

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

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: 2: 200M BUTTERFLY MEN 11+

Heat:1, starttime: 14:04

Heat: 1/2 Lane : 3 Athlete: MANNAERTS MATHIAS

Q-time: 03:10:68

PB (25m pool): 03:10.68 3500 Hasselt 23/11/2025

PB (50m pool): no time

SB: 03:10.68

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		00:39.45		01:29.49		02:21.87		03:10.68
	00:39.45		00:50.04		00:52.38		00:48.81	
								

Coach feedback:

Event number: 2: 200M BUTTERFLY MEN 11+

Heat:2, starttime: 14:08

Heat: 2/2 Lane : 4 Athlete: GERITS TUUR

Q-time: 02:37:52

PB (25m pool): 02:37.52 3500 Hasselt 23/11/2025

PB (50m pool): no time

SB: 02:37.52

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		00:35.91		01:17.54		02:01.61		02:37.52
	00:35.91		00:41.63		00:44.07		00:35.91	
								

Coach feedback:

Event number: 2: 200M BUTTERFLY MEN 11+

Heat:2, starttime: 14:08

Heat: 2/2 Lane : 5 Athlete: JANSSEN LANDER

Q-time: 02:45:62

PB (25m pool): 02:45.62 3500 Hasselt 23/11/2025

PB (50m pool): no time

SB: 02:45.62

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		00:37.01		01:19.56		02:04.00		02:45.62
	00:37.01		00:42.55		00:44.44		00:41.62	
								

Coach feedback:

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

Event number: 3: 50M FREESTYLE MIXED 10-9				Heat:2, starttime: 14:13
Heat: 2/6 Lane : 4 Athlete: MERTENS LISA				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 BACKSTROKE WOMEN 11+					Heat:1, starttime: 14:20
Heat: 1/11 Lane : 2 Athlete: MANNAERTS ROSANNE					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: 4: 100M BACKSTROKE WOMEN 11+					Heat:1, starttime: 14:20
Heat: 1/11 Lane : 4 Athlete: LEMMENS WIES					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: 4: 100M BACKSTROKE WOMEN 11+					Heat:2, starttime: 14:22
Heat: 2/11 Lane : 5 Athlete: ABAS NOUR					Q-time: 99:99:99
PB (25m pool): 01:37.37 Bree 21/12/2025		PB (50m pool): no time SB: 01:37.37 Bree 21/12/2025			
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:46.54		01:37.37	
	00:46.54		00:50.83		
					

Coach feedback:

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

Event number: 4: 100M BACKSTROKE WOMEN 11+					Heat:3, starttime: 14:25
Heat: 3/11 Lane : 6 Athlete: LODEWIJKS FLOOR					Q-time: 99:99:99
PB (25m pool): 01:33.19 Bree 24/10/2021					PB (50m pool): 01:43.20 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:33.19	
	no time				
					

Coach feedback:

Event number: 4: 100M BACKSTROKE WOMEN 11+					Heat:8, starttime: 14:36
Heat: 8/11 Lane : 2 Athlete: VAN HAM MARIE					Q-time: 01:29:25
PB (25m pool): 01:29.25 Bree 01/06/2025					PB (50m pool): 01:33.59 SB: 01:29.29 Nijlen 16/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:43.01		01:29.25	
	00:43.01 00:46.24				
					

Coach feedback:

Event number: 4: 100M BACKSTROKE WOMEN 11+					Heat:11, starttime: 14:41
Heat: 11/11 Lane : 4 Athlete: MICHIELS ANS					Q-time: 01:16:41
PB (25m pool): 01:15.70 Stedelijk Zwembad Geel 15/02/2026					PB (50m pool): 01:19.85 SB: 01:15.70 Stedelijk Zwembad Geel 15/02/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.20		01:15.70	
	00:37.20 00:38.50				
					

Coach feedback:

Event number: 5: 100M BACKSTROKE MEN 11+					Heat:3, starttime: 14:48
Heat: 3/8 Lane : 2 Athlete: MANNAERTS MARTIJN					Q-time: 01:49:12
PB (25m pool): 01:49.12 Bree 21/12/2025					PB (50m pool): 01:56.74 SB: 01:49.12 Bree 21/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:53.31		01:49.12	
	00:53.31 00:55.81				
					

Coach feedback:

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

Event number: 5: 100M BACKSTROKE MEN 11+					Heat:6, starttime: 14:55
Heat: 6/8 Lane : 6 Athlete: HURKMANS CÉDRIC					Q-time: 01:29:23
PB (25m pool): 01:29.23 Hasselt 12/10/2025					PB (50m pool): 01:31.86 SB: 01:29.23 Hasselt 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:43.64		01:29.23	
	00:43.64		00:45.59		
					

Coach feedback:

Event number: 5: 100M BACKSTROKE MEN 11+					Heat:7, starttime: 14:57
Heat: 7/8 Lane : 2 Athlete: LODEWIJKS KORNEEL					Q-time: 01:16:25
PB (25m pool): 01:16.25 Bree 21/12/2025					PB (50m pool): no time SB: 01:16.25 Bree 21/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.75		01:16.25	
	00:36.75		00:39.50		
					

Coach feedback:

Event number: 5: 100M BACKSTROKE MEN 11+					Heat:8, starttime: 14:59
Heat: 8/8 Lane : 2 Athlete: MICHIELS PIETER					Q-time: 01:06:63
PB (25m pool): 01:06.63 3500 Hasselt 20/10/2024					PB (50m pool): 01:10.92 SB: 01:06.84 Hasselt 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.19		01:06.63	
	00:32.19		00:34.44		
					

Coach feedback:

Event number: 5: 100M BACKSTROKE MEN 11+					Heat:8, starttime: 14:59
Heat: 8/8 Lane : 3 Athlete: TOPS MIKA					Q-time: 01:01:92
PB (25m pool): 01:01.92 Stedelijk Zwembad Geel 11/02/2024					PB (50m pool): 01:05.98 SB: 01:03.53 Hasselt 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:01.92	
	no time				
					

Coach feedback:

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

Event number: 5: 100M BACKSTROKE MEN 11+					Heat:8, starttime: 14:59
Heat: 8/8 Lane : 4 Athlete: JANSSEN LANDER					Q-time: 01:05:15
PB (25m pool): 01:05.15 Bree 21/12/2025					PB (50m pool): 01:07.14 SB: 01:05.15 Bree 21/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.92		01:05.15	
	00:32.92		00:32.23		
					

Coach feedback:

Event number: 5: 100M BACKSTROKE MEN 11+					Heat:8, starttime: 14:59
Heat: 8/8 Lane : 5 Athlete: GERITS TUUR					Q-time: 01:09:53
PB (25m pool): 01:09.53 Bree 21/12/2025					PB (50m pool): 01:23.60 SB: 01:09.53 Bree 21/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.71		01:09.53	
	00:33.71		00:35.82		
					

Coach feedback:

Event number: 5: 100M BACKSTROKE MEN 11+					Heat:8, starttime: 14:59
Heat: 8/8 Lane : 6 Athlete: MANNAERTS MATHIAS					Q-time: 01:11:55
PB (25m pool): 01:11.55 Bree 21/12/2025					PB (50m pool): 01:13.25 SB: 01:11.55 Bree 21/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.86		01:11.55	
	00:34.86		00:36.69		
					

Coach feedback:

Event number: 6: 50M BREASTSTROKE WOMEN 11+					Heat:2, starttime: 15:18
Heat: 2/6 Lane : 2 Athlete: ABAS NOUR					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:

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

Event number: 6: 50M BREASTSTROKE WOMEN 11+			Heat:2, starttime: 15:18
Heat: 2/6 Lane : 3 Athlete: COCHET LANTE			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: 6: 50M BREASTSTROKE WOMEN 11+			Heat:2, starttime: 15:18
Heat: 2/6 Lane : 5 Athlete: DAEMS LOTTE			Q-time: 99:99:99
PB (25m pool): 00:58.11 Bree 21/12/2025 PB (50m pool): no time SB: 00:58.11 Bree 21/12/2025			
	2 5 M	5 0 M	
PB		00:58.11	
	00:58.11		
			

Coach feedback:

Event number: 6: 50M BREASTSTROKE WOMEN 11+			Heat:3, starttime: 15:19
Heat: 3/6 Lane : 1 Athlete: VAN HAM MARIE			Q-time: 01:00:43
PB (25m pool): 01:00.43 De Sprink 23/12/2023 PB (50m pool): no time SB: no time			
	2 5 M	5 0 M	
PB		01:00.43	
	01:00.43		
			

Coach feedback:

Event number: 6: 50M BREASTSTROKE WOMEN 11+			Heat:3, starttime: 15:19
Heat: 3/6 Lane : 5 Athlete: SLEDDENS SANNE			Q-time: 00:58:11
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:

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

Event number: 6: 50M BREASTSTROKE WOMEN 11+			Heat:3, starttime: 15:19
Heat: 3/6 Lane : 6 Athlete: VAN BRAECKEL FIEN			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: 6: 50M BREASTSTROKE WOMEN 11+			Heat:6, starttime: 15:23
Heat: 6/6 Lane : 1 Athlete: JANSEN NINA			Q-time: 00:44:01
PB (25m pool): 00:50.28 De Sprink 04/06/2023			PB (50m pool): no time SB: no time
	2 5 M	5 0 M	
PB		00:50.28	
	00:50.28		
			

Coach feedback:

Event number: 6: 50M BREASTSTROKE WOMEN 11+			Heat:6, starttime: 15:23
Heat: 6/6 Lane : 3 Athlete: LODEWIJKS FLOOR			Q-time: 00:39:11
PB (25m pool): 00:39.11 Stedelijk Zwembad Geel 16/02/2025			PB (50m pool): 00:40.48 SB: 00:39.21 Nijlen 16/11/2025
	2 5 M	5 0 M	
PB		00:39.11	
	00:39.11		
			

Coach feedback:

Event number: 6: 50M BREASTSTROKE WOMEN 11+			Heat:6, starttime: 15:23
Heat: 6/6 Lane : 4 Athlete: LEMMENS WIES			Q-time: 00:39:49
PB (25m pool): 00:40.33 3500 Hasselt 28/04/2024			PB (50m pool): 00:41.22 SB: 00:40.74 Bree 21/12/2025
	2 5 M	5 0 M	
PB		00:40.33	
	00:40.33		
			

Coach feedback:

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

Event number: 6: 50M BREASTSTROKE WOMEN 11+			Heat:6, starttime: 15:23
Heat: 6/6 Lane : 6 Athlete: DE LAAT ELENA			Q-time: 00:44:77
PB (25m pool): 00:47.24 Nijlen 16/11/2025			PB (50m pool): no time SB: 00:47.24 Nijlen 16/11/2025
	2 5 M	5 0 M	
PB		00:47.24	
		00:47.24	
			

Coach feedback:

Event number: 7: 50M BREASTSTROKE MEN 11+			Heat:2, starttime: 15:26
Heat: 2/4 Lane : 1 Athlete: WOJCIK VIKTOR			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 : 4 Athlete: MANNAERTS MARTIJN			Q-time: 00:59:24
PB (25m pool): 00:59.24 Stedelijk Zwembad Geel 16/02/2025			PB (50m pool): 01:01.82 SB: 00:59.63 Nijlen 16/11/2025
	2 5 M	5 0 M	
PB		00:59.24	
		00:59.24	
			

Coach feedback:

Event number: 7: 50M BREASTSTROKE MEN 11+			Heat:3, starttime: 15:28
Heat: 3/4 Lane : 3 Athlete: LODEWIJKS KORNEEL			Q-time: 00:38:16
PB (25m pool): 00:38.16 Bree 21/12/2025			PB (50m pool): 00:43.02 SB: 00:38.16 Bree 21/12/2025
	2 5 M	5 0 M	
PB		00:38.16	
		00:38.16	
			

Coach feedback:

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

Event number: 7: 50M BREASTSTROKE MEN 11+			Heat:4, starttime: 15:29
Heat: 4/4 Lane : 1 Athlete: GERITS TUUR			Q-time: 00:37:28
PB (25m pool): 00:34.91 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 00:41.19 SB: 00:34.91 Stedelijk Zwembad Geel 15/02/2026			
	2 5 M	5 0 M	
PB		00:34.91	
	00:34.91		
			

Coach feedback:

Event number: 7: 50M BREASTSTROKE MEN 11+			Heat:4, starttime: 15:29
Heat: 4/4 Lane : 2 Athlete: KAMAGATE TAMSI			Q-time: 00:33:51
PB (25m pool): 00:32.67 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 00:34.22 SB: 00:32.67 Stedelijk Zwembad Geel 15/02/2026			
	2 5 M	5 0 M	
PB		00:32.67	
	00:32.67		
			

Coach feedback:

Event number: 7: 50M BREASTSTROKE MEN 11+			Heat:4, starttime: 15:29
Heat: 4/4 Lane : 3 Athlete: JANSEN TOON			Q-time: 00:33:06
PB (25m pool): 00:33.06 Hasselt 12/10/2025 PB (50m pool): 00:34.21 SB: 00:33.06 Hasselt 12/10/2025			
	2 5 M	5 0 M	
PB		00:33.06	
	00:33.06		
			

Coach feedback:

Event number: 7: 50M BREASTSTROKE MEN 11+			Heat:4, starttime: 15:29
Heat: 4/4 Lane : 4 Athlete: TOPS MIKA			Q-time: 00:33:40
PB (25m pool): 00:33.40 Hasselt 12/10/2025 PB (50m pool): 00:36.50 SB: 00:33.40 Hasselt 12/10/2025			
	2 5 M	5 0 M	
PB		00:33.40	
	00:33.40		
			

Coach feedback:

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

Event number: 7: 50M BREASTSTROKE MEN 11+										Heat:4, starttime: 15:29	
Heat: 4/4 Lane : 5 Athlete: MICHIELS PIETER									Q-time: 00:33:95		
PB (25m pool): 00:33.95 3500 Hasselt 28/04/2024										PB (50m pool): 00:36.41 SB: 00:35.05 Stedelijk Zwembad Geel 15/02/2026	
	2 5 M		5 0 M								
PB			00:33.95								
	00:33.95										
											

Coach feedback:

Event number: 9: 200M MEDLEY WOMEN 11+						Heat:1, starttime: 15:46		
Heat: 1/9 Lane : 3 Athlete: DE LAAT ELENA						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 : 5 Athlete: COCHET LANTE						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:8, starttime: 16:15		
Heat: 8/9 Lane : 5 Athlete: JANSEN NINA						Q-time: 02:57:10		
PB (25m pool): 02:57.10 3500 Hasselt 23/11/2025						PB (50m pool): 02:58.43 SB: 02:57.10 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		00:41.31		01:25.20		02:18.17		02:57.10
	00:41.31		00:43.89		00:52.97		00:38.93	
								

Coach feedback:

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

Event number: 9: 200M MEDLEY WOMEN 11+							Heat:9, starttime: 16:18	
Heat: 9/9 Lane : 5 Athlete: MICHIELS ANS							Q-time: 02:52:92	
PB (25m pool): 02:52.92 Hasselt 12/10/2025				PB (50m pool): 03:00.81 SB: 02:52.92 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		00:36.46		no time		no time		02:52.92
	00:36.46							
								

Coach feedback:

Event number: 10: 200M MEDLEY MEN 11+							Heat:5, starttime: 16:39	
Heat: 5/7 Lane : 1 Athlete: HURKMANS CédRIC							Q-time: 03:04:70	
PB (25m pool): 03:04.70 3500 Hasselt 23/11/2025				PB (50m pool): 03:14.27SB: 03:04.70 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		00:38.58		01:27.78		02:23.11		03:04.70
	00:38.58		00:49.20		00:55.33		00:41.59	
								

Coach feedback:

Event number: 10: 200M MEDLEY MEN 11+							Heat:6, starttime: 16:43	
Heat: 6/7 Lane : 2 Athlete: MANNAERTS MATHIAS							Q-time: 02:43:07	
PB (25m pool): 02:43.07 Pelt 05/10/2025				PB (50m pool): 02:41.92SB: 02:43.07 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		00:36.00		no time		no time		02:43.07
	00:36.00							
								

Coach feedback:

Event number: 10: 200M MEDLEY MEN 11+							Heat:6, starttime: 16:43	
Heat: 6/7 Lane : 6 Athlete: LODEWIJKS KORNEEL							Q-time: 02:52:69	
PB (25m pool): 02:52.69 Pelt 05/10/2025				PB (50m pool): no time SB: 02:52.69 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		00:37.98		no time		no time		02:52.69
	00:37.98							
								

Coach feedback:

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

Event number: 10: 200M MEDLEY MEN 11+							Heat:7, starttime: 16:46	
Heat: 7/7 Lane : 1 Athlete: JANSEN TOON							Q-time: 02:26:96	
PB (25m pool): 02:26.96 Mol 28/12/2025				PB (50m pool): 02:33.95SB: 02:26.96 Mol 28/12/2025				
	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		00:31.21		01:10.77		01:52.61		02:26.96
	00:31.21		00:39.56		00:41.84		00:34.35	
								

Coach feedback:

Event number: 10: 200M MEDLEY MEN 11+							Heat:7, starttime: 16:46	
Heat: 7/7 Lane : 4 Athlete: TOPS MIKA							Q-time: 02:22:84	
PB (25m pool): 02:22.84 Pelt 05/10/2025				PB (50m pool): 02:26.52SB: 02:22.84 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		00:29.61		no time		no time		02:22.84
	00:29.61							
								

Coach feedback:

Event number: 10: 200M MEDLEY MEN 11+							Heat:7, starttime: 16:46	
Heat: 7/7 Lane : 5 Athlete: KAMAGATE TAMSI							Q-time: 02:26:41	
PB (25m pool): 02:26.41 Mol 28/12/2025				PB (50m pool): 02:42.30SB: 02:26.41 Mol 28/12/2025				
	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		00:32.64		01:14.21		01:55.10		02:26.41
	00:32.64		00:41.57		00:40.89		00:31.31	
								

Coach feedback:

Event number: 10: 200M MEDLEY MEN 11+							Heat:7, starttime: 16:46	
Heat: 7/7 Lane : 6 Athlete: JANSSEN LANDER							Q-time: 02:27:72	
PB (25m pool): 02:27.72 Mol 28/12/2025				PB (50m pool): 02:32.28SB: 02:27.72 Mol 28/12/2025				
	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		00:32.50		01:08.86		01:53.76		02:27.72
	00:32.50		00:36.36		00:44.90		00:33.96	
								

Coach feedback:

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

Event number: 11: 4x100M FREESTYLE WOMEN 11+							Heat:2, starttime: 17:01	
Heat: 2/2 Lane : 3 Athlete: TEAM LWB 1							Q-time: 04:37:41	
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: 12: 4x100M FREESTYLE MEN 11+							Heat:1, starttime: 17:07	
Heat: 1/1 Lane : 2 Athlete: TEAM LWB 2							Q-time: 04:14:13	
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: 12: 4x100M FREESTYLE MEN 11+							Heat:1, starttime: 17:07	
Heat: 1/1 Lane : 3 Athlete: TEAM LWB 1							Q-time: 03:54:57	
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: