

Regiocup Lommel: Session: 1: COACH evaluation sheet for TEAM: GZVN

Coachinfo: Warming up from: 13:15 untill 13:55. Teamleadmeeting @ The listed starttimes are indicative!

PB => Personal Best time

SB => Seasons Best time: Season starting point: first of September.

Event number: 4: 100M BACKSTROKE WOMEN 11+					Heat:8, starttime: 14:36
Heat: 8/11 Lane : 1 Athlete: VANHAEN ALISSIA					Q-time: 01:29:41
PB (25m pool): 01:29.41 Bree 21/12/2025					PB (50m pool): 01:37.44 SB: 01:29.41 Bree 21/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:42.48		01:29.41	
		00:42.48		00:46.93	
					

Coach feedback:

Event number: 4: 100M BACKSTROKE WOMEN 11+					Heat:9, starttime: 14:38
Heat: 9/11 Lane : 1 Athlete: GABRIËLS AMELIA					Q-time: 01:28:44
PB (25m pool): 01:28.44 Pelt 05/10/2025					PB (50m pool): 01:37.84 SB: 01:28.44 Pelt 05/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:42.63		01:28.44	
		00:42.63		00:45.81	
					

Coach feedback:

Event number: 4: 100M BACKSTROKE WOMEN 11+					Heat:10, starttime: 14:40
Heat: 10/11 Lane : 6 Athlete: BERGHMANS LAUREN					Q-time: 01:25:91
PB (25m pool): 01:25.91 Pelt 05/10/2025					PB (50m pool): 01:27.56 SB: 01:25.91 Pelt 05/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:42.09		01:25.91	
		00:42.09		00:43.82	
					

Coach feedback:

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Event number: 5: 100M BACKSTROKE MEN 11+					Heat:2, starttime: 14:46
Heat: 2/8 Lane : 4 Athlete: KONINCKX MATTHIAS					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 BACKSTROKE MEN 11+					Heat:2, starttime: 14:46
Heat: 2/8 Lane : 6 Athlete: KNOPS JELLE					Q-time: 99:99:99
PB (25m pool): 01:31.56 Bree 15/10/2023 PB (50m pool): 01:28.88 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:31.56	
	no time				
					

Coach feedback:

Event number: 5: 100M BACKSTROKE MEN 11+					Heat:5, starttime: 14:53
Heat: 5/8 Lane : 3 Athlete: ILGAZ EMRE					Q-time: 01:30:16
PB (25m pool): 01:30.16 Pelt 05/10/2025 PB (50m pool): 01:31.60 SB: 01:30.16 Pelt 05/10/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:43.76		01:30.16	
	00:43.76		00:46.40		
					

Coach feedback:

Event number: 6: 50M BREASTSTROKE WOMEN 11+					Heat:2, starttime: 15:18
Heat: 2/6 Lane : 1 Athlete: VANIERSCHOT KATO					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: 6: 50M BREASTSTROKE WOMEN 11+			Heat:4, starttime: 15:21
Heat: 4/6 Lane : 4 Athlete: VANHAEN ALISSIA			Q-time: 00:49:98
PB (25m pool): 00:49.98 Bree 21/12/2025			PB (50m pool): no time SB: 00:49.98 Bree 21/12/2025
	2 5 M	5 0 M	
PB		00:49.98	
		00:49.98	
			

Coach feedback:

Event number: 6: 50M BREASTSTROKE WOMEN 11+			Heat:4, starttime: 15:21
Heat: 4/6 Lane : 6 Athlete: BERGHMANS LAUREN			Q-time: 00:51:72
PB (25m pool): 00:51.72 Bree 21/12/2025			PB (50m pool): 00:53.39 SB: 00:51.72 Bree 21/12/2025
	2 5 M	5 0 M	
PB		00:51.72	
		00:51.72	
			

Coach feedback:

Event number: 7: 50M BREASTSTROKE MEN 11+			Heat:1, starttime: 15:25
Heat: 1/4 Lane : 4 Athlete: KONINCKX MATTHIAS			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 BREASTSTROKE MEN 11+			Heat:2, starttime: 15:26
Heat: 2/4 Lane : 3 Athlete: ILGAZ EMRE			Q-time: 00:54:89
PB (25m pool): 00:54.89 Bree 16/02/2025			PB (50m pool): 00:57.48 SB: no time
	2 5 M	5 0 M	
PB		00:54.89	
		00:54.89	
			

Coach feedback:

Regiocup Lommel: Session: 1: COACH evaluation sheet for TEAM: GZVN

Event number: 9: 200M MEDLEY WOMEN 11+							Heat:1, starttime: 15:46	
Heat: 1/9 Lane : 1 Athlete: VANIERSCHOT KATO							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: 9: 200M MEDLEY WOMEN 11+							Heat:3, starttime: 15:55	
Heat: 3/9 Lane : 4 Athlete: VANHAEN ALISSIA							Q-time: 03:39:77	
PB (25m pool): 03:39.77 Zaventem 21/06/2025				PB (50m pool): 03:34.08SB: 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		03:39.77
	no time							
								

Coach feedback:

Event number: 9: 200M MEDLEY WOMEN 11+							Heat:5, starttime: 16:04	
Heat: 5/9 Lane : 4 Athlete: BERGHMANS LAUREN							Q-time: 03:15:26	
PB (25m pool): 03:15.26 Pelt 05/10/2025			PB (50m pool): 03:19.95SB: 03:15.26 Pelt 05/10/2025					
	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		00:42.75		no time		no time		03:15.26
	00:42.75							
								

Coach feedback:

Event number: 9: 200M MEDLEY WOMEN 11+							Heat:7, starttime: 16:11	
Heat: 7/9 Lane : 1 Athlete: GABRIĒLS AMELIA							Q-time: 03:07:21	
PB (25m pool): 03:07.21 Pelt 05/10/2025				PB (50m pool): 03:07.52SB: 03:07.21 Pelt 05/10/2025				
	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		00:39.15		no time		no time		03:07.21
	00:39.15							
								

Coach feedback:

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Event number: 10: 200M MEDLEY MEN 11+							Heat:3, starttime: 16:31	
Heat: 3/7 Lane : 3 Athlete: ILGAZ EMRE							Q-time: 03:20:21	
PB (25m pool): 03:20.21 Pelt 05/10/2025			PB (50m pool): 03:21.21 SB: 03:20.21 Pelt 05/10/2025					
	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		00:42.80		no time		no time		03:20.21
	00:42.80							
								

Coach feedback:

Event number: 10: 200M MEDLEY MEN 11+							Heat:4, starttime: 16:36	
Heat: 4/7 Lane : 2 Athlete: KNOPS JELLE							Q-time: 03:09:00	
PB (25m pool): 03:09.00 Pelt 05/10/2025			PB (50m pool): no time SB: 03:09.00 Pelt 05/10/2025					
	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		00:39.22		no time		no time		03:09.00
	00:39.22							
								

Coach feedback: