

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

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:2, starttime: 14:13
Heat: 2/6 Lane : 6 Athlete: OOSTERBOSCH FINN				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:5, starttime: 14:17
Heat: 5/6 Lane : 6 Athlete: NICOLAERS MARIE				Q-time: 00:43:91
PB (25m pool): 00:41.66 Bree 16/02/2025		PB (50m pool): no time SB: no time		
	2 5 M	5 0 M		
PB		00:41.66		
	00:41.66			
				

Coach feedback:

Event number: 4: 100M BACKSTROKE WOMEN 11+					Heat:3, starttime: 14:25
Heat: 3/11 Lane : 3 Athlete: JONGEN JADE					Q-time: 01:50:71
PB (25m pool): no time		PB (50m pool): 01:50.60 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:

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Event number: 4: 100M BACKSTROKE WOMEN 11+					Heat:3, starttime: 14:25
Heat: 3/11 Lane : 4 Athlete: HERMANS FÉLICE					Q-time: 01:51:62
PB (25m pool): no time PB (50m pool): 01:43.46 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:5, starttime: 14:29
Heat: 5/11 Lane : 2 Athlete: GERARD LAURE					Q-time: 01:37:30
PB (25m pool): 01:37.30 Bree 21/12/2025 PB (50m pool): 01:41.72 SB: 01:37.30 Bree 21/12/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:48.10		01:37.30	
	00:48.10 00:49.20				
					

Coach feedback:

Event number: 5: 100M BACKSTROKE MEN 11+					Heat:1, starttime: 14:44
Heat: 1/8 Lane : 4 Athlete: JONGEN KENZI					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: 6: 50M BREASTSTROKE WOMEN 11+					Heat:4, starttime: 15:21
Heat: 4/6 Lane : 1 Athlete: GERARD LAURE					Q-time: 00:51:31
PB (25m pool): 00:53.13 Bilzen 12/01/2025 PB (50m pool): no time SB: no time					
	2 5 M	5 0 M			
PB		00:53.13			
	00:53.13				
					

Coach feedback:

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Event number: 6: 50M BREASTSTROKE WOMEN 11+				Heat:4, starttime: 15:21
Heat: 4/6 Lane : 5 Athlete: JONGEN JADE				Q-time: 00:50:56
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:5, starttime: 15:22
Heat: 5/6 Lane : 1 Athlete: HERMANS FÉLICE				Q-time: 00:46:67
PB (25m pool): 00:46.67 Bree 21/12/2025		PB (50m pool): no time SB: 00:46.67 Bree 21/12/2025		
	2 5 M	5 0 M		
PB		00:46.67		
	00:46.67			
				

Coach feedback:

Event number: 7: 50M BREASTSTROKE MEN 11+				Heat:1, starttime: 15:25
Heat: 1/4 Lane : 3 Athlete: JONGEN KENZI				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:2, starttime: 15:33
Heat: 2/6 Lane : 6 Athlete: NICOLAERS MARIE				Q-time: 99:99:99
PB (25m pool): 01:44.68 Bree 16/02/2025		PB (50m pool): no time SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M
PB		00:52.66		01:44.68
	00:52.66		00:52.02	
				

Coach feedback:

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Event number: 8: 100M BACKSTROKE MIXED 10-9					Heat:3, starttime: 15:36
Heat: 3/6 Lane : 2 Athlete: OOSTERBOSCH FINN					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: 9: 200M MEDLEY WOMEN 11+							Heat:2, starttime: 15:51	
Heat: 2/9 Lane : 1 Athlete: GERARD LAURE							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 : 1 Athlete: JONGEN JADE							Q-time: 03:58:33	
PB (25m pool): 03:58.33 3500 Hasselt 23/11/2025				PB (50m pool): no time SB: 03:58.33 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		00:56.49		01:59.80		03:02.15		03:58.33
	00:56.49		01:03.31		01:02.35		00:56.18	
								

Coach feedback:

Event number: 9: 200M MEDLEY WOMEN 11+							Heat:4, starttime: 16:00	
Heat: 4/9 Lane : 5 Athlete: HERMANS FÉLICE							Q-time: 03:33:69	
PB (25m pool): 03:33.69 3500 Hasselt 23/11/2025							PB (50m pool): no time SB: 03:33.69 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		00:46.61		01:44.98		02:42.85		03:33.69
	00:46.61		00:58.37		00:57.87		00:50.84	
								

Coach feedback: