

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

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 : 5 Athlete: GERARD LAURE							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:5, starttime: 14:17	
Heat: 5/8 Lane : 6 Athlete: HERMANS FÉLICE							Q-time: 03:43:95	
PB (25m pool): 03:43.95 3500 Hasselt 23/11/2025			PB (50m pool): no time SB: 03:43.95 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		00:53.56		01:51.62		02:49.51		03:43.95
	00:53.56		00:58.06		00:57.89		00:54.44	
								

Coach feedback:

Event number: 2: 200M BACKSTROKE MEN 11+							Heat:4, starttime: 14:43	
Heat: 4/6 Lane : 8 Athlete: JONGEN KENZI							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: 3: 50M BACKSTROKE MIXED 10-9				Heat:2, starttime: 14:56
Heat: 2/2 Lane : 7 Athlete: OOSTERBOSCH 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: 4: 100M MEDLEY MIXED 10-10					Heat:2, starttime: 15:00
Heat: 2/3 Lane : 5 Athlete: NICOLAERS MARIE					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 : 7 Athlete: JONGEN JADE					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:2, starttime: 15:45
Heat: 2/7 Lane : 4 Athlete: GERARD LAURE					Q-time: 00:46:07
PB (25m pool): 00:41.92 Bree 16/02/2025		PB (50m pool): no time SB: no time			
	2 5 M	5 0 M			
PB		00:41.92			
	00:41.92				
					

Coach feedback:

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Event number: 7: 50M FREESTYLE WOMEN 11+				Heat:3, starttime: 15:46	
Heat: 3/7 Lane : 1 Athlete: HERMANS FÉLICE				Q-time: 00:43:88	
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:4, starttime: 15:47	
Heat: 4/7 Lane : 1 Athlete: JONGEN JADE				Q-time: 00:38:19	
PB (25m pool): 00:38.19 Bree 21/12/2025				PB (50m pool): no time SB: 00:38.19 Bree 21/12/2025	
	2 5 M	5 0 M			
PB		00:38.19			
	00:38.19				
					

Coach feedback:

Event number: 8: 50M FREESTYLE MEN 11+					Heat:3, starttime: 15:54				
Heat: 3/6 Lane : 7 Athlete: JONGEN KENZI					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: 9: 100M FREESTYLE MIXED 10-9					Heat:1, starttime: 15:59
Heat: 1/4 Lane : 3 Athlete: OOSTERBOSCH 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 M	
PB		no time		no time	
	no time				
					

Coach feedback:

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Event number: 9: 100M FREESTYLE MIXED 10-9					Heat:3, starttime: 16:04
Heat: 3/4 Lane : 6 Athlete: NICOLAERS MARIE					Q-time: 01:33:13
PB (25m pool): 01:25.18 Pelt 05/10/2025					PB (50m pool): 01:27.94 SB: 01:25.18 Pelt 05/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:42.42		01:25.18	
	00:42.42		00:42.76		
					

Coach feedback:

Event number: 10: 400M FREESTYLE WOMEN 11+							Heat:1, starttime: 16:09	
Heat: 1/7 Lane : 4 Athlete: JONGEN JADE							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: 10: 400M FREESTYLE WOMEN 11+							Heat:2, starttime: 16:17	
Heat: 2/7 Lane : 5 Athlete: GERARD LAURE							Q-time: 06:57:53	
PB (25m pool): 06:57.53 3500 Hasselt 23/11/2025				PB (50m pool): no time SB: 06:57.53 3500 Hasselt 23/11/2025				
	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		00:46.07		01:37.67		02:31.20		03:25.01
	00:46.07		00:51.60		00:53.53		00:53.81	
								
	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		04:19.57		05:13.93		06:08.86		06:57.53
	00:54.56		00:54.36		00:54.93		00:48.67	
								

Coach feedback:

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Event number: 10: 400M FREESTYLE WOMEN 11+							Heat:2, starttime: 16:17	
Heat: 2/7 Lane : 7 Athlete: HERMANS FÉLICE							Q-time: 07:30:57	
PB (25m pool): 07:30.57 Bree 21/12/2025			PB (50m pool): no time SB: 07:30.57 Bree 21/12/2025					
	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		01:39.49		no time		03:32.78
	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		07:30.57
								

Coach feedback:

Event number: 11: 400M FREESTYLE MEN 11+							Heat:2, starttime: 17:05	
Heat: 2/7 Lane : 3 Athlete: JONGEN KENZI							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: