

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

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: 2: 200M BACKSTROKE MEN 11+							Heat:5, starttime: 14:47	
Heat: 5/6 Lane : 7 Athlete: JANSSEN DRIES							Q-time: 03:01:95	
PB (25m pool): 03:01.95 Hasselt 12/10/2025				PB (50m pool): 03:10.50SB: 03:01.95 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		00:43.03		01:29.89		02:17.43		03:01.95
	00:43.03		00:46.86		00:47.54		00:44.52	
								

Coach feedback:

Event number: 2: 200M BACKSTROKE MEN 11+							Heat:6, starttime: 14:51	
Heat: 6/6 Lane : 1 Athlete: SCHOofs TUUR							Q-time: 02:39:46	
PB (25m pool): 02:39.46 3500 Hasselt 23/11/2025				PB (50m pool): 02:45.46 SB: 02:39.46 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		00:36.90		01:17.78		01:58.88		02:39.46
	00:36.90		00:40.88		00:41.10		00:40.58	
								

Coach feedback:

Event number: 4: 100M MEDLEY MIXED 10-10							Heat:2, starttime: 15:00	
Heat: 2/3 Lane : 1 Athlete: COOLEN ANN-SOPHIE							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: ZCM

Event number: 5: 100M BUTTERFLY WOMEN 11+					Heat:2, starttime: 15:07
Heat: 2/6 Lane : 5 Athlete: DRIJKONINGEN LIEN					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:5, starttime: 15:14
Heat: 5/6 Lane : 3 Athlete: JANSSENS MARTHE					Q-time: 01:14:50
PB (25m pool): 01:14.30 De Sprink 23/12/2023 PB (50m pool): 01:18.53 SB: 01:15.28 Hasselt 12/10/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:14.30	
	no time				
					

Coach feedback:

Event number: 6: 100M BUTTERFLY MEN 11+					Heat:2, starttime: 15:20
Heat: 2/5 Lane : 4 Athlete: PEETERS JOCHEN					Q-time: 01:51:34
PB (25m pool): 01:51.34 Bree 01/06/2025 PB (50m pool): 02:07.63 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:49.71		01:51.34	
	00:49.71 01:01.63				
					

Coach feedback:

Event number: 6: 100M BUTTERFLY MEN 11+					Heat:3, starttime: 15:23
Heat: 3/5 Lane : 3 Athlete: CROMMEN WOUT					Q-time: 01:17:22
PB (25m pool): 01:17.22 Mol 28/12/2025 PB (50m pool): no time SB: 01:17.22 Mol 28/12/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.39		01:17.22	
	00:34.39 00:42.83				
					

Coach feedback:

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Event number: 6: 100M BUTTERFLY MEN 11+					Heat:3, starttime: 15:23
Heat: 3/5 Lane : 8 Athlete: JANSSEN DRIES					Q-time: 01:49:15
PB (25m pool): 01:49.15 Pelt 06/10/2024					PB (50m pool): 01:51.89 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:49.15	
	no time				
					

Coach feedback:

Event number: 7: 50M FREESTYLE WOMEN 11+					Heat:3, starttime: 15:46
Heat: 3/7 Lane : 5 Athlete: DRIJKONINGEN LIEN					Q-time: 00:39:75
PB (25m pool): 00:39.75 Bree 21/12/2025					PB (50m pool): 00:47.57 SB: 00:39.75 Bree 21/12/2025
	2 5 M	5 0 M			
PB		00:39.75			
	00:39.75				
					

Coach feedback:

Event number: 8: 50M FREESTYLE MEN 11+					Heat:4, starttime: 15:56
Heat: 4/6 Lane : 5 Athlete: PEETERS JOCHEN					Q-time: 00:35:82
PB (25m pool): 00:35.82 Hasselt 12/10/2025					PB (50m pool): 00:35.85 SB: 00:35.82 Hasselt 12/10/2025
	2 5 M	5 0 M			
PB		00:35.82			
	00:35.82				
					

Coach feedback:

Event number: 8: 50M FREESTYLE MEN 11+					Heat:4, starttime: 15:56
Heat: 4/6 Lane : 6 Athlete: ZEEUW MAX					Q-time: 00:36:39
PB (25m pool): 00:36.39 Beringen 16/03/2025					PB (50m pool): 00:36.56 SB: 00:37.51 Pelt 05/10/2025
	2 5 M	5 0 M			
PB		00:36.39			
	00:36.39				
					

Coach feedback:

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

Event number: 8: 50M FREESTYLE MEN 11+							Heat:5, starttime: 15:57		
Heat: 5/6 Lane : 3 Athlete: SCHOOFs TUUR							Q-time: 00:29:20		
PB (25m pool): 00:29.20 Hasselt 12/10/2025							PB (50m pool): 00:28.89SB: 00:29.20 Hasselt 12/10/2025		
	2 5 M		5 0 M						
PB			00:29.20						
			00:29.20						
									

Coach feedback:

Event number: 9: 100M FREESTYLE MIXED 10-9				Heat:2, starttime: 16:02			
Heat: 2/4 Lane : 6 Athlete: COOLEN ANN-SOPHIE				Q-time: 01:54:56			
PB (25m pool): 01:54.56 Beringen 16/03/2025				PB (50m pool): 01:51.17 SB: no time			
	2 5 M	5 0 M	7 5 M	1 0 0 M			
PB		00:53.56		01:54.56			
	00:53.56		01:01.00				
							

Coach feedback:

Event number: 10: 400M FREESTYLE WOMEN 11+							Heat:6, starttime: 16:45	
Heat: 6/7 Lane : 3 Athlete: JANSSENS MARTHE							Q-time: 05:05:03	
PB (25m pool): 04:54.95 De Sprink 22/12/2024				PB (50m pool): 05:11.48SB: 05:05.03 Hasselt 12/10/2025				
	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		01:08.40		no time		02:22.84
	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		04:54.95
								

Coach feedback:

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

Event number: 11: 400M FREESTYLE MEN 11+							Heat:4, starttime: 17:21	
Heat: 4/7 Lane : 1 Athlete: ZEEUW MAX							Q-time: 06:20:22	
PB (25m pool): 06:20.22 Beringen 16/03/2025				PB (50m pool): 06:32.09SB: 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		01:27.05		no time		03:07.19
	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		06:20.22
								

Coach feedback:

Event number: 11: 400M FREESTYLE MEN 11+							Heat:4, starttime: 17:21	
Heat: 4/7 Lane : 7 Athlete: CROMMEN WOUT							Q-time: 06:20:00	
PB (25m pool): 06:20.00 3500 Hasselt 20/10/2024				PB (50m pool): 06:29.71 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		00:39.35		01:26.94		02:17.30		03:06.29
	00:39.35		00:47.59		00:50.36		00:48.99	
								
	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		03:55.83		04:45.11		05:35.02		06:20.00
	00:49.54		00:49.28		00:49.91		00:44.98	
								

Coach feedback:

Event number: 11: 400M FREESTYLE MEN 11+							Heat:5, starttime: 17:28	
Heat: 5/7 Lane : 5 Athlete: SCHOOFs TUUR							Q-time: 05:21:56	
PB (25m pool): 05:21.56 Beringen 16/03/2025				PB (50m pool): 05:27.85SB: 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		01:15.38		no time		02:37.48
	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		05:21.56
								

Coach feedback:

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

Event number: 13: 4x100M MEDLEY MEN 11+							Heat:1, starttime: 17:57	
Heat: 1/1 Lane : 7 Athlete: TEAM ZCM 1							Q-time: 06:12:71	
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: