

# Regiocup Lommel: Session: 1: COACH evaluation sheet for TEAM: ZDKB

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:2, starttime: 14:22           |
|--------------------------------------------|-----------|-----------|-----------|-----------|------------------------------------|
| Heat: 2/11 Lane : 2 Athlete: POOTERS LIVIA |           |           |           |           | 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:3, starttime: 14:25           |
|----------------------------------------------|-----------|-----------|-----------|-----------|------------------------------------|
| Heat: 3/11 Lane : 1 Athlete: LELIAERT OLIVIA |           |           |           |           | 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:4, starttime: 14:27                                 |
|---------------------------------------------|-----------|-----------|-----------|-----------|----------------------------------------------------------|
| Heat: 4/11 Lane : 2 Athlete: LAPIERRE EMMA  |           |           |           |           | Q-time: 01:42:39                                         |
| PB (25m pool): 01:32.64 Beringen 08/02/2026 |           |           |           |           | PB (50m pool): 01:38.70 SB: 01:32.64 Beringen 08/02/2026 |
|                                             | 2 5 M     | 5 0 M     | 7 5 M     | 1 0 0 M   |                                                          |
| PB                                          |           | no time   |           | 01:32.64  |                                                          |
|                                             | no time   |           |           |           |                                                          |
|                                             | . . . . . | . . . . . | . . . . . | . . . . . |                                                          |

Coach feedback:

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| Event number: 4: 100M BACKSTROKE WOMEN 11+    |          |          |                                                            |          | Heat:5, starttime: 14:29 |
|-----------------------------------------------|----------|----------|------------------------------------------------------------|----------|--------------------------|
| Heat: 5/11 Lane : 4 Athlete: GIULIANI MILA    |          |          |                                                            |          | Q-time: 01:35:78         |
| PB (25m pool): 01:35.78 Maastricht 30/12/2025 |          |          | PB (50m pool): 01:54.27 SB: 01:35.78 Maastricht 30/12/2025 |          |                          |
|                                               | 2 5 M    | 5 0 M    | 7 5 M                                                      | 1 0 0 M  |                          |
| PB                                            |          | 00:46.13 |                                                            | 01:35.78 |                          |
|                                               | 00:46.13 |          | 00:49.65                                                   |          |                          |
|                                               | .....    | .....    | .....                                                      | .....    |                          |

Coach feedback:

| Event number: 4: 100M BACKSTROKE WOMEN 11+    |          |          |                                                            |          | Heat:6, starttime: 14:31 |
|-----------------------------------------------|----------|----------|------------------------------------------------------------|----------|--------------------------|
| Heat: 6/11 Lane : 4 Athlete: WOLFS LOLA       |          |          |                                                            |          | Q-time: 01:34:37         |
| PB (25m pool): 01:34.37 Maastricht 30/12/2025 |          |          | PB (50m pool): 01:42.70 SB: 01:34.37 Maastricht 30/12/2025 |          |                          |
|                                               | 2 5 M    | 5 0 M    | 7 5 M                                                      | 1 0 0 M  |                          |
| PB                                            |          | 00:44.81 |                                                            | 01:34.37 |                          |
|                                               | 00:44.81 |          | 00:49.56                                                   |          |                          |
|                                               | .....    | .....    | .....                                                      | .....    |                          |

Coach feedback:

| Event number: 4: 100M BACKSTROKE WOMEN 11+          |          |          |                                                            |          | Heat:8, starttime: 14:36 |
|-----------------------------------------------------|----------|----------|------------------------------------------------------------|----------|--------------------------|
| Heat: 8/11 Lane : 6 Athlete: VANBEKBERGEN CHARLOTTE |          |          |                                                            |          | Q-time: 01:29:60         |
| PB (25m pool): 01:29.60 Bree 16/02/2025             |          |          | PB (50m pool): 01:29.92 SB: 01:32.16 Maastricht 30/12/2025 |          |                          |
|                                                     | 2 5 M    | 5 0 M    | 7 5 M                                                      | 1 0 0 M  |                          |
| PB                                                  |          | 00:44.85 |                                                            | 01:29.60 |                          |
|                                                     | 00:44.85 |          | 00:44.75                                                   |          |                          |
|                                                     | .....    | .....    | .....                                                      | .....    |                          |

Coach feedback:

| Event number: 4: 100M BACKSTROKE WOMEN 11+    |          |          |                                                            |          | Heat:10, starttime: 14:40 |
|-----------------------------------------------|----------|----------|------------------------------------------------------------|----------|---------------------------|
| Heat: 10/11 Lane : 5 Athlete: VANHAEREN RENÉE |          |          |                                                            |          | Q-time: 01:23:77          |
| PB (25m pool): 01:23.77 Maastricht 30/12/2025 |          |          | PB (50m pool): 01:29.60 SB: 01:23.77 Maastricht 30/12/2025 |          |                           |
|                                               | 2 5 M    | 5 0 M    | 7 5 M                                                      | 1 0 0 M  |                           |
| PB                                            |          | 00:41.08 |                                                            | 01:23.77 |                           |
|                                               | 00:41.08 |          | 00:42.69                                                   |          |                           |
|                                               | .....    | .....    | .....                                                      | .....    |                           |

Coach feedback:

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| Event number: 4: 100M BACKSTROKE WOMEN 11+ |          |          |          |          | Heat:11, starttime: 14:41           |
|--------------------------------------------|----------|----------|----------|----------|-------------------------------------|
| Heat: 11/11 Lane : 5 Athlete: BOSCH NIENKE |          |          |          |          | Q-time: 01:22:28                    |
| PB (25m pool): 01:22.28 Hasselt 04/05/2025 |          |          |          |          | PB (50m pool): 01:32.48 SB: no time |
|                                            | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                                     |
| PB                                         |          | 00:40.34 |          | 01:22.28 |                                     |
|                                            | 00:40.34 |          | 00:41.94 |          |                                     |
|                                            | .....    | .....    | .....    | .....    |                                     |

Coach feedback:

| Event number: 5: 100M BACKSTROKE MEN 11+ |         |         |       |          | Heat:2, starttime: 14:46           |
|------------------------------------------|---------|---------|-------|----------|------------------------------------|
| Heat: 2/8 Lane : 1 Athlete: HABEX ROBBE  |         |         |       |          | Q-time: 99:99:99                   |
| PB (25m pool): 01:42.53 Pelt 06/10/2024  |         |         |       |          | PB (50m pool): no time SB: no time |
|                                          | 2 5 M   | 5 0 M   | 7 5 M | 1 0 0 M  |                                    |
| PB                                       |         | no time |       | 01:42.53 |                                    |
|                                          | no time |         |       |          |                                    |
|                                          | .....   | .....   | ..... | .....    |                                    |

Coach feedback:

| Event number: 5: 100M BACKSTROKE MEN 11+ |         |         |       |         | Heat:3, starttime: 14:48           |
|------------------------------------------|---------|---------|-------|---------|------------------------------------|
| Heat: 3/8 Lane : 1 Athlete: MEIR STAN    |         |         |       |         | 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 : 5 Athlete: ERNOTS JOPPE      |          |          |          |          | Q-time: 01:38:42                                           |
| PB (25m pool): 01:38.42 Maastricht 30/12/2025 |          |          |          |          | PB (50m pool): 01:35.45 SB: 01:38.42 Maastricht 30/12/2025 |
|                                               | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                                                            |
| PB                                            |          | 00:49.37 |          | 01:38.42 |                                                            |
|                                               | 00:49.37 |          | 00:49.05 |          |                                                            |
|                                               | .....    | .....    | .....    | .....    |                                                            |

Coach feedback:

# Regiocup Lommel: Session: 1: COACH evaluation sheet for TEAM: ZDKB

| Event number: 5: 100M BACKSTROKE MEN 11+ |          |          |          |          | Heat:5, starttime: 14:53            |
|------------------------------------------|----------|----------|----------|----------|-------------------------------------|
| Heat: 5/8 Lane : 2 Athlete: LYSENS SIEBE |          |          |          |          | Q-time: 01:32:11                    |
| PB (25m pool): 01:32.11 Bree 01/06/2025  |          |          |          |          | PB (50m pool): 01:20.45 SB: no time |
|                                          | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                                     |
| PB                                       |          | 00:45.87 |          | 01:32.11 |                                     |
|                                          | 00:45.87 |          | 00:46.24 |          |                                     |
|                                          | .....    | .....    | .....    | .....    |                                     |

Coach feedback:

| Event number: 5: 100M BACKSTROKE MEN 11+     |          |          |          |          | Heat:5, starttime: 14:53                            |
|----------------------------------------------|----------|----------|----------|----------|-----------------------------------------------------|
| Heat: 5/8 Lane : 6 Athlete: KRYLOV ALEXANDER |          |          |          |          | Q-time: 01:34:88                                    |
| PB (25m pool): 01:34.88 Pelt 05/10/2025      |          |          |          |          | PB (50m pool): no time SB: 01:34.88 Pelt 05/10/2025 |
|                                              | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                                                     |
| PB                                           |          | 00:47.08 |          | 01:34.88 |                                                     |
|                                              | 00:47.08 |          | 00:47.80 |          |                                                     |
|                                              | .....    | .....    | .....    | .....    |                                                     |

Coach feedback:

| Event number: 6: 50M BREASTSTROKE WOMEN 11+ |         |         |  |  | Heat:1, starttime: 15:16           |
|---------------------------------------------|---------|---------|--|--|------------------------------------|
| Heat: 1/6 Lane : 2 Athlete: POOTERS LIVIA   |         |         |  |  | 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:1, starttime: 15:16           |
|---------------------------------------------|---------|---------|--|--|------------------------------------|
| Heat: 1/6 Lane : 4 Athlete: LELIAERT OLIVIA |         |         |  |  | 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: ZDKB

| Event number: 6: 50M BREASTSTROKE WOMEN 11+ |           |           | Heat:2, starttime: 15:18           |
|---------------------------------------------|-----------|-----------|------------------------------------|
| Heat: 2/6 Lane : 4 Athlete: BOSCH NIENKE    |           |           | Q-time: 99:99:99                   |
| PB (25m pool): 00:46.74 Bree 18/02/2024     |           |           | PB (50m pool): no time SB: no time |
|                                             | 2 5 M     | 5 0 M     |                                    |
| PB                                          |           | 00:46.74  |                                    |
|                                             |           | 00:46.74  |                                    |
|                                             | . . . . . | . . . . . |                                    |

Coach feedback:

| Event number: 6: 50M BREASTSTROKE WOMEN 11+ |           |           | Heat:5, starttime: 15:22            |
|---------------------------------------------|-----------|-----------|-------------------------------------|
| Heat: 5/6 Lane : 4 Athlete: WOLFS LOLA      |           |           | Q-time: 00:45:71                    |
| PB (25m pool): 00:45.71 Hasselt 04/05/2025  |           |           | PB (50m pool): 00:47.57 SB: no time |
|                                             | 2 5 M     | 5 0 M     |                                     |
| PB                                          |           | 00:45.71  |                                     |
|                                             |           | 00:45.71  |                                     |
|                                             | . . . . . | . . . . . |                                     |

Coach feedback:

| Event number: 6: 50M BREASTSTROKE WOMEN 11+ |           |           | Heat:5, starttime: 15:22           |
|---------------------------------------------|-----------|-----------|------------------------------------|
| Heat: 5/6 Lane : 6 Athlete: GIULIANI MILA   |           |           | Q-time: 00:46:70                   |
| PB (25m pool): 00:46.70 Bree 16/02/2025     |           |           | PB (50m pool): no time SB: no time |
|                                             | 2 5 M     | 5 0 M     |                                    |
| PB                                          |           | 00:46.70  |                                    |
|                                             |           | 00:46.70  |                                    |
|                                             | . . . . . | . . . . . |                                    |

Coach feedback:

| Event number: 7: 50M BREASTSTROKE MEN 11+ |           |           | Heat:2, starttime: 15:26           |
|-------------------------------------------|-----------|-----------|------------------------------------|
| Heat: 2/4 Lane : 6 Athlete: MEIR STAN     |           |           | 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: ZDKB

| Event number: 7: 50M BREASTSTROKE MEN 11+     |           |  |           |  |  |  | Heat:3, starttime: 15:28                                  |  |  |
|-----------------------------------------------|-----------|--|-----------|--|--|--|-----------------------------------------------------------|--|--|
| Heat: 3/4 Lane : 1 Athlete: ERNOTS JOPPE      |           |  |           |  |  |  | Q-time: 00:46:71                                          |  |  |
| PB (25m pool): 00:46.71 Maastricht 30/12/2025 |           |  |           |  |  |  | PB (50m pool): 00:48.83SB: 00:46.71 Maastricht 30/12/2025 |  |  |
|                                               | 2 5 M     |  | 5 0 M     |  |  |  |                                                           |  |  |
| PB                                            |           |  | 00:46.71  |  |  |  |                                                           |  |  |
|                                               |           |  | 00:46.71  |  |  |  |                                                           |  |  |
|                                               | . . . . . |  | . . . . . |  |  |  |                                                           |  |  |

Coach feedback:

| Event number: 7: 50M BREASTSTROKE MEN 11+     |           |  |           |  |  |  |  |  |  | Heat:3, starttime: 15:28              |  |
|-----------------------------------------------|-----------|--|-----------|--|--|--|--|--|--|---------------------------------------|--|
| Heat: 3/4    Lane : 2    Athlete: HABEX ROBBE |           |  |           |  |  |  |  |  |  | Q-time: 00:41:47                      |  |
| PB (25m pool): 00:41.47    Bree 01/06/2025    |           |  |           |  |  |  |  |  |  | PB (50m pool): no time    SB: no time |  |
| PB                                            | 2 5 M     |  | 5 0 M     |  |  |  |  |  |  |                                       |  |
|                                               |           |  | 00:41.47  |  |  |  |  |  |  |                                       |  |
|                                               |           |  | 00:41.47  |  |  |  |  |  |  |                                       |  |
|                                               | . . . . . |  | . . . . . |  |  |  |  |  |  |                                       |  |

Coach feedback:

| Event number: 9: 200M MEDLEY WOMEN 11+          |           |           |                                       |           |           |           | Heat:1, starttime: 15:46 |           |
|-------------------------------------------------|-----------|-----------|---------------------------------------|-----------|-----------|-----------|--------------------------|-----------|
| Heat: 1/9    Lane : 2    Athlete: LAPIERRE EMMA |           |           |                                       |           |           |           | 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:5, starttime: 16:04 |           |
|----------------------------------------------------------|-----------|-----------|-----------|------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 5/9    Lane : 6    Athlete: VANBEKBERGEN CHARLOTTE |           |           |           |                                    |           |           | Q-time: 03:24:04         |           |
| PB (25m pool): 03:24.04    Bree 16/02/2025               |           |           |           | PB (50m pool): 03:26.04SB: 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                                                       |           | 00:46.37  |           | no time                            |           | no time   |                          | 03:24.04  |
|                                                          | 00:46.37  |           |           |                                    |           |           |                          |           |
|                                                          | . . . . . | . . . . . | . . . . . | . . . . .                          | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

# Regiocup Lommel: Session: 1: COACH evaluation sheet for TEAM: ZDKB

| Event number: 9: 200M MEDLEY WOMEN 11+                |           |           |           |                                                                      |           |           | Heat:9, starttime: 16:18 |           |
|-------------------------------------------------------|-----------|-----------|-----------|----------------------------------------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 9/9    Lane : 2    Athlete: VANHAEREN RENÉE     |           |           |           |                                                                      |           |           | Q-time: 02:51:69         |           |
| PB (25m pool): 02:51.69    3500 Hasselt    23/11/2025 |           |           |           | PB (50m pool): no time    SB: 02:51.69    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                                                    |           | 00:36.25  |           | 01:21.08                                                             |           | 02:12.93  |                          | 02:51.69  |
|                                                       | 00:36.25  |           | 00:44.83  |                                                                      | 00:51.85  |           | 00:38.76                 |           |
|                                                       | . . . . . | . . . . . | . . . . . | . . . . .                                                            | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 10: 200M MEDLEY MEN 11+           |         |         |                                       |         |       |         | Heat:1, starttime: 16:22 |         |
|-------------------------------------------------|---------|---------|---------------------------------------|---------|-------|---------|--------------------------|---------|
| Heat: 1/7    Lane : 2    Athlete: LYSSENS SIEBE |         |         |                                       |         |       |         | 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:2, starttime: 16:27 |           |
|----------------------------------------------------|-----------|-----------|---------------------------------------|-----------|-----------|-----------|--------------------------|-----------|
| Heat: 2/7    Lane : 5    Athlete: KRYLOV ALEXANDER |           |           |                                       |           |           |           | 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: