

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

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 : 4 Athlete: TRUIJEN LORE							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 : 1 Athlete: FRANSEN KATRIJN							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 : 8 Athlete: WALSCHOT ALICYA							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:

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Event number: 2: 200M BACKSTROKE MEN 11+							Heat:1, starttime: 14:32	
Heat: 1/6 Lane : 3 Athlete: DUBOIS MELS							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:2, starttime: 14:36	
Heat: 2/6 Lane : 6 Athlete: AGTEN JARNO							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 : 3 Athlete: VANDEWAL 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: 7: 50M FREESTYLE WOMEN 11+							Heat:2, starttime: 15:45	
Heat: 2/7 Lane : 6 Athlete: FRANSSEN KATRIJN							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:

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Event number: 7: 50M FREESTYLE WOMEN 11+			Heat:3, starttime: 15:46
Heat: 3/7 Lane : 3 Athlete: WALSCHOT ALICYA			Q-time: 00:40:46
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: 7: 50M FREESTYLE WOMEN 11+			Heat:3, starttime: 15:46
Heat: 3/7 Lane : 8 Athlete: TRUIJEN LORE			Q-time: 00:45:47
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 : 4 Athlete: VANDEWAL 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	
PB		no time	
	no time		
			

Coach feedback:

Event number: 8: 50M FREESTYLE MEN 11+			Heat:3, starttime: 15:54
Heat: 3/6 Lane : 4 Athlete: AGTEN JARNO			Q-time: 00:40:36
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:

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Event number: 8: 50M FREESTYLE MEN 11+										Heat:4, starttime: 15:56																			
Heat: 4/6 Lane : 7 Athlete: DUBOIS MELS																				Q-time: 00:37:03									
PB (25m pool): 00:37.03 Beringen 16/03/2025																				PB (50m pool): 00:34.52 SB: no time									
		2 5 M				5 0 M																							
PB						00:37.03																							
		00:37.03																											
																													

Coach feedback:

Event number: 10: 400M FREESTYLE WOMEN 11+							Heat:4, starttime: 16:32	
Heat: 4/7 Lane : 3 Athlete: PAULUSSEN SABINE							Q-time: 05:52:15	
PB (25m pool): no time			PB (50m pool): 05:52.15 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		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: