

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

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

Coaches: Peeters Steven HEADCOACH

Coaches: Vandenberg Sandra

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 : 1 Athlete: JANSSEN DRIES Q-time: 03:24:19

PB (50m pool): 03:24.19 SportinGenk Park 15/03/2025 PB (25m pool): 03:07.83 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	03:24.19	
	no time				
					

Coach feedback:

Event number: 1: 200M MEDLEY MEN 11+ Heat:4, starttime: 08:42

Heat: 4/9 Lane : 8 Athlete: ZEEUW MAX Q-time: 03:24:24

PB (50m pool): 03:24.24 SportinGenk Park 15/03/2025 PB (25m pool): 03:14.66 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	03:24.24	
	no time				
					

Coach feedback:

Event number: 1: 200M MEDLEY MEN 11+ Heat:7, starttime: 08:54

Heat: 7/9 Lane : 6 Athlete: SCHOOF S TUUR Q-time: 02:43:78

PB (50m pool): no time PB (25m pool): 02:43.78 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	no time	
	no time				
					

Coach feedback:

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Event number: 2: 200M MEDLEY WOMEN 11+					Heat:1, starttime: 09:04
Heat: 1/10 Lane : 3 Athlete: MERLO ANNELIE					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	
PB	no time	no time	no time	no time	
	no time				
					

Coach feedback:

Event number: 3: 100M BREASTSTROKE MIXED 10-9					Heat:3, starttime: 09:47
Heat: 3/4 Lane : 2 Athlete: COOLEN ANN-SOPHIE					Q-time: 01:58:95
PB (50m pool): 01:58.95 SportinGenk Park 06/04/2026			PB (25m pool): 01:57.97 SB: 01:58.95 SportinGenk Park 06/04/2026		
	5 0 M	1 0 0 M			
PB	00:57.32	01:58.95			
	00:57.32	01:01.63			
					

Coach feedback:

Event number: 4: 200M BREASTSTROKE MEN 13+					Heat:1, starttime: 09:53
Heat: 1/3 Lane : 5 Athlete: PEETERS JOCHEN					Q-time: 03:34:00
PB (50m pool): 03:34.00 Genk 01/02/2026			PB (25m pool): 03:23.46 SB: 03:34.00 Genk 01/02/2026		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:47.35	01:40.69	02:37.50	03:34.00	
	00:47.35	00:53.34	00:56.81	00:56.50	
					

Coach feedback:

Event number: 4: 200M BREASTSTROKE MEN 13+					Heat:2, starttime: 09:57
Heat: 2/3 Lane : 3 Athlete: CROMMEN WOUT					Q-time: 03:04:38
PB (50m pool): 03:04.38 Genk 01/02/2026			PB (25m pool): 03:04.32 SB: 03:04.38 Genk 01/02/2026		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:41.04	01:27.99	02:16.68	03:04.38	
	00:41.04	00:46.95	00:48.69	00:47.70	
					

Coach feedback:

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Event number: 5: 200M BREASTSTROKE WOMEN 13+				Heat:1, starttime: 10:05	
Heat: 1/4 Lane : 4 Athlete: MERLO MAGALI				Q-time: 03:54:18	
PB (50m pool): 03:54.18 SportinGenk Park 08/03/2025				PB (25m pool): no time SB: no time	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	01:54.49	no time	03:54.18	
	no time				
					

Coach feedback:

Event number: 5: 200M BREASTSTROKE WOMEN 13+				Heat:2, starttime: 10:09	
Heat: 2/4 Lane : 1 Athlete: COOLEN HANNELORE				Q-time: 03:34:93	
PB (50m pool): 03:34.93 Genk 01/02/2026				PB (25m pool): 03:33.64 SB: 03:34.93 Genk 01/02/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:49.01	01:45.80	02:41.26	03:34.93	
	00:49.01	00:56.79	00:55.46	00:53.67	
					

Coach feedback:

Event number: 6: 100M BUTTERFLY MEN 11+				Heat:2, starttime: 10:24	
Heat: 2/5 Lane : 8 Athlete: ZEEUW MAX				Q-time: 02:02:19	
PB (50m pool): 02:02.19 Mol 22/06/2025				PB (25m pool): no time SB: no time	
	5 0 M	1 0 0 M			
PB	00:53.40	02:02.19			
	00:53.40	01:08.79			
					

Coach feedback:

Event number: 6: 100M BUTTERFLY MEN 11+				Heat:3, starttime: 10:26	
Heat: 3/5 Lane : 7 Athlete: DRIJKONINGEN RUBE				Q-time: 01:14:49	
PB (50m pool): 01:14.49 Genk 01/02/2026				PB (25m pool): 01:13.82 SB: 01:14.49 Genk 01/02/2026	
	5 0 M	1 0 0 M			
PB	00:33.22	01:14.49			
	00:33.22	00:41.27			
					

Coach feedback:

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Event number: 7: 100M BUTTERFLY WOMEN 11+			Heat:2, starttime: 10:34
Heat: 2/4 Lane : 2 Athlete: CLAES AMBER			Q-time: 01:44:92
PB (50m pool): 01:44.92 Mol 22/06/2025			PB (25m pool): 01:36.65 SB: no time
	5 0 M	1 0 0 M	
PB	00:47.10	01:44.92	
	00:47.10	00:57.82	
			

Coach feedback:

Event number: 8: 100M BACKSTROKE MIXED 10-9			Heat:3, starttime: 10:46
Heat: 3/4 Lane : 7 Athlete: COOLEN ANN-SOPHIE			Q-time: 01:48:93
PB (50m pool): 01:48.93 SportinGenk Park 06/04/2026			PB (25m pool): 01:48.84 SB: 01:48.93 SportinGenk Park 06/04/2026
	5 0 M	1 0 0 M	
PB	00:51.97	01:48.93	
	00:51.97	00:56.96	
			

Coach feedback:

Event number: 11: 100M BACKSTROKE MEN 11+			Heat:1, starttime: 11:35
Heat: 1/10 Lane : 2 Athlete: CROMMEN WOUT			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: 11: 100M BACKSTROKE MEN 11+			Heat:2, starttime: 11:37
Heat: 2/10 Lane : 4 Athlete: PEETERS JOCHEN			Q-time: 01:40:81
PB (50m pool): 01:40.81 Antwerpen 13/07/2025			PB (25m pool): 01:37.32 SB: no time
	5 0 M	1 0 0 M	
PB	00:48.57	01:40.81	
	00:48.57	00:52.24	
			

Coach feedback:

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

Event number: 11: 100M BACKSTROKE MEN 11+			Heat:5, starttime: 11:44
Heat: 5/10 Lane : 1 Athlete: JANSSEN DRIES			Q-time: 01:29:40
PB (50m pool): 01:29.40 SportinGenk Park 11/11/2025			PB (25m pool): 01:26.16 SB: 01:29.40 SportinGenk Park 11/11/2025
	5 0 M	1 0 0 M	
PB	no time	01:29.40	
	no time		
			

Coach feedback:

Event number: 11: 100M BACKSTROKE MEN 11+			Heat:7, starttime: 11:49
Heat: 7/10 Lane : 6 Athlete: SCHOOFS TUUR			Q-time: 01:16:20
PB (50m pool): 01:16.20 Genk 01/02/2026			PB (25m pool): 01:13.61 SB: 01:16.20 Genk 01/02/2026
	5 0 M	1 0 0 M	
PB	00:36.59	01:16.20	
	00:36.59	00:39.61	
			

Coach feedback:

Event number: 11: 100M BACKSTROKE MEN 11+			Heat:8, starttime: 11:51
Heat: 8/10 Lane : 6 Athlete: DRIJKONINGEN RUBE			Q-time: 01:14:76
PB (50m pool): 01:14.76 Mol 22/06/2025			PB (25m pool): 01:10.36 SB: 01:16.83 SportinGenk Park 06/04/2026
	5 0 M	1 0 0 M	
PB	00:35.96	01:14.76	
	00:35.96	00:38.80	
			

Coach feedback:

Event number: 12: 100M BACKSTROKE WOMEN 11+			Heat:1, starttime: 11:57
Heat: 1/11 Lane : 5 Athlete: DRIJKONINGEN LIEN			Q-time: 01:53:80
PB (50m pool): 01:53.80 SportinGenk Park 08/03/2025			PB (25m pool): 01:45.61 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:53.80	
	no time		
			

Coach feedback:

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Event number: 12: 100M BACKSTROKE WOMEN 11+			Heat:2, starttime: 11:59
Heat: 2/11 Lane : 1 Athlete: MERLO ANNELIE			Q-time: 01:45:34
PB (50m pool): no time			PB (25m pool): 01:45.34 SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
			

Coach feedback:

Event number: 12: 100M BACKSTROKE WOMEN 11+			Heat:2, starttime: 11:59
Heat: 2/11 Lane : 2 Athlete: MERLO MAGALI			Q-time: 01:43:53
PB (50m pool): 01:43.53 SportinGenk Park 08/03/2025			PB (25m pool): 01:34.48 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:43.53	
	no time		
			

Coach feedback:

Event number: 12: 100M BACKSTROKE WOMEN 11+			Heat:2, starttime: 11:59
Heat: 2/11 Lane : 6 Athlete: CLAES AMBER			Q-time: 01:41:93
PB (50m pool): 01:41.93 SportinGenk Park 08/03/2025			PB (25m pool): 01:35.55 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:41.93	
	no time		
			

Coach feedback:

Event number: 12: 100M BACKSTROKE WOMEN 11+			Heat:2, starttime: 11:59
Heat: 2/11 Lane : 8 Athlete: COOLEN HANNELORE			Q-time: 01:50:34
PB (50m pool): 01:50.34 SportinGenk Park 08/03/2025			PB (25m pool): 01:30.44 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:50.34	
	no time		
			

Coach feedback: