

# Regio C Beringen: Session: 1: COACH evaluation sheet for TEAM: ZDKB

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 : 4    Athlete: POOTERS LIVIA |         |         |                        |         |       |             | 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:2, starttime: 14:04 |         |
|---------------------------------------------------|---------|---------|---------------------------------------|---------|-------|---------|--------------------------|---------|
| Heat: 2/8    Lane : 7    Athlete: LELIAERT OLIVIA |         |         |                                       |         |       |         | 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:6, starttime: 14:21              |           |
|------------------------------------------------|-----------|-----------|-----------|-----------|-----------|-----------|---------------------------------------|-----------|
| Heat: 6/8    Lane : 6    Athlete: BOSCH NIENKE |           |           |           |           |           |           | Q-time: 03:04:04                      |           |
| PB (25m pool): 03:04.04    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                                             |           | 00:43.64  |           | 01:32.06  |           | 02:19.85  |                                       | 03:04.04  |
|                                                | 00:43.64  |           | 00:48.42  |           | 00:47.79  |           | 00:44.19                              |           |
|                                                | . . . . . | . . . . . | . . . . . | . . . . . | . . . . . | . . . . . | . . . . .                             | . . . . . |

Coach feedback:

# Regio C Beringen: Session: 1: COACH evaluation sheet for TEAM: ZDKB

| Event number: 1: 200M BACKSTROKE WOMEN 11+         |           |           |           |                                    |           |           | Heat:6, starttime: 14:21 |           |
|----------------------------------------------------|-----------|-----------|-----------|------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 6/8 Lane : 8 Athlete: VANBEKBERGEN CHARLOTTE |           |           |           |                                    |           |           | Q-time: 03:10:88         |           |
| PB (25m pool): 03:10.88 Beringen 16/03/2025        |           |           |           | PB (50m pool): 03:14.02SB: 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                                                 |           | 00:45.80  |           | 01:34.13                           |           | no time   |                          | 03:10.88  |
|                                                    | 00:45.80  |           | 00:48.33  |                                    |           |           |                          |           |
|                                                    | . . . . . | . . . . . | . . . . . | . . . . .                          | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 2: 200M BACKSTROKE MEN 11+      |           |           |                                       |           |           |           | Heat:2, starttime: 14:36 |           |
|-----------------------------------------------|-----------|-----------|---------------------------------------|-----------|-----------|-----------|--------------------------|-----------|
| Heat: 2/6    Lane : 5    Athlete: HAUBEN FINN |           |           |                                       |           |           |           | 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 : 5    Athlete: MEIR 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:5, starttime: 14:47 |           |
|-------------------------------------------------|-----------|-----------|-----------|------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 5/6    Lane : 2    Athlete: SWENNEN JARNE |           |           |           |                                    |           |           | Q-time: 02:58:98         |           |
| PB (25m pool): 02:58.98    Beringen 16/03/2025  |           |           |           | PB (50m pool): 02:52.23SB: 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                                              |           | 00:42.48  |           | 01:28.63                           |           | no time   |                          | 02:58.98  |
|                                                 | 00:42.48  |           | 00:46.15  |                                    |           |           |                          |           |
|                                                 | . . . . . | . . . . . | . . . . . | . . . . .                          | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

# Regio C Beringen: Session: 1: COACH evaluation sheet for TEAM: ZDKB

| Event number: 3: 50M BACKSTROKE MIXED 10-9 |         |                                    |  | Heat:2, starttime: 14:56 |
|--------------------------------------------|---------|------------------------------------|--|--------------------------|
| Heat: 2/2 Lane : 1 Athlete: HENNO MICHELLE |         |                                    |  | 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: 5: 100M BUTTERFLY WOMEN 11+ |         |                                    |       |         | Heat:1, starttime: 15:05 |
|-------------------------------------------|---------|------------------------------------|-------|---------|--------------------------|
| Heat: 1/6 Lane : 3 Athlete: LAPIERRE EMMA |         |                                    |       |         | 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:1, starttime: 15:05 |
|--------------------------------------------------|---------|------------------------------------|-------|---------|--------------------------|
| Heat: 1/6 Lane : 6 Athlete: TAMER MOHAMMED KARMA |         |                                    |       |         | 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 : 6 Athlete: WOLFS LOLA        |          |                                                            |          |          | Q-time: 01:36:40         |
| PB (25m pool): 01:36.40 Maastricht 30/12/2025 |          | PB (50m pool): 01:57.35 SB: 01:36.40 Maastricht 30/12/2025 |          |          |                          |
|                                               | 2 5 M    | 5 0 M                                                      | 7 5 M    | 1 0 0 M  |                          |
| PB                                            |          | 00:43.99                                                   |          | 01:36.40 |                          |
|                                               | 00:43.99 |                                                            | 00:52.41 |          |                          |
|                                               | .....    | .....                                                      | .....    | .....    |                          |

Coach feedback:

# Regio C Beringen: Session: 1: COACH evaluation sheet for TEAM: ZDKB

| Event number: 5: 100M BUTTERFLY WOMEN 11+     |          |          |          | Heat:4, starttime: 15:12                                   |  |
|-----------------------------------------------|----------|----------|----------|------------------------------------------------------------|--|
| Heat: 4/6 Lane : 3 Athlete: VANHAEREN RENÉE   |          |          |          | Q-time: 01:23:01                                           |  |
| PB (25m pool): 01:23.01 Maastricht 30/12/2025 |          |          |          | PB (50m pool): 01:29.38 SB: 01:23.01 Maastricht 30/12/2025 |  |
|                                               | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M                                                    |  |
| PB                                            |          | 00:37.68 |          | 01:23.01                                                   |  |
|                                               | 00:37.68 |          | 00:45.33 |                                                            |  |
|                                               | .....    | .....    | .....    | .....                                                      |  |

Coach feedback:

| Event number: 6: 100M BUTTERFLY MEN 11+      |         |         |       | Heat:1, starttime: 15:18           |  |
|----------------------------------------------|---------|---------|-------|------------------------------------|--|
| Heat: 1/5 Lane : 5 Athlete: KRYLOV ALEXANDER |         |         |       | 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 : 3 Athlete: HABEX ROBBE |         |         |       | 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 : 4 Athlete: LELIAERT OLIVIA |         |         |  | 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: ZDKB

| Event number: 7: 50M FREESTYLE WOMEN 11+        |       |          | Heat:1, starttime: 15:44            |
|-------------------------------------------------|-------|----------|-------------------------------------|
| Heat: 1/7 Lane : 6 Athlete: BOSCH NIENKE        |       |          | Q-time: 99:99:99                    |
| PB (25m pool): 00:34.31 3500 Hasselt 20/10/2024 |       |          | PB (50m pool): 00:35.82 SB: no time |
|                                                 | 2 5 M | 5 0 M    |                                     |
| PB                                              |       | 00:34.31 |                                     |
|                                                 |       | 00:34.31 |                                     |
|                                                 | ..... | .....    |                                     |

Coach feedback:

| Event number: 7: 50M FREESTYLE WOMEN 11+  |       |         | Heat:2, starttime: 15:45           |
|-------------------------------------------|-------|---------|------------------------------------|
| Heat: 2/7 Lane : 2 Athlete: POOTERS LIVIA |       |         | 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 : 7 Athlete: LAPIERRE EMMA |       |          | Q-time: 00:42:10                   |
| PB (25m pool): 00:42.10 Bree 16/02/2025   |       |          | PB (50m pool): no time SB: no time |
|                                           | 2 5 M | 5 0 M    |                                    |
| PB                                        |       | 00:42.10 |                                    |
|                                           |       | 00:42.10 |                                    |
|                                           | ..... | .....    |                                    |

Coach feedback:

| Event number: 7: 50M FREESTYLE WOMEN 11+           |       |          | Heat:4, starttime: 15:47                                   |
|----------------------------------------------------|-------|----------|------------------------------------------------------------|
| Heat: 4/7 Lane : 3 Athlete: VANBEKBERGEN CHARLOTTE |       |          | Q-time: 00:35:56                                           |
| PB (25m pool): 00:35.56 Hasselt 04/05/2025         |       |          | PB (50m pool): 00:35.82 SB: 00:35.67 Maastricht 30/12/2025 |
|                                                    | 2 5 M | 5 0 M    |                                                            |
| PB                                                 |       | 00:35.56 |                                                            |
|                                                    |       | 00:35.56 |                                                            |
|                                                    | ..... | .....    |                                                            |

Coach feedback:

# Regio C Beringen: Session: 1: COACH evaluation sheet for TEAM: ZDKB

| Event number: 7: 50M FREESTYLE WOMEN 11+   |       |          | Heat:5, starttime: 15:48            |
|--------------------------------------------|-------|----------|-------------------------------------|
| Heat: 5/7 Lane : 7 Athlete: WOLFS LOLA     |       |          | Q-time: 00:34:58                    |
| PB (25m pool): 00:34.58 Hasselt 04/05/2025 |       |          | PB (50m pool): 00:35.33 SB: no time |
|                                            | 2 5 M | 5 0 M    |                                     |
| PB                                         |       | 00:34.58 |                                     |
|                                            |       | 00:34.58 |                                     |
|                                            | ..... | .....    |                                     |

Coach feedback:

| Event number: 7: 50M FREESTYLE WOMEN 11+    |       |          | Heat:6, starttime: 15:49            |
|---------------------------------------------|-------|----------|-------------------------------------|
| Heat: 6/7 Lane : 7 Athlete: VANHAEREN RENÉE |       |          | Q-time: 00:32:53                    |
| PB (25m pool): 00:32.53 Bree 01/06/2025     |       |          | PB (50m pool): 00:33.37 SB: no time |
|                                             | 2 5 M | 5 0 M    |                                     |
| PB                                          |       | 00:32.53 |                                     |
|                                             |       | 00:32.53 |                                     |
|                                             | ..... | .....    |                                     |

Coach feedback:

| Event number: 8: 50M FREESTYLE MEN 11+  |       |         | Heat:2, starttime: 15:53           |
|-----------------------------------------|-------|---------|------------------------------------|
| Heat: 2/6 Lane : 3 Athlete: HAUBEN FINN |       |         | 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 : 8 Athlete: MEIR 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:

# Regio C Beringen: Session: 1: COACH evaluation sheet for TEAM: ZDKB

| Event number: 8: 50M FREESTYLE MEN 11+  |       |          | Heat:4, starttime: 15:56           |
|-----------------------------------------|-------|----------|------------------------------------|
| Heat: 4/6 Lane : 1 Athlete: HABEX ROBBE |       |          | Q-time: 00:38:03                   |
| PB (25m pool): 00:38.03 Bree 01/06/2025 |       |          | PB (50m pool): no time SB: no time |
|                                         | 2 5 M | 5 0 M    |                                    |
| PB                                      |       | 00:38.03 |                                    |
|                                         |       | 00:38.03 |                                    |
|                                         | ..... | .....    |                                    |

Coach feedback:

| Event number: 8: 50M FREESTYLE MEN 11+    |       |          | Heat:4, starttime: 15:56           |
|-------------------------------------------|-------|----------|------------------------------------|
| Heat: 4/6 Lane : 3 Athlete: LYSSENS SIEBE |       |          | Q-time: 00:36:06                   |
| PB (25m pool): 00:36.06 Bree 01/06/2025   |       |          | PB (50m pool): no time SB: no time |
|                                           | 2 5 M | 5 0 M    |                                    |
| PB                                        |       | 00:36.06 |                                    |
|                                           |       | 00:36.06 |                                    |
|                                           | ..... | .....    |                                    |

Coach feedback:

| Event number: 8: 50M FREESTYLE MEN 11+       |       |          | Heat:4, starttime: 15:56                              |
|----------------------------------------------|-------|----------|-------------------------------------------------------|
| Heat: 4/6 Lane : 8 Athlete: KRYLOV ALEXANDER |       |          | Q-time: 00:39:66                                      |
| PB (25m pool): 00:37.69 Bilzen 25/01/2026    |       |          | PB (50m pool): no time SB: 00:37.69 Bilzen 25/01/2026 |
|                                              | 2 5 M | 5 0 M    |                                                       |
| PB                                           |       | 00:37.69 |                                                       |
|                                              |       | 00:37.69 |                                                       |
|                                              | ..... | .....    |                                                       |

Coach feedback:

| Event number: 8: 50M FREESTYLE MEN 11+        |       |          | Heat:5, starttime: 15:57                                   |
|-----------------------------------------------|-------|----------|------------------------------------------------------------|
| Heat: 5/6 Lane : 8 Athlete: ERNOTS JOPPE      |       |          | Q-time: 00:33:83                                           |
| PB (25m pool): 00:33.83 Maastricht 30/12/2025 |       |          | PB (50m pool): 00:35.59 SB: 00:33.83 Maastricht 30/12/2025 |
|                                               | 2 5 M | 5 0 M    |                                                            |
| PB                                            |       | 00:33.83 |                                                            |
|                                               |       | 00:33.83 |                                                            |
|                                               | ..... | .....    |                                                            |

Coach feedback:

# Regio C Beringen: Session: 1: COACH evaluation sheet for TEAM: ZDKB

| Event number: 9: 100M FREESTYLE MIXED 10-9 |         |         |       |         | Heat:2, starttime: 16:02           |
|--------------------------------------------|---------|---------|-------|---------|------------------------------------|
| Heat: 2/4 Lane : 1 Athlete: HENNO MICHELLE |         |         |       |         | 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: 10: 400M FREESTYLE WOMEN 11+             |         |         |                                       |         |         |         | Heat:1, starttime: 16:09 |         |
|--------------------------------------------------------|---------|---------|---------------------------------------|---------|---------|---------|--------------------------|---------|
| Heat: 1/7    Lane : 7    Athlete: TAMER MOHAMMED KARMA |         |         |                                       |         |         |         | 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:2, starttime: 17:05 |         |
|-------------------------------------------------|---------|---------|---------------------------------------|---------|---------|---------|--------------------------|---------|
| Heat: 2/7    Lane : 6    Athlete: LYSSENS SIEBE |         |         |                                       |         |         |         | 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: ZDKB

| Event number: 11: 400M FREESTYLE MEN 11+        |         |         |                                       |         |         |         | Heat:2, starttime: 17:05 |         |
|-------------------------------------------------|---------|---------|---------------------------------------|---------|---------|---------|--------------------------|---------|
| Heat: 2/7    Lane : 7    Athlete: SWENNEN JARNE |         |         |                                       |         |         |         | 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:2, starttime: 17:05 |         |
|------------------------------------------------|---------|---------|------------------------|---------|---------|-------------|--------------------------|---------|
| Heat: 2/7    Lane : 8    Athlete: ERNOTS JOPPE |         |         |                        |         |         |             | 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: 12: 4x100M MEDLEY WOMEN 11+     |         |         |                |         |         |         | Heat:1, starttime: 17:50 |         |
|-----------------------------------------------|---------|---------|----------------|---------|---------|---------|--------------------------|---------|
| Heat: 1/1    Lane : 8    Athlete: TEAM ZDKB 1 |         |         |                |         |         |         | Q-time: 99:99:99         |         |
| 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:

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

|                                               |         |         |                |         |         |         |                          |         |
|-----------------------------------------------|---------|---------|----------------|---------|---------|---------|--------------------------|---------|
| Event number: 13: 4x100M MEDLEY MEN 11+       |         |         |                |         |         |         | Heat:1, starttime: 17:57 |         |
| Heat: 1/1    Lane : 8    Athlete: TEAM ZDKB 2 |         |         |                |         |         |         | Q-time: 99:99:99         |         |
| 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: