

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

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

Coaches: Van Dyck Hanne

Coaches: Moers Liesbet

Coaches: Moers Greet

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

Event number: 1: 200M MEDLEY MEN 11+					Heat:4, starttime: 08:42
Heat: 4/9 Lane : 6 Athlete: DECLERCK BRIEK					Q-time: 03:20:11
PB (50m pool): 03:20.11 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 03:28.21 SB: 03:20.11 Zwembad Brigitte Becue 26/04/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:43.57	01:35.83	02:37.69	03:20.11	
	00:43.57	00:52.26	01:01.86	00:42.42	
					

Coach feedback:

Event number: 1: 200M MEDLEY MEN 11+					Heat:6, starttime: 08:50
Heat: 6/9 Lane : 6 Athlete: REYNIERS MATTEO					Q-time: 02:56:19
PB (50m pool): 02:56.19 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 02:57.50 SB: 02:56.19 Zwembad Brigitte Becue 26/04/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:38.18	01:25.77	02:19.67	02:56.19	
	00:38.18	00:47.59	00:53.90	00:36.52	
					

Coach feedback:

Event number: 4: 200M BREASTSTROKE MEN 13+					Heat:1, starttime: 09:53
Heat: 1/3 Lane : 4 Athlete: DECLERCK WANNE					Q-time: 03:28:49
PB (50m pool): 03:28.49 Antwerpen 13/07/2025 PB (25m pool): 03:31.41 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:47.16	01:40.18	02:34.39	03:28.49	
	00:47.16	00:53.02	00:54.21	00:54.10	
					

Coach feedback:

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Event number: 9: 200M FREESTYLE MEN 13+				Heat:3, starttime: 10:58	
Heat: 3/5 Lane : 6 Athlete: REYNIERS MATTEO				Q-time: 02:24:83	
PB (50m pool): 02:47.35 Aalst 21/12/2024				PB (25m pool): 02:24.83 SB: no time	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.51	01:19.16	02:03.06	02:47.35	
	00:36.51	00:42.65	00:43.90	00:44.29	
					

Coach feedback:

Event number: 11: 100M BACKSTROKE MEN 11+				Heat:2, starttime: 11:37	
Heat: 2/10 Lane : 5 Athlete: BERVOETS FELIX				Q-time: 01:42:02	
PB (50m pool): 01:42.02 Zwembad Brigitte Becue 26/04/2026				PB (25m pool): 01:47.04 SB: 01:42.02 Zwembad Brigitte Becue 26/04/2026	
	5 0 M	1 0 0 M			
PB	00:49.95	01:42.02			
	00:49.95	00:52.07			
					

Coach feedback:

Event number: 11: 100M BACKSTROKE MEN 11+				Heat:3, starttime: 11:40	
Heat: 3/10 Lane : 2 Athlete: DECLERCK WANNE				Q-time: 01:38:58	
PB (50m pool): 01:49.68 Antwerp 02/02/2025				PB (25m pool): 01:43.31 SB: no time	
	5 0 M	1 0 0 M			
PB	00:53.37	01:49.68			
	00:53.37	00:56.31			
					

Coach feedback:

Event number: 12: 100M BACKSTROKE WOMEN 11+				Heat:1, starttime: 11:57	
Heat: 1/11 Lane : 1 Athlete: GIEDTS MIRTHE				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			
PB	no time	no time			
	no time				
					

Coach feedback:

Event number: 13: 400M MEDLEY MEN 13+							Heat:2, starttime: 12:27	
Heat: 2/2 Lane : 3 Athlete: MARINUS BAS							Q-time: 05:26:95	
PB (50m pool): no time			PB (25m pool): 05:26.95 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
	no time							
								

Coach feedback: