

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

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:5, starttime: 14:17	
Heat: 5/8 Lane : 2 Athlete: DE LAAT ELENA							Q-time: 03:45:61	
PB (25m pool): 03:45.61 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		00:51.79		01:51.35		no time		03:45.61
	00:51.79		00:59.56					
								

Coach feedback:

Event number: 2: 200M BACKSTROKE MEN 11+							Heat:2, starttime: 14:36	
Heat: 2/6 Lane : 4 Athlete: GERITS TUUR							Q-time: 99:99:99	
PB (25m pool): 02:50.72 Mol 29/12/2024				PB (50m pool): 03:13.68SB: 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		00:40.69		01:25.12		02:09.85		02:50.72
	00:40.69		00:44.43		00:44.73		00:40.87	
								

Coach feedback:

Event number: 2: 200M BACKSTROKE MEN 11+							Heat:3, starttime: 14:40	
Heat: 3/6 Lane : 6 Athlete: MANNAERTS MARTIJN							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:3, starttime: 14:40	
Heat: 3/6 Lane : 7 Athlete: KAMAGATE TAMSI							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 : 1 Athlete: HURKMANS CéDRIC							Q-time: 03:05:77	
PB (25m pool): 03:05.77 Hasselt 12/10/2025			PB (50m pool): no time SB: 03:05.77 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		00:43.25		01:30.92		02:19.91		03:05.77
	00:43.25		00:47.67		00:48.99		00:45.86	
								

Coach feedback:

Event number: 2: 200M BACKSTROKE MEN 11+							Heat:6, starttime: 14:51	
Heat: 6/6 Lane : 6 Athlete: MANNAERTS MATHIAS							Q-time: 02:30:10	
PB (25m pool): 02:30.10 Mol 28/12/2025			PB (50m pool): 02:36.88SB: 02:30.10 Mol 28/12/2025					
	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		00:35.69		01:14.23		01:52.67		02:30.10
	00:35.69		00:38.54		00:38.44		00:37.43	
								

Coach feedback:

Event number: 6: 100M BUTTERFLY MEN 11+							Heat:4, starttime: 15:25			
Heat: 4/5 Lane : 5 Athlete: GERITS TUUR							Q-time: 01:07:89			
PB (25m pool): 01:07.89 Hasselt 12/10/2025				PB (50m pool): 01:09.17 SB: 01:07.89 Hasselt 12/10/2025						
	2 5 M		5 0 M		7 5 M		1 0 0 M			
PB			00:32.20				01:07.89			
	00:32.20				00:35.69					
										

Coach feedback:

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Event number: 7: 50M FREESTYLE WOMEN 11+			Heat:1, starttime: 15:44
Heat: 1/7 Lane : 5 Athlete: SLEDDENS SANNE			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: 7: 50M FREESTYLE WOMEN 11+			Heat:3, starttime: 15:46
Heat: 3/7 Lane : 6 Athlete: DE LAAT ELENA			Q-time: 00:41:16
PB (25m pool): 00:42.91 De Sprink 22/12/2024			PB (50m pool): 00:46.14 SB: no time
	2 5 M	5 0 M	
PB		00:42.91	
	00:42.91		
			

Coach feedback:

Event number: 7: 50M FREESTYLE WOMEN 11+			Heat:5, starttime: 15:48
Heat: 5/7 Lane : 8 Athlete: MANNAERTS ROSANNE			Q-time: 00:35:16
PB (25m pool): 00:35.16 Bree 21/12/2025			PB (50m pool): no time SB: 00:35.16 Bree 21/12/2025
	2 5 M	5 0 M	
PB		00:35.16	
	00:35.16		
			

Coach feedback:

Event number: 7: 50M FREESTYLE WOMEN 11+			Heat:6, starttime: 15:49
Heat: 6/7 Lane : 5 Athlete: CLUYSEN ZOë			Q-time: 00:31:86
PB (25m pool): 00:30.76 Geel 19/02/2023			PB (50m pool): 00:31.81 SB: 00:33.27 Hasselt 12/10/2025
	2 5 M	5 0 M	
PB		00:30.76	
	00:30.76		
			

Coach feedback:

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Event number: 8: 50M FREESTYLE MEN 11+			Heat:1, starttime: 15:52
Heat: 1/6 Lane : 3 Athlete: WOJCIK VIKTOR			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 : 5 Athlete: MANNAERTS MARTIJN			Q-time: 00:44:21
PB (25m pool): 00:44.21 Bree 21/12/2025			PB (50m pool): 00:49.11 SB: 00:44.21 Bree 21/12/2025
	2 5 M	5 0 M	
PB		00:44.21	
	00:44.21		
			

Coach feedback:

Event number: 8: 50M FREESTYLE MEN 11+			Heat:5, starttime: 15:57
Heat: 5/6 Lane : 6 Athlete: MANNAERTS MATHIAS			Q-time: 00:29:70
PB (25m pool): 00:29.70 Nijlen 16/11/2025			PB (50m pool): 00:30.06 SB: 00:29.70 Nijlen 16/11/2025
	2 5 M	5 0 M	
PB		00:29.70	
	00:29.70		
			

Coach feedback:

Event number: 8: 50M FREESTYLE MEN 11+			Heat:6, starttime: 15:58
Heat: 6/6 Lane : 2 Athlete: GERITS TUUR			Q-time: 00:27:11
PB (25m pool): 00:26.40 Bilzen 25/01/2026			PB (50m pool): 00:27.61 SB: 00:26.40 Bilzen 25/01/2026
	2 5 M	5 0 M	
PB		00:26.40	
	00:26.40		
			

Coach feedback:

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Event number: 8: 50M FREESTYLE MEN 11+										Heat:6, starttime: 15:58																			
Heat: 6/6 Lane : 7 Athlete: KAMAGATE TAMSI																				Q-time: 00:27:27									
PB (25m pool): 00:27.27 Nijlen 16/11/2025										PB (50m pool): 00:29.58 SB: 00:27.27 Nijlen 16/11/2025																			
		2 5 M				5 0 M																							
PB						00:27.27																							
		00:27.27																											
																													

Coach feedback:

Event number: 11: 400M FREESTYLE MEN 11+							Heat:1, starttime: 16:56	
Heat: 1/7 Lane : 3 Athlete: WOJCIK VIKTOR							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:4, starttime: 17:21	
Heat: 4/7 Lane : 3 Athlete: HURKMANS CéDRIC							Q-time: 06:07:98	
PB (25m pool): 06:07.98 Pelt 05/10/2025				PB (50m pool): 06:03.49SB: 06:07.98 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		01:18.79		no time		02:56.14
	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		06:07.98
								

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Event number: 11: 400M FREESTYLE MEN 11+							Heat:6, starttime: 17:34	
Heat: 6/7 Lane : 8 Athlete: MANNAERTS MATHIAS							Q-time: 05:11:25	
PB (25m pool): 05:11.25 Pelt 05/10/2025				PB (50m pool): 05:04.63SB: 05:11.25 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		01:14.65		no time		02:33.04
	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		05:11.25
								

Coach feedback: