

M.Christophe Jorissen: Session: 1: COACH evaluation sheet for TEAM: LWB

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

Coaches: Mannaerts Hans HEADCOACH

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

Event number: 2: 200M MEDLEY WOMEN 11+					Heat:2, starttime: 09:08
Heat: 2/10 Lane : 2 Athlete: COCHET LANTE					Q-time: 03:36:14
PB (50m pool): 03:36.14 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): no time SB: 03:36.14 Zwembad Brigitte Becue 26/04/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:48.68	01:41.49	02:44.97	03:36.14	
	00:48.68	00:52.81	01:03.48	00:51.17	
					

Coach feedback:

Event number: 2: 200M MEDLEY WOMEN 11+					Heat:3, starttime: 09:13
Heat: 3/10 Lane : 4 Athlete: DE LAAT ELENA					Q-time: 03:20:21
PB (50m pool): 03:20.21 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 03:21.20 SB: 03:20.21 Zwembad Brigitte Becue 26/04/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:50.09	01:43.25	02:35.60	03:20.21	
	00:50.09	00:53.16	00:52.35	00:44.61	
					

Coach feedback:

Event number: 2: 200M MEDLEY WOMEN 11+					Heat:7, starttime: 09:28
Heat: 7/10 Lane : 8 Athlete: JANSEN NINA					Q-time: 02:54:40
PB (50m pool): 02:54.40 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 02:48.44 SB: 02:54.40 Zwembad Brigitte Becue 26/04/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:39.24	01:24.56	02:17.31	02:54.40	
	00:39.24	00:45.32	00:52.75	00:37.09	
					

Coach feedback:

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Event number: 6: 100M BUTTERFLY MEN 11+							Heat:4, starttime: 10:28		
Heat: 4/5 Lane : 5 Athlete: GERITS TUUR							Q-time: 01:04:34		
PB (50m pool): 01:04.34 Eindhoven 22/03/2026							PB (25m pool): 01:04.06 SB: 01:04.34 Eindhoven 22/03/2026		
	5 0 M		1 0 0 M						
PB	00:30.12		01:04.34						
	00:30.12		00:34.22						
									

Coach feedback:

Event number: 9: 200M FREESTYLE MEN 13+					Heat:2, starttime: 10:55	
Heat: 2/5 Lane : 3 Athlete: HURKMANS CÉDRIC					Q-time: 02:39:18	
PB (50m pool): 02:39.18 SportinGenk Park 01/03/2025					PB (25m pool): 02:39.25 SB: no time	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	no time	01:18.31	no time	02:39.18		
	no time					
						

Coach feedback:

Event number: 10: 200M FREESTYLE WOMEN 13+					Heat:4, starttime: 11:17	
Heat: 4/7 Lane : 3 Athlete: CLUYSEN ZOë					Q-time: 02:33:58	
PB (50m pool): 02:29.79 Antwerpen 16/07/2023					PB (25m pool): 02:26.67 SB: no time	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	no time	no time	no time	02:29.79		
	no time					
						

Coach feedback:

Event number: 10: 200M FREESTYLE WOMEN 13+					Heat:4, starttime: 11:17	
Heat: 4/7 Lane : 7 Athlete: JANSEN NINA					Q-time: 02:34:26	
PB (50m pool): 02:34.26 Genk 01/02/2026					PB (25m pool): 02:29.40 SB: 02:34.26 Genk 01/02/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:36.49	01:15.94	01:56.12	02:34.26		
	00:36.49	00:39.45	00:40.18	00:38.14		
						

Coach feedback:

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Event number: 11: 100M BACKSTROKE MEN 11+							Heat:2, starttime: 11:37			
Heat: 2/10 Lane : 1 Athlete: MANNAERTS MARTIJN							Q-time: 01:47:41			
PB (50m pool): 01:47.41 SportinGenk Park 06/04/2026				PB (25m pool): 01:43.20 SB: 01:47.41 SportinGenk Park 06/04/2026						
	5 0 M		1 0 0 M							
PB	00:52.87		01:47.41							
	00:52.87		00:54.54							
										

Coach feedback:

Event number: 11: 100M BACKSTROKE MEN 11+										Heat:9, starttime: 11:53				
Heat: 9/10 Lane : 2 Athlete: MANNAERTS MATHIAS										Q-time: 01:10:64				
PB (50m pool): 01:10.64 SportinGenk Park 06/04/2026										PB (25m pool): 01:08.31 SB: 01:10.64 SportinGenk Park 06/04/2026				
	5 0 M		1 0 0 M											
PB	00:34.72		01:10.64											
	00:34.72		00:35.92											
														

Coach feedback:

Event number: 12: 100M BACKSTROKE WOMEN 11+							Heat:3, starttime: 12:02		
Heat: 3/11 Lane : 1 Athlete: DE LAAT ELENA							Q-time: 01:36:49		
PB (50m pool): 01:36.49 Zwembad Brigitte Becue 26/04/2026				PB (25m pool): 01:36.57 SB: 01:36.49 Zwembad Brigitte Becue 26/04/2026					
	5 0 M		1 0 0 M						
PB	00:46.81		01:36.49						
	00:46.81		00:49.68						
									

Coach feedback:

Event number: 13: 400M MEDLEY MEN 13+							Heat:2, starttime: 12:27	
Heat: 2/2 Lane : 8 Athlete: JANSSEN LANDER							Q-time: 99:99:99	
PB (50m pool): no time			PB (25m pool): no time SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB	no time	no time	no time	no time	no time	no time	no time	no time
	<i>no time</i>							
								

Coach feedback: