

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

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: 3: 50M FREESTYLE MIXED 10-9			Heat:1, starttime: 14:11
Heat: 1/6 Lane : 3 Athlete: JANSSENS JANNE			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: 3: 50M FREESTYLE MIXED 10-9			Heat:1, starttime: 14:11
Heat: 1/6 Lane : 4 Athlete: JANS AMÉLIE			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: 3: 50M FREESTYLE MIXED 10-9			Heat:4, starttime: 14:15
Heat: 4/6 Lane : 6 Athlete: VERJANS AXELLE			Q-time: 00:50:04
PB (25m pool): 00:50.04 De Sprink Bree 31/05/2025			PB (50m pool): no time SB: no time
	2 5 M	5 0 M	
PB		00:50.04	
	00:50.04		
			

Coach feedback:

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

Event number: 4: 100M BACKSTROKE WOMEN 11+					Heat:1, starttime: 14:20
Heat: 1/11 Lane : 3 Athlete: LENAERTS JULIA					Q-time: 99:99:99
PB (25m pool): no time PB (50m pool): 01:43.53 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 BACKSTROKE WOMEN 11+					Heat:2, starttime: 14:22
Heat: 2/11 Lane : 1 Athlete: JASPERS LIEN					Q-time: 99:99:99
PB (25m pool): 01:22.81 Pelt 06/10/2024 PB (50m pool): 01:34.85 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:22.81	
	no time				
					

Coach feedback:

Event number: 4: 100M BACKSTROKE WOMEN 11+					Heat:2, starttime: 14:22
Heat: 2/11 Lane : 4 Athlete: VANIERSCHOT LINA					Q-time: 99:99:99
PB (25m pool): 01:19.94 LEUVEN 14/05/2023 PB (50m pool): 01:24.52 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:19.94	
	no time				
					

Coach feedback:

Event number: 4: 100M BACKSTROKE WOMEN 11+					Heat:3, starttime: 14:25
Heat: 3/11 Lane : 5 Athlete: LIZIN NEL					Q-time: 01:54:97
PB (25m pool): 01:54.97 De Sprink Bree 31/05/2025 PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:55.62		01:54.97	
	00:55.62 00:59.35				
					

Coach feedback:

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

Event number: 4: 100M BACKSTROKE WOMEN 11+					Heat:4, starttime: 14:27
Heat: 4/11 Lane : 3 Athlete: TAIBI AYA					Q-time: 01:41:04
PB (25m pool): no time					PB (50m pool): 01:41.04 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 BACKSTROKE WOMEN 11+					Heat:4, starttime: 14:27
Heat: 4/11 Lane : 5 Athlete: DANIELS LOTTE					Q-time: 01:44:62
PB (25m pool): 01:49.25 De Sprink Bree 31/05/2025					PB (50m pool): 01:44.62 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:53.04		01:49.25	
	00:53.04 00:56.21				
					

Coach feedback:

Event number: 4: 100M BACKSTROKE WOMEN 11+					Heat:6, starttime: 14:31
Heat: 6/11 Lane : 1 Athlete: STRIGENCZ ELIEN					Q-time: 01:35:08
PB (25m pool): no time					PB (50m pool): 01:35.08 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 BACKSTROKE WOMEN 11+					Heat:7, starttime: 14:34
Heat: 7/11 Lane : 1 Athlete: VAN GUYSE ADA					Q-time: 01:30:59
PB (25m pool): 01:31.67 Hasselt 04/05/2025					PB (50m pool): 01:30.59 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:44.51		01:31.67	
	00:44.51 00:47.16				
					

Coach feedback:

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

Event number: 4: 100M BACKSTROKE WOMEN 11+					Heat:7, starttime: 14:34
Heat: 7/11 Lane : 5 Athlete: PUT TYANA					Q-time: 01:30:16
PB (25m pool): 01:30.16 Temse 17/11/2025					PB (50m pool): 01:35.59 SB: 01:30.16 Temse 17/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:44.03		01:30.16	
	00:44.03		00:46.13		
					

Coach feedback:

Event number: 4: 100M BACKSTROKE WOMEN 11+					Heat:9, starttime: 14:38
Heat: 9/11 Lane : 3 Athlete: GERETS ANNELIEN					Q-time: 01:26:51
PB (25m pool): 01:26.51 Hasselt 04/05/2025					PB (50m pool): 01:27.42 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:42.25		01:26.51	
	00:42.25		00:44.26		
					

Coach feedback:

Event number: 4: 100M BACKSTROKE WOMEN 11+					Heat:9, starttime: 14:38
Heat: 9/11 Lane : 4 Athlete: BEVERNAGE TRIX					Q-time: 01:26:66
PB (25m pool): 01:27.13 Temse 17/11/2025					PB (50m pool): 01:26.66 SB: 01:27.13 Temse 17/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:43.21		01:27.13	
	00:43.21		00:43.92		
					

Coach feedback:

Event number: 4: 100M BACKSTROKE WOMEN 11+					Heat:10, starttime: 14:40
Heat: 10/11 Lane : 4 Athlete: VANDER MEER NOOR					Q-time: 01:23:74
PB (25m pool): 01:20.63 Beringen 08/02/2026					PB (50m pool): 01:23.64 SB: 01:20.63 Beringen 08/02/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:20.63	
	no time				
					

Coach feedback:

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

Event number: 4: 100M BACKSTROKE WOMEN 11+					Heat:11, starttime: 14:41
Heat: 11/11 Lane : 1 Athlete: FRANSSEN LYNA					Q-time: 01:22:57
PB (25m pool): 01:22.57 Hasselt 12/10/2025					PB (50m pool): 01:26.16 SB: 01:22.57 Hasselt 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:41.05		01:22.57	
	00:41.05		00:41.52		
					

Coach feedback:

Event number: 5: 100M BACKSTROKE MEN 11+					Heat:3, starttime: 14:48
Heat: 3/8 Lane : 5 Athlete: BRUNINX VICTOR					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:3, starttime: 14:48
Heat: 3/8 Lane : 6 Athlete: BRUNINX LEON					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:4, starttime: 14:51
Heat: 4/8 Lane : 1 Athlete: MATHIJS CORNEEL					Q-time: 01:41:77
PB (25m pool): 01:41.77 Bree 16/02/2025					PB (50m pool): 01:44.44 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:50.37		01:41.77	
	00:50.37		00:51.40		
					

Coach feedback:

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

Event number: 5: 100M BACKSTROKE MEN 11+					Heat:4, starttime: 14:51
Heat: 4/8 Lane : 4 Athlete: SPREUWERS LEI					Q-time: 01:37:29
PB (25m pool): 01:34.28 Beringen 08/02/2026					PB (50m pool): 01:37.29 SB: 01:34.28 Beringen 08/02/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:34.28	
	no time				
					

Coach feedback:

Event number: 6: 50M BREASTSTROKE WOMEN 11+					Heat:4, starttime: 15:21
Heat: 4/6 Lane : 3 Athlete: VAN GUYSE ADA					Q-time: 00:46:90
PB (25m pool): 00:46.90 Hasselt 04/05/2025					PB (50m pool): no time SB: no time
	2 5 M	5 0 M			
PB		00:46.90			
	00:46.90				
					

Coach feedback:

Event number: 6: 50M BREASTSTROKE WOMEN 11+					Heat:5, starttime: 15:22
Heat: 5/6 Lane : 2 Athlete: PUT TYANA					Q-time: 00:45:99
PB (25m pool): 00:45.99 Hasselt 04/05/2025					PB (50m pool): 00:47.63 SB: no time
	2 5 M	5 0 M			
PB		00:45.99			
	00:45.99				
					

Coach feedback:

Event number: 6: 50M BREASTSTROKE WOMEN 11+					Heat:6, starttime: 15:23
Heat: 6/6 Lane : 5 Athlete: FRANSSEN LYNA					Q-time: 00:41:57
PB (25m pool): 00:41.57 Hasselt 12/10/2025					PB (50m pool): no time SB: 00:41.57 Hasselt 12/10/2025
	2 5 M	5 0 M			
PB		00:41.57			
	00:41.57				
					

Coach feedback:

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

Event number: 7: 50M BREASTSTROKE MEN 11+				Heat:1, starttime: 15:25
Heat: 1/4 Lane : 1 Athlete: BRUNINX VICTOR				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: 100M BACKSTROKE MIXED 10-9					Heat:1, starttime: 15:31
Heat: 1/6 Lane : 3 Athlete: VERJANS AXELLE					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: 8: 100M BACKSTROKE MIXED 10-9					Heat:3, starttime: 15:36
Heat: 3/6 Lane : 4 Athlete: JANS AMÉLIE					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: 8: 100M BACKSTROKE MIXED 10-9					Heat:4, starttime: 15:38
Heat: 4/6 Lane : 1 Athlete: JANSSENS JANNE					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:

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

Event number: 9: 200M MEDLEY WOMEN 11+							Heat:1, starttime: 15:46	
Heat: 1/9 Lane : 4 Athlete: LENAERTS JULIA							Q-time: 99:99:99	
PB (25m pool): no time			PB (50m pool): 03:23.32SB: 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:1, starttime: 15:46	
Heat: 1/9 Lane : 5 Athlete: VANIERSCHOT LINA							Q-time: 99:99:99	
PB (25m pool): 02:54.01 3500 Hasselt 28/04/2024				PB (50m pool): 02:58.15SB: 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		02:54.01
	no time							
								

Coach feedback:

Event number: 9: 200M MEDLEY WOMEN 11+							Heat:2, starttime: 15:51	
Heat: 2/9 Lane : 3 Athlete: LIZIN NEL							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:2, starttime: 15:51	
Heat: 2/9 Lane : 4 Athlete: DANIELS LOTTE							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:

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

Event number: 9: 200M MEDLEY WOMEN 11+							Heat:2, starttime: 15:51	
Heat: 2/9 Lane : 6 Athlete: TAIBI AYA							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 : 6 Athlete: STRIGENCZ ELIEN							Q-time: 99:99:99	
PB (25m pool): no time			PB (50m pool): 03:25.34SB: 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:4, starttime: 16:00	
Heat: 4/9 Lane : 4 Athlete: PUT TYANA							Q-time: 03:26:75	
PB (25m pool): 03:26.75 Pelt 05/10/2025			PB (50m pool): 03:32.42SB: 03:26.75 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		00:48.08		no time		no time		03:26.75
	00:48.08							
								

Coach feedback:

Event number: 9: 200M MEDLEY WOMEN 11+							Heat:6, starttime: 16:08	
Heat: 6/9 Lane : 2 Athlete: VANDER MEER NOOR							Q-time: 03:10:24	
PB (25m pool): 03:10.94 Pelt 05/10/2025			PB (50m pool): 03:10.24SB: 03:10.94 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		00:44.20		no time		no time		03:10.94
	00:44.20							
								

Coach feedback:

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

Event number: 9: 200M MEDLEY WOMEN 11+							Heat:6, starttime: 16:08	
Heat: 6/9 Lane : 5 Athlete: BEVERNAGE TRIX							Q-time: 03:10:83	
PB (25m pool): 03:19.38 Pelt 05/10/2025				PB (50m pool): 03:10.83SB: 03:19.38 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		00:46.81		no time		no time		03:19.38
	00:46.81							
								

Coach feedback:

Event number: 9: 200M MEDLEY WOMEN 11+							Heat:6, starttime: 16:08	
Heat: 6/9 Lane : 6 Athlete: VAN GUYSE ADA							Q-time: 03:11:67	
PB (25m pool): 03:11.67 3500 Hasselt 23/11/2025				PB (50m pool): 03:15.02SB: 03:11.67 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		00:44.40		01:32.46		02:26.71		03:11.67
	00:44.40		00:48.06		00:54.25		00:44.96	
								

Coach feedback:

Event number: 9: 200M MEDLEY WOMEN 11+							Heat:8, starttime: 16:15	
Heat: 8/9 Lane : 4 Athlete: JASPERS LIEN							Q-time: 02:55:56	
PB (25m pool): 02:55.56 Pelt 05/10/2025				PB (50m pool): 03:00.40SB: 02:55.56 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		00:38.22		no time		no time		02:55.56
	00:38.22							
								

Coach feedback:

Event number: 9: 200M MEDLEY WOMEN 11+							Heat:8, starttime: 16:15	
Heat: 8/9 Lane : 6 Athlete: FRANSSEN LYNA							Q-time: 03:02:23	
PB (25m pool): 03:03.52 Bree 16/02/2025				PB (50m pool): 03:02.23SB: 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		00:42.47		no time		no time		03:03.52
	00:42.47							
								

Coach feedback:

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

Event number: 9: 200M MEDLEY WOMEN 11+							Heat:9, starttime: 16:18	
Heat: 9/9 Lane : 6 Athlete: GERETS ANNELIEN							Q-time: 02:54:84	
PB (25m pool): 02:54.84 3500 Hasselt 23/11/2025				PB (50m pool): 03:00.94SB: 02:54.84 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		00:38.00		01:22.23		02:14.21		02:54.84
	00:38.00		00:44.23		00:51.98		00:40.63	
								

Coach feedback:

Event number: 10: 200M MEDLEY MEN 11+							Heat:1, starttime: 16:22	
Heat: 1/7 Lane : 3 Athlete: SPREUWERS LEI							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: 10: 200M MEDLEY MEN 11+							Heat:3, starttime: 16:31	
Heat: 3/7 Lane : 4 Athlete: BRUNINX LEON							Q-time: 03:22:70	
PB (25m pool): 03:22.70 3500 Hasselt 23/11/2025				PB (50m pool): no time SB: 03:22.70 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		00:43.08		01:34.63		02:35.06		03:22.70
	00:43.08		00:51.55		01:00.43		00:47.64	
								

Coach feedback:

Event number: 10: 200M MEDLEY MEN 11+							Heat:3, starttime: 16:31	
Heat: 3/7 Lane : 6 Athlete: MATHIJS CORNEEL							Q-time: 03:50:91	
PB (25m pool): 03:50.91 Bree 21/12/2025				PB (50m pool): no time SB: 03:50.91 Bree 21/12/2025				
	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		00:56.01		no time		no time		03:50.91
	00:56.01							
								

Coach feedback:

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

Event number: 11: 4x100M FREESTYLE WOMEN 11+							Heat:1, starttime: 16:55	
Heat: 1/2 Lane : 3 Athlete: TEAM HZS 2							Q-time: 05:45:52	
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:

Event number: 11: 4x100M FREESTYLE WOMEN 11+							Heat:2, starttime: 17:01	
Heat: 2/2 Lane : 1 Athlete: TEAM HZS 3							Q-time: 05:10:14	
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:

Event number: 11: 4x100M FREESTYLE WOMEN 11+							Heat:2, starttime: 17:01	
Heat: 2/2 Lane : 2 Athlete: TEAM HZS 1							Q-time: 04:58:68	
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:

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

Event number: 12: 4x100M FREESTYLE MEN 11+							Heat:1, starttime: 17:07	
Heat: 1/1 Lane : 1 Athlete: TEAM HZS 1							Q-time: 05:51:15	
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: