

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

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 : 1 Athlete: LENAERTS JULIA							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 : 6 Athlete: VANIERSCHOT LINA							Q-time: 99:99:99	
PB (25m pool): 02:51.14 3500 Hasselt 26/11/2023			PB (50m pool): 02:51.18 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		no time		no time		02:51.14
	no time							
								

Coach feedback:

Event number: 1: 200M BACKSTROKE WOMEN 11+							Heat:5, starttime: 14:17	
Heat: 5/8 Lane : 4 Athlete: VAN GUYSE ADA							Q-time: 03:16:76	
PB (25m pool): 03:16.76 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		00:46.73		01:36.00		02:26.67		03:16.76
	00:46.73		00:49.27		00:50.67		00:50.09	
								

Coach feedback:

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

Event number: 1: 200M BACKSTROKE WOMEN 11+							Heat:6, starttime: 14:21	
Heat: 6/8 Lane : 1 Athlete: BEVERNAGE TRIX							Q-time: 03:09:39	
PB (25m pool): 03:09.39 Hasselt 12/10/2025				PB (50m pool): no time SB: 03:09.39 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		00:47.35		01:36.23		02:24.72		03:09.39
	00:47.35		00:48.88		00:48.49		00:44.67	
								

Coach feedback:

Event number: 1: 200M BACKSTROKE WOMEN 11+							Heat:6, starttime: 14:21	
Heat: 6/8 Lane : 4 Athlete: DESAIR ANNA-LOUISE							Q-time: 03:00:95	
PB (25m pool): 03:00.95 Hasselt 12/10/2025				PB (50m pool): 03:06.35SB: 03:00.95 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		00:44.43		01:30.08		02:16.40		03:00.95
	00:44.43		00:45.65		00:46.32		00:44.55	
								

Coach feedback:

Event number: 1: 200M BACKSTROKE WOMEN 11+							Heat:6, starttime: 14:21	
Heat: 6/8 Lane : 7 Athlete: GERETS ANNELIEN							Q-time: 03:07:36	
PB (25m pool): 03:07.36 Hasselt 04/05/2025				PB (50m pool): 03:06.78 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		00:46.21		01:34.43		02:21.93		03:07.36
	00:46.21		00:48.22		00:47.50		00:45.43	
								

Coach feedback:

Event number: 1: 200M BACKSTROKE WOMEN 11+							Heat:7, starttime: 14:25	
Heat: 7/8 Lane : 2 Athlete: VANDER MEER NOOR							Q-time: 02:54:11	
PB (25m pool): 02:54.11 3500 Hasselt 23/11/2025			PB (50m pool): 03:03.71 SB: 02:54.11 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		00:41.31		01:26.08		02:11.25		02:54.11
	00:41.31		00:44.77		00:45.17		00:42.86	
								

Coach feedback:

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

Event number: 1: 200M BACKSTROKE WOMEN 11+							Heat:7, starttime: 14:25	
Heat: 7/8 Lane : 5 Athlete: FRANSSEN LYNA							Q-time: 02:50:65	
PB (25m pool): 02:50.65 3500 Hasselt 23/11/2025				PB (50m pool): no time SB: 02:50.65 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		00:41.30		01:24.50		02:07.83		02:50.65
	00:41.30		00:43.20		00:43.33		00:42.82	
								

Coach feedback:

Event number: 4: 100M MEDLEY MIXED 10-10						Heat:1, starttime: 14:58	
Heat: 1/3 Lane : 3 Athlete: JANSSENS JANNE					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:1, starttime: 14:58	
Heat: 1/3 Lane : 5 Athlete: HOANG VEDETT (ANH HAI TRAN							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 : 2 Athlete: VERJANS AXELLE							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: HZS

Event number: 4: 100M MEDLEY MIXED 10-10					Heat:3, starttime: 15:02
Heat: 3/3 Lane : 1 Athlete: JANS AMÉLIE					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 : 1 Athlete: TAIBI AYA					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 : 2 Athlete: BEVERNAGE TRIX					Q-time: 99:99:99
PB (25m pool): no time PB (50m pool): 01:36.66 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 : 6 Athlete: DANIELS LOTTE					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: HZS

Event number: 5: 100M BUTTERFLY WOMEN 11+					Heat:2, starttime: 15:07
Heat: 2/6 Lane : 7 Athlete: LIZIN NEL					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 : 8 Athlete: STRIGENCZ ELIEN					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 : 1 Athlete: PUT TYANA					Q-time: 01:56:58
PB (25m pool): 01:56.58 Beringen 16/03/2025 PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:53.33		01:56.58	
	00:53.33 01:03.25				
					

Coach feedback:

Event number: 5: 100M BUTTERFLY WOMEN 11+					Heat:3, starttime: 15:10
Heat: 3/6 Lane : 5 Athlete: GERETS ANNELIEN					Q-time: 01:29:01
PB (25m pool): 01:29.01 Hasselt 12/10/2025 PB (50m pool): 01:33.82 SB: 01:29.01 Hasselt 12/10/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:41.33		01:29.01	
	00:41.33 00:47.68				
					

Coach feedback:

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Event number: 5: 100M BUTTERFLY WOMEN 11+					Heat:3, starttime: 15:10
Heat: 3/6 Lane : 7 Athlete: VANDER MEER NOOR					Q-time: 01:42:96
PB (25m pool): 01:42.96 Hasselt 04/05/2025					PB (50m pool): 01:40.52 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:46.55		01:42.96	
	00:46.55		00:56.41		
					

Coach feedback:

Event number: 5: 100M BUTTERFLY WOMEN 11+					Heat:3, starttime: 15:10
Heat: 3/6 Lane : 8 Athlete: DESAIR ANNA-LOUISE					Q-time: 99:99:99
PB (25m pool): no time					PB (50m pool): 01:41.52 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		no time	
	no time				
					

Coach feedback:

Event number: 6: 100M BUTTERFLY MEN 11+					Heat:1, starttime: 15:18
Heat: 1/5 Lane : 3 Athlete: KNAEPEN GUUS-JAN					Q-time: 99:99:99
PB (25m pool): no time					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		no time	
	no time				
					

Coach feedback:

Event number: 6: 100M BUTTERFLY MEN 11+					Heat:1, starttime: 15:18
Heat: 1/5 Lane : 4 Athlete: BRUNINX LEON					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: HZS

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

Event number: 6: 100M BUTTERFLY MEN 11+					Heat:2, starttime: 15:20
Heat: 2/5 Lane : 7 Athlete: SPREUWERS LEI					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: 7: 50M FREESTYLE WOMEN 11+					Heat:1, starttime: 15:44
Heat: 1/7 Lane : 2 Athlete: VAN GUYSE ADA					Q-time: 99:99:99
PB (25m pool): 00:40.00 De Sprink 22/12/2024 PB (50m pool): no time SB: no time					
	2 5 M	5 0 M			
PB		00:40.00			
	00:40.00				
					

Coach feedback:

Event number: 7: 50M FREESTYLE WOMEN 11+					Heat:2, starttime: 15:45
Heat: 2/7 Lane : 1 Athlete: STRIGENCZ ELIEN					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: HZS

Event number: 7: 50M FREESTYLE WOMEN 11+			Heat:2, starttime: 15:45
Heat: 2/7 Lane : 5 Athlete: VANIERSCHOT LINA			Q-time: 99:99:99
PB (25m pool): 00:34.17 De Sprink 04/06/2023			PB (50m pool): 00:33.36 SB: no time
	2 5 M	5 0 M	
PB		00:34.17	
		00:34.17	
			

Coach feedback:

Event number: 7: 50M FREESTYLE WOMEN 11+			Heat:4, starttime: 15:47
Heat: 4/7 Lane : 4 Athlete: DESAIR ANNA-LOUISE			Q-time: 00:35:36
PB (25m pool): 00:35.36 Hasselt 12/10/2025			PB (50m pool): 00:35.55 SB: 00:35.36 Hasselt 12/10/2025
	2 5 M	5 0 M	
PB		00:35.36	
		00:35.36	
			

Coach feedback:

Event number: 7: 50M FREESTYLE WOMEN 11+			Heat:4, starttime: 15:47
Heat: 4/7 Lane : 5 Athlete: BEVERNAGE TRIX			Q-time: 00:35:38
PB (25m pool): 00:35.38 Hasselt 12/10/2025			PB (50m pool): 00:36.86 SB: 00:35.38 Hasselt 12/10/2025
	2 5 M	5 0 M	
PB		00:35.38	
		00:35.38	
			

Coach feedback:

Event number: 7: 50M FREESTYLE WOMEN 11+			Heat:5, starttime: 15:48
Heat: 5/7 Lane : 3 Athlete: VANDER MEER NOOR			Q-time: 00:34:16
PB (25m pool): 00:34.16 Hasselt 12/10/2025			PB (50m pool): 00:34.57 SB: 00:34.16 Hasselt 12/10/2025
	2 5 M	5 0 M	
PB		00:34.16	
		00:34.16	
			

Coach feedback:

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

Event number: 7: 50M FREESTYLE WOMEN 11+				Heat:6, starttime: 15:49	
Heat: 6/7 Lane : 4 Athlete: GERETS ANNELIEN				Q-time: 00:31:83	
PB (25m pool): 00:31.83 Hasselt 12/10/2025				PB (50m pool): 00:33.59 SB: 00:31.83 Hasselt 12/10/2025	
	2 5 M	5 0 M			
PB		00:31.83			
		00:31.83			
					

Coach feedback:

Event number: 7: 50M FREESTYLE WOMEN 11+				Heat:6, starttime: 15:49	
Heat: 6/7 Lane : 6 Athlete: FRANSSEN LYNA				Q-time: 00:32:34	
PB (25m pool): 00:32.34 Hasselt 12/10/2025				PB (50m pool): 00:33.75 SB: 00:32.34 Hasselt 12/10/2025	
	2 5 M	5 0 M			
PB		00:32.34			
		00:32.34			
					

Coach feedback:

Event number: 9: 100M FREESTYLE MIXED 10-9				Heat:2, starttime: 16:02	
Heat: 2/4 Lane : 4 Athlete: HOANG VEDETT (ANH HAI TRAN				Q-time: 01:42:76	
PB (25m pool): 01:42.76 Hasselt 04/05/2025				PB (50m pool): no time SB: no time	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:45.54		01:42.76	
		00:45.54		00:57.22	
					

Coach feedback:

Event number: 9: 100M FREESTYLE MIXED 10-9				Heat:2, starttime: 16:02	
Heat: 2/4 Lane : 5 Athlete: JANSSENS JANNE				Q-time: 01:47:11	
PB (25m pool): 01:47.11 Bree 21/12/2025				PB (50m pool): no time SB: 01:47.11 Bree 21/12/2025	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:47.66		01:47.11	
		00:47.66		00:59.45	
					

Coach feedback:

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

Event number: 9: 100M FREESTYLE MIXED 10-9					Heat:2, starttime: 16:02
Heat: 2/4 Lane : 7 Athlete: JANS AMÉLIE					Q-time: 02:04:31
PB (25m pool): 02:04.31 Hasselt 04/05/2025			PB (50m pool): no time SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:54.83		02:04.31	
	00:54.83		01:09.48		
					

Coach feedback:

Event number: 9: 100M FREESTYLE MIXED 10-9					Heat:3, starttime: 16:04
Heat: 3/4 Lane : 8 Athlete: VERJANS AXELLE					Q-time: 01:38:37
PB (25m pool): 01:38.37 Bree 21/12/2025			PB (50m pool): no time SB: 01:38.37 Bree 21/12/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:46.84		01:38.37	
	00:46.84		00:51.53		
					

Coach feedback:

Event number: 10: 400M FREESTYLE WOMEN 11+							Heat:2, starttime: 16:17	
Heat: 2/7 Lane : 1 Athlete: TAIBI AYA							Q-time: 07:34:48	
PB (25m pool): 07:34.48 3500 Hasselt 23/11/2025				PB (50m pool): 08:21.93SB: 07:34.48 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		00:43.69		01:40.97		02:41.51		03:39.11
	00:43.69		00:57.28		01:00.54		00:57.60	
								
	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		04:40.38		05:40.89		06:39.21		07:34.48
	01:01.27		01:00.51		00:58.32		00:55.27	
								

Coach feedback:

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

Event number: 10: 400M FREESTYLE WOMEN 11+							Heat:2, starttime: 16:17	
Heat: 2/7 Lane : 2 Athlete: LIZIN NEL							Q-time: 07:18:97	
PB (25m pool): 07:18.97 3500 Hasselt 23/11/2025				PB (50m pool): no time SB: 07:18.97 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		00:45.82		01:40.26		02:35.74		03:33.15
	00:45.82		00:54.44		00:55.48		00:57.41	
								
	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		04:31.02		05:29.86		06:25.89		07:18.97
	00:57.87		00:58.84		00:56.03		00:53.08	
								

Coach feedback:

Event number: 10: 400M FREESTYLE WOMEN 11+							Heat:2, starttime: 16:17	
Heat: 2/7 Lane : 6 Athlete: DANIELS LOTTE							Q-time: 07:05:04	
PB (25m pool): 07:05.04 3500 Hasselt 23/11/2025				PB (50m pool): no time SB: 07:05.04 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		00:44.36		01:38.99		02:33.06		03:29.24
	00:44.36		00:54.63		00:54.07		00:56.18	
								
	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		04:25.96		05:21.54		06:15.03		07:05.04
	00:56.72		00:55.58		00:53.49		00:50.01	
								

Coach feedback:

Event number: 10: 400M FREESTYLE WOMEN 11+							Heat:2, starttime: 16:17	
Heat: 2/7 Lane : 8 Athlete: LENAERTS JULIA							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:

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

Event number: 10: 400M FREESTYLE WOMEN 11+							Heat:3, starttime: 16:25	
Heat: 3/7 Lane : 1 Athlete: PUT TYANA							Q-time: 06:37:62	
PB (25m pool): 06:37.62 Herentals 04/10/2025				PB (50m pool): 07:29.09 SB: 06:37.62 Herentals 04/10/2025				
	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		00:42.67		01:31.40		02:21.11		03:12.69
	00:42.67		00:48.73		00:49.71		00:51.58	
								
	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		04:03.64		04:55.13		05:48.07		06:37.62
	00:50.95		00:51.49		00:52.94		00:49.55	
								

Coach feedback:

Event number: 11: 400M FREESTYLE MEN 11+							Heat:2, starttime: 17:05	
Heat: 2/7 Lane : 1 Athlete: KNAEPEN GUUS-JAN							Q-time: 99:99:99	
PB (25m pool): 07:24.29 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 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		07:24.29
	...	...	...	...	...	...	...	...

Coach feedback:

Event number: 11: 400M FREESTYLE MEN 11+							Heat:3, starttime: 17:13	
Heat: 3/7 Lane : 1 Athlete: MATHIJS CORNEEL							Q-time: 07:45:63	
PB (25m pool): no time			PB (50m pool): 07:45.63SB: 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:

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

Event number: 11: 400M FREESTYLE MEN 11+							Heat:3, starttime: 17:13	
Heat: 3/7 Lane : 6 Athlete: MOTMANS LANDER							Q-time: 06:56:03	
PB (25m pool): 06:56.03 Beringen 16/03/2025				PB (50m pool): 07:24.35SB: 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		01:36.29		no time		03:25.31
	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		06:56.03
								

Coach feedback:

Event number: 11: 400M FREESTYLE MEN 11+							Heat:3, starttime: 17:13	
Heat: 3/7 Lane : 7 Athlete: SPREUWERS LEI							Q-time: 07:05:30	
PB (25m pool): 07:05.30 Beringen 16/03/2025				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		01:36.00		no time		03:27.58
	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		07:05.30
								

Coach feedback:

Event number: 11: 400M FREESTYLE MEN 11+							Heat:3, starttime: 17:13	
Heat: 3/7 Lane : 8 Athlete: BRUNINX LEON							Q-time: 99:99:99	
PB (25m pool): 06:33.88 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 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		06:33.88
								

Coach feedback:

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

Event number: 12: 4x100M MEDLEY WOMEN 11+							Heat:1, starttime: 17:50	
Heat: 1/1 Lane : 1 Athlete: TEAM HZS 2							Q-time: 06:02:45	
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 : 7 Athlete: TEAM HZS 1							Q-time: 05:49:33	
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 : 1 Athlete: TEAM HZS 1							Q-time: 06:22:69	
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: