

Paasmeeting GZVN: Session: 1: COACH evaluation sheet for TEAM: ZPL

Coachinfo: Warming up from: 07:30 untill 08:25. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Vansichem Deena

Coaches: Gerard Pascal HEADCOACH

PB => Personal Best time

SB => Seasons Best time: Season starting point: first of September.

Event number: 2: 50M BUTTERFLY MIXED 10-9 Heat:3, starttime: 08:57

Heat: 3/3 Lane : 2 Athlete: NICOLAERS MARIE		Q-time: 00:52:50
PB (50m pool): 00:52.50 SportinGenk Park 11/11/2025		PB (25m pool): 00:45.34 SB: 00:52.50 SportinGenk Park 11/11/2025
	5 0 M	
PB	00:52.50	
	00:52.50	
		

Coach feedback:

Event number: 3: 50M BUTTERFLY MEN 11+ Heat:1, starttime: 08:59

Heat: 1/11 Lane : 1 Athlete: JONGEN KENZI		Q-time: 99:99:99
PB (50m pool): no time		PB (25m pool): no time SB: no time
	5 0 M	
PB	no time	
	no time	
		

Coach feedback:

Event number: 4: 50M BUTTERFLY WOMEN 11+ Heat:2, starttime: 09:14

Heat: 2/12 Lane : 4 Athlete: JONGEN JADE		Q-time: 99:99:99
PB (50m pool): no time		PB (25m pool): no time SB: no time
	5 0 M	
PB	no time	
	no time	
		

Coach feedback:

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Event number: 4: 50M BUTTERFLY WOMEN 11+		Heat:3, starttime: 09:16
Heat: 3/12 Lane : 2 Athlete: GERARD LAURE		Q-time: 00:56:60
PB (50m pool): 00:56.60 Genk 01/02/2026 PB (25m pool): 00:58.40 SB: 00:56.60 Genk 01/02/2026		
	5 0 M	
PB	00:56.60	
	00:56.60	
		

Coach feedback:

Event number: 11: 100M BACKSTROKE WOMEN 11+		Heat:2, starttime: 11:06
Heat: 2/10 Lane : 3 Athlete: GERARD LAURE		Q-time: 01:41:72
PB (50m pool): 01:41.72 Genk 01/02/2026 PB (25m pool): 01:34.57 SB: 01:41.72 Genk 01/02/2026		
	5 0 M	1 0 0 M
PB	00:49.27	01:41.72
	00:49.27	00:52.45
		

Coach feedback: