/12/2025					PB (50m pool): 01:37.57 SB: 01:30.55 Bree 21/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:44.50		01:30.55	
	00:44.50		00:46.05		
					

Coach feedback:

Event number: 9: 100M FREESTYLE MIXED 10-9					Heat:3, starttime: 16:04
Heat: 3/4 Lane : 7 Athlete: CASTRONOVO VINZ					Q-time: 01:36:69
PB (25m pool): 01:36.69 Bree 21/12/2025					PB (50m pool): 01:44.65 SB: 01:36.69 Bree 21/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:45.69		01:36.69	
	00:45.69		00:51.00		
					

Coach feedback:

Regio C Beringen: Session: 1: COACH evaluation sheet for TEAM: GZVN

Event number: 9: 100M FREESTYLE MIXED 10-9				Heat:4, starttime: 16:06	
Heat: 4/4 Lane : 3 Athlete: OLAERTS FLORIS				Q-time: 01:24:07	
PB (25m pool): 01:24.07 Aarschot 04/05/2025				PB (50m pool): 01:30.83 SB: 01:25.57 Bree 21/12/2025	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.39		01:24.07	
	00:39.39		00:44.68		
					

Coach feedback:

Event number: 9: 100M FREESTYLE MIXED 10-9				Heat:4, starttime: 16:06	
Heat: 4/4 Lane : 4 Athlete: LOPEZ Y LOPEZ LEÓN				Q-time: 01:18:94	
PB (25m pool): 01:18.94 Bree 21/12/2025				PB (50m pool): 01:22.60 SB: 01:18.94 Bree 21/12/2025	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.59		01:18.94	
	00:38.59		00:40.35		
					

Coach feedback:

Event number: 9: 100M FREESTYLE MIXED 10-9				Heat:4, starttime: 16:06	
Heat: 4/4 Lane : 7 Athlete: ZGHIBAT HAARITH				Q-time: 01:28:35	
PB (25m pool): 01:28.35 Arendonk 30/11/2025				PB (50m pool): 01:38.87 SB: 01:28.35 Arendonk 30/11/2025	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.42		01:28.35	
	00:40.42		00:47.93		
					

Coach feedback: