

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

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:3, starttime: 14:08	
Heat: 3/8 Lane : 5 Athlete: DAS AMELIE							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 : 7 Athlete: WANTEN LAURA							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:7, starttime: 14:25	
Heat: 7/8 Lane : 4 Athlete: VERLINDEN ALINA							Q-time: 02:50:30	
PB (25m pool): 02:50.30 Beringen 16/03/2025			PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:38.78		01:22.67		no time		02:50.30
	00:38.78		00:43.89					
								

Coach feedback:

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

Event number: 2: 200M BACKSTROKE MEN 11+							Heat:1, starttime: 14:32	
Heat: 1/6 Lane : 2 Athlete: VANSTRAELEN JULIAN							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:1, starttime: 14:32	
Heat: 1/6 Lane : 4 Athlete: DELSIENE STAN							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 : 1 Athlete: PUTTEMANS JULES							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 : 7 Athlete: VRANKEN IAN							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 : 3 Athlete: GUILLIAMS REMKO							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 : 8 Athlete: VERSLUYS JULES							Q-time: 03:16:34	
PB (25m pool): 03:16.34 Hasselt 04/05/2025				PB (50m pool): 03:06.10 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		00:45.00		01:37.81		02:30.07		03:16.34
	00:45.00		00:52.81		00:52.26		00:46.27	
								

Coach feedback:

Event number: 4: 100M MEDLEY MIXED 10-10							Heat:1, starttime: 14:58	
Heat: 1/3 Lane : 4 Athlete: THYS LUCIE							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 : 3 Athlete: NEVEN MORRIS							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:

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Event number: 4: 100M MEDLEY MIXED 10-10					Heat:2, starttime: 15:00
Heat: 2/3 Lane : 8 Athlete: NIJSSENS ROSANNA					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:3, starttime: 15:23
Heat: 3/5 Lane : 6 Athlete: WERY MILAN					Q-time: 01:18:85
PB (25m pool): 01:18.85 Hasselt 12/10/2025			PB (50m pool): 01:21.00 SB: 01:18.85 Hasselt 12/10/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.12		01:18.85	
	00:36.12		00:42.73		
					

Coach feedback:

Event number: 6: 100M BUTTERFLY MEN 11+					Heat:4, starttime: 15:25
Heat: 4/5 Lane : 8 Athlete: RUYMEN SIEBE					Q-time: 01:12:39
PB (25m pool): 01:12.39 Hasselt 12/10/2025			PB (50m pool): 01:11.63 SB: 01:12.39 Hasselt 12/10/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.17		01:12.39	
	00:33.17		00:39.22		
					

Coach feedback:

Event number: 7: 50M FREESTYLE WOMEN 11+					Heat:1, starttime: 15:44
Heat: 1/7 Lane : 3 Athlete: WANTEN LAURA					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:4, starttime: 15:47
Heat: 4/7 Lane : 2 Athlete: DAS AMELIE			Q-time: 00:36:07
PB (25m pool): 00:36.07 Bree 16/02/2025			PB (50m pool): 00:39.73 SB: no time
	2 5 M	5 0 M	
PB		00:36.07	
	00:36.07		
			

Coach feedback:

Event number: 7: 50M FREESTYLE WOMEN 11+			Heat:6, starttime: 15:49
Heat: 6/7 Lane : 3 Athlete: VERLINDEN ALINA			Q-time: 00:32:31
PB (25m pool): 00:32.31 Beringen 16/03/2025			PB (50m pool): 00:32.58 SB: no time
	2 5 M	5 0 M	
PB		00:32.31	
	00:32.31		
			

Coach feedback:

Event number: 8: 50M FREESTYLE MEN 11+			Heat:1, starttime: 15:52
Heat: 1/6 Lane : 5 Athlete: PUTTEMANS JULES			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 : 2 Athlete: VANSTRAELEN JULIAN			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: STZC

Event number: 8: 50M FREESTYLE MEN 11+			Heat:2, starttime: 15:53
Heat: 2/6 Lane : 5 Athlete: DELSIENE STAN			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 : 6 Athlete: VRANKEN IAN			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:4, starttime: 15:56
Heat: 4/6 Lane : 4 Athlete: VERSLUYS JULES			Q-time: 00:34:64
PB (25m pool): 00:34.64 Beringen 16/03/2025 PB (50m pool): 00:35.96 SB: no time			
	2 5 M	5 0 M	
PB		00:34.64	
	00:34.64		
			

Coach feedback:

Event number: 8: 50M FREESTYLE MEN 11+			Heat:5, starttime: 15:57
Heat: 5/6 Lane : 2 Athlete: RUYMEN SIEBE			Q-time: 00:30:50
PB (25m pool): 00:30.50 Hasselt 04/05/2025 PB (50m pool): 00:30.20 SB: no time			
	2 5 M	5 0 M	
PB		00:30.50	
	00:30.50		
			

Coach feedback:

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

Event number: 8: 50M FREESTYLE MEN 11+					Heat:5, starttime: 15:57															
Heat: 5/6 Lane : 7 Athlete: GUILLIAMS REMKO					Q-time: 00:31:14															
PB (25m pool): 00:38.37 3500 Hasselt 28/04/2024										PB (50m pool): 00:31.14 SB: no time										
	2 5 M		5 0 M																	
PB			00:38.37																	
	00:38.37																			
																				

Coach feedback:

Event number: 9: 100M FREESTYLE MIXED 10-9					Heat:1, starttime: 15:59	
Heat: 1/4 Lane : 2 Athlete: NIJSSENS ROSANNA					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:1, starttime: 15:59	
Heat: 1/4 Lane : 5 Athlete: NEVEN MORRIS						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:1, starttime: 15:59	
Heat: 1/4 Lane : 6 Athlete: THYS LUCIE					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:

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Event number: 11: 400M FREESTYLE MEN 11+							Heat:5, starttime: 17:28	
Heat: 5/7 Lane : 1 Athlete: WERY MILAN							Q-time: 05:49:75	
PB (25m pool): 06:15.79 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		06:15.79
								

Coach feedback: