

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

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: 1: 200M BUTTERFLY WOMEN 11+							Heat:1, starttime: 14:00	
Heat: 1/1 Lane : 3 Athlete: JANSSENS MARTHE							Q-time: 02:52:84	
PB (25m pool): 02:47.37 Bree 18/02/2024			PB (50m pool): no time SB: 02:52.84 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		no time		no time		no time		02:47.37
	no time							
								

Coach feedback:

Event number: 3: 50M FREESTYLE MIXED 10-9							Heat:3, starttime: 14:14	
Heat: 3/6 Lane : 3 Athlete: COOLEN ANN-SOPHIE							Q-time: 00:50:44	
PB (25m pool): 00:50.44 Bree 16/02/2025							PB (50m pool): 00:53.69 SB: no time	
	2 5 M		5 0 M					
PB			00:50.44					
			00:50.44					
								

Coach feedback:

Event number: 4: 100M BACKSTROKE WOMEN 11+										Heat:3, starttime: 14:25	
Heat: 3/11 Lane : 2 Athlete: MERLO ANNELIE									Q-time: 01:51:71		
PB (25m pool): 01:51.71 Pelt 05/10/2025					PB (50m pool): no time SB: 01:51.71 Pelt 05/10/2025						
	2 5 M		5 0 M		7 5 M		1 0 0 M				
PB			00:55.06				01:51.71				
	00:55.06				00:56.65						
											

Coach feedback:

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Event number: 4: 100M BACKSTROKE WOMEN 11+					Heat:4, starttime: 14:27
Heat: 4/11 Lane : 1 Athlete: DRIJKONINGEN LIEN					Q-time: 01:45:61
PB (25m pool): 01:45.61 Bree 16/02/2025					PB (50m pool): 01:53.80 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:50.43		01:45.61	
	00:50.43		00:55.18		
					

Coach feedback:

Event number: 4: 100M BACKSTROKE WOMEN 11+					Heat:5, starttime: 14:29
Heat: 5/11 Lane : 1 Athlete: COOLEN HANNELORE					Q-time: 01:37:77
PB (25m pool): 01:37.77 Pelt 05/10/2025					PB (50m pool): 01:50.34 SB: 01:37.77 Pelt 05/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:47.97		01:37.77	
	00:47.97		00:49.80		
					

Coach feedback:

Event number: 4: 100M BACKSTROKE WOMEN 11+					Heat:6, starttime: 14:31
Heat: 6/11 Lane : 5 Athlete: MERLO MAGALI					Q-time: 01:34:48
PB (25m pool): 01:34.48 Bree 16/02/2025					PB (50m pool): 01:43.53 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:46.99		01:34.48	
	00:46.99		00:47.49		
					

Coach feedback:

Event number: 5: 100M BACKSTROKE MEN 11+					Heat:5, starttime: 14:53
Heat: 5/8 Lane : 4 Athlete: ZEEUW MAX					Q-time: 01:31:41
PB (25m pool): 01:31.41 Pelt 05/10/2025					PB (50m pool): 01:36.91 SB: 01:31.41 Pelt 05/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:45.33		01:31.41	
	00:45.33		00:46.08		
					

Coach feedback:

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Event number: 5: 100M BACKSTROKE MEN 11+					Heat:6, starttime: 14:55
Heat: 6/8 Lane : 2 Athlete: JANSSEN DRIES					Q-time: 01:26:16
PB (25m pool): 01:26.16 Pelt 05/10/2025					PB (50m pool): 01:29.40 SB: 01:26.16 Pelt 05/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:42.39		01:26.16	
	00:42.39		00:43.77		
					

Coach feedback:

Event number: 5: 100M BACKSTROKE MEN 11+					Heat:7, starttime: 14:57
Heat: 7/8 Lane : 3 Athlete: SCHOOF S TUUR					Q-time: 01:13:66
PB (25m pool): 01:13.66 Bree 21/12/2025					PB (50m pool): 01:16.20 SB: 01:13.66 Bree 21/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.91		01:13.66	
	00:35.91		00:37.75		
					

Coach feedback:

Event number: 6: 50M BREASTSTROKE WOMEN 11+					Heat:1, starttime: 15:16
Heat: 1/6 Lane : 3 Athlete: MERLO ANNELIE					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:3, starttime: 15:19
Heat: 3/6 Lane : 2 Athlete: DRIJKONINGEN LIEN					Q-time: 00:55:79
PB (25m pool): 00:55.79 Hasselt 12/10/2025					PB (50m pool): 01:00.02 SB: 00:55.79 Hasselt 12/10/2025
	2 5 M	5 0 M			
PB		00:55.79			
	00:55.79				
					

Coach feedback:

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Event number: 6: 50M BREASTSTROKE WOMEN 11+			Heat:3, starttime: 15:19
Heat: 3/6 Lane : 4 Athlete: OLAERTS TESS			Q-time: 00:54:80
PB (25m pool): no time			PB (50m pool): 00:54.80 SB: no time
	2 5 M	5 0 M	
PB		no time	
	no time		
			

Coach feedback:

Event number: 6: 50M BREASTSTROKE WOMEN 11+			Heat:4, starttime: 15:21
Heat: 4/6 Lane : 2 Athlete: MERLO MAGALI			Q-time: 00:49:99
PB (25m pool): 00:49.99 Bree 21/12/2025			PB (50m pool): 00:51.80 SB: 00:49.99 Bree 21/12/2025
	2 5 M	5 0 M	
PB		00:49.99	
	00:49.99		
			

Coach feedback:

Event number: 6: 50M BREASTSTROKE WOMEN 11+			Heat:5, starttime: 15:22
Heat: 5/6 Lane : 5 Athlete: COOLEN HANNELORE			Q-time: 00:46:23
PB (25m pool): 00:46.23 Bree 21/12/2025			PB (50m pool): 00:46.71 SB: 00:46.23 Bree 21/12/2025
	2 5 M	5 0 M	
PB		00:46.23	
	00:46.23		
			

Coach feedback:

Event number: 6: 50M BREASTSTROKE WOMEN 11+			Heat:6, starttime: 15:23
Heat: 6/6 Lane : 2 Athlete: JANSSENS MARTHE			Q-time: 00:40:57
PB (25m pool): 00:39.81 Bree 18/02/2024			PB (50m pool): 00:41.47 SB: 00:40.57 Bree 21/12/2025
	2 5 M	5 0 M	
PB		00:39.81	
	00:39.81		
			

Coach feedback:

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

Event number: 7: 50M BREASTSTROKE MEN 11+					Heat:3, starttime: 15:28	
Heat: 3/4 Lane : 4 Athlete: SCHOOF S TUUR					Q-time: 00:40:56	
PB (25m pool): 00:40.56 Hasselt 04/05/2025					PB (50m pool): no time SB: no time	
	2 5 M	5 0 M				
PB		00:40.56				
	00:40.56					
						

Coach feedback:

Event number: 7: 50M BREASTSTROKE MEN 11+										Heat:3, starttime: 15:28																			
Heat: 3/4 Lane : 5 Athlete: ZEEUW MAX																				Q-time: 00:44:67									
PB (25m pool): 00:44.67 Bree 21/12/2025										PB (50m pool): 00:45.71SB: 00:44.67 Bree 21/12/2025																			
		2 5 M				5 0 M																							
PB						00:44.67																							
		00:44.67																											
																													

Coach feedback:

Event number: 7: 50M BREASTSTROKE MEN 11+					Heat:3, starttime: 15:28	
Heat: 3/4 Lane : 6 Athlete: JANSSEN DRIES					Q-time: 00:49:92	
PB (25m pool): 00:49.92 De Sprink 22/12/2024					PB (50m pool): 00:50.31SB: no time	
	2 5 M		5 0 M			
PB			00:49.92			
			00:49.92			
						

Coach feedback:

Event number: 8: 100M BACKSTROKE MIXED 10-9					Heat:5, starttime: 15:41	
Heat: 5/6 Lane : 6 Athlete: COOLEN ANN-SOPHIE					Q-time: 01:54:76	
PB (25m pool): 01:54.76 Pelt 05/10/2025					PB (50m pool): no time SB: 01:54.76 Pelt 05/10/2025	
	2 5 M	5 0 M	7 5 M	1 0 0 M		
PB		00:55.52		01:54.76		
	00:55.52		00:59.24			
						

Coach feedback:

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Event number: 9: 200M MEDLEY WOMEN 11+							Heat:3, starttime: 15:55	
Heat: 3/9 Lane : 5 Athlete: OLAERTS TESS							Q-time: 03:55:71	
PB (25m pool): 03:55.71 Bree 16/02/2025				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		00:56.13		no time		no time		03:55.71
	00:56.13							
								

Coach feedback:

Event number: 9: 200M MEDLEY WOMEN 11+							Heat:9, starttime: 16:18	
Heat: 9/9 Lane : 4 Athlete: JANSSENS MARTHE							Q-time: 02:46:17	
PB (25m pool): 02:44.77 Bree 18/02/2024				PB (50m pool): no time SB: 02:46.17 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		no time		no time		no time		02:44.77
	no time							
								

Coach feedback:

Event number: 10: 200M MEDLEY MEN 11+							Heat:4, starttime: 16:36	
Heat: 4/7 Lane : 4 Athlete: JANSSEN DRIES							Q-time: 03:07:83	
PB (25m pool): 03:07.83 3500 Hasselt 23/11/2025				PB (50m pool): 03:24.19SB: 03:07.83 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		00:44.19		01:31.25		02:24.92		03:07.83
	00:44.19		00:47.06		00:53.67		00:42.91	
								

Coach feedback:

Event number: 10: 200M MEDLEY MEN 11+							Heat:4, starttime: 16:36	
Heat: 4/7 Lane : 6 Athlete: ZEEUW MAX							Q-time: 03:16:97	
PB (25m pool): 03:16.97 Pelt 05/10/2025				PB (50m pool): 03:24.24SB: 03:16.97 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		00:49.21		no time		no time		03:16.97
	00:49.21							
								

Coach feedback:

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

Event number: 10: 200M MEDLEY MEN 11+							Heat:6, starttime: 16:43	
Heat: 6/7 Lane : 5 Athlete: SCHOOF S TUUR							Q-time: 02:43:78	
PB (25m pool): 02:43.78 Pelt 05/10/2025			PB (50m pool): no time SB: 02:43.78 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		00:36.30		no time		no time		02:43.78
	00:36.30							
								

Coach feedback:

Event number: 11: 4x100M FREESTYLE WOMEN 11+							Heat:1, starttime: 16:55	
Heat: 1/2 Lane : 4 Athlete: TEAM ZCM 1							Q-time: 05:50:28	
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: