

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

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

Coaches: Jehaes Tess

Coaches: Claes Cédric HEADCOACH

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

Event number: 1: 200M MEDLEY MEN 11+					Heat:2, starttime: 08:34
Heat: 2/9 Lane : 7 Athlete: HAUBEN FINN					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: 1: 200M MEDLEY MEN 11+					Heat:3, starttime: 08:38
Heat: 3/9 Lane : 4 Athlete: ERNOTS JOPPE					Q-time: 03:24:26
PB (50m pool): no time PB (25m pool): 03:24.26 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: 1: 200M MEDLEY MEN 11+					Heat:7, starttime: 08:54
Heat: 7/9 Lane : 2 Athlete: SWENDROWSKI MILAN					Q-time: 02:45:03
PB (50m pool): no time PB (25m pool): 02:45.03 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: 1: 200M MEDLEY MEN 11+					Heat:7, starttime: 08:54
Heat: 7/9 Lane : 7 Athlete: PROSMANS Gé					Q-time: 02:47:91
PB (50m pool): 02:47.91 Eindhoven 16/02/2025					PB (25m pool): 02:51.74 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:35.31	01:18.73	02:09.13	02:47.91	
	00:35.31	00:43.42	00:50.40	00:38.78	
					

Coach feedback:

Event number: 1: 200M MEDLEY MEN 11+					Heat:8, starttime: 08:57
Heat: 8/9 Lane : 4 Athlete: SWENNEN LARS					Q-time: 02:32:30
PB (50m pool): no time					PB (25m pool): 02:32.30 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: 1: 200M MEDLEY MEN 11+					Heat:9, starttime: 09:00
Heat: 9/9 Lane : 8 Athlete: REPRIELS ARTHUR					Q-time: 02:31:85
PB (50m pool): no time					PB (25m pool): 02:31.85 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: 2: 200M MEDLEY WOMEN 11+					Heat:1, starttime: 09:04
Heat: 1/10 Lane : 5 Athlete: POOTERS LIVIA					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:

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Event number: 2: 200M MEDLEY WOMEN 11+					Heat:1, starttime: 09:04
Heat: 1/10 Lane : 6 Athlete: LELIAERT OLIVIA					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: 2: 200M MEDLEY WOMEN 11+					Heat:5, starttime: 09:20
Heat: 5/10 Lane : 6 Athlete: VANDEVENNE FEBE					Q-time: 03:03:61
PB (50m pool): 03:03.61 Antwerpen 13/07/2025 PB (25m pool): 03:01.33 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:42.32	01:29.85	02:21.06	03:03.61	
	00:42.32	00:47.53	00:51.21	00:42.55	
					

Coach feedback:

Event number: 2: 200M MEDLEY WOMEN 11+					Heat:9, starttime: 09:34
Heat: 9/10 Lane : 7 Athlete: COEMANS KAAT					Q-time: 02:47:43
PB (50m pool): no time PB (25m pool): 02:47.43 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: 2: 200M MEDLEY WOMEN 11+					Heat:10, starttime: 09:38
Heat: 10/10 Lane : 4 Athlete: ROOX AMÉLIE					Q-time: 02:36:00
PB (50m pool): 02:44.71 Genk 28/05/2023 PB (25m pool): 02:36.00 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	02:44.71	
	no time				
					

Coach feedback:

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Event number: 3: 100M BREASTSTROKE MIXED 10-9				Heat:3, starttime: 09:47
Heat: 3/4 Lane : 6 Athlete: HENNO MICHELLE				Q-time: 01:56:51
PB (50m pool): no time		PB (25m pool): 01:56.51 SB: no time		
	5 0 M	1 0 0 M		
PB	no time	no time		
	no time			
				

Coach feedback:

Event number: 4: 200M BREASTSTROKE MEN 13+					Heat:1, starttime: 09:53
Heat: 1/3 Lane : 8 Athlete: MEIR STAN					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: 4: 200M BREASTSTROKE MEN 13+					Heat:3, starttime: 10:01
Heat: 3/3 Lane : 1 Athlete: MOERMANS TIJMEN					Q-time: 02:47:05
PB (50m pool): 02:47.05 Eindhoven 16/02/2025		PB (25m pool): 02:41.25 SB: 02:50.44 Genk 01/02/2026			
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:37.91	01:21.94	02:05.13	02:47.05	
	00:37.91	00:44.03	00:43.19	00:41.92	
					

Coach feedback:

Event number: 5: 200M BREASTSTROKE WOMEN 13+					Heat:3, starttime: 10:13
Heat: 3/4 Lane : 5 Athlete: RIEDL LINDE					Q-time: 03:10:41
PB (50m pool): 03:10.41 Antwerpen 13/07/2025		PB (25m pool): 03:05.20 SB: no time			
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:43.35	01:32.80	02:22.76	03:10.41	
	00:43.35	00:49.45	00:49.96	00:47.65	
					

Coach feedback:

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Event number: 5: 200M BREASTSTROKE WOMEN 13+					Heat:4, starttime: 10:17
Heat: 4/4 Lane : 5 Athlete: JANSSEN LORE					Q-time: 02:57:86
PB (50m pool): no time PB (25m pool): 02:57.86 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: 6: 100M BUTTERFLY MEN 11+					Heat:3, starttime: 10:26
Heat: 3/5 Lane : 2 Athlete: VAN GOMPEL TRISTAN					Q-time: 01:14:41
PB (50m pool): 01:14.41 SportinGenk Park 01/03/2025 PB (25m pool): 01:12.27 SB: no time					
	5 0 M	1 0 0 M			
PB	no time	01:14.41			
	no time				
					

Coach feedback:

Event number: 7: 100M BUTTERFLY WOMEN 11+					Heat:1, starttime: 10:32
Heat: 1/4 Lane : 3 Athlete: JANSSEN LOTTE					Q-time: 99:99:99
PB (50m pool): no time PB (25m pool): 01:17.14 SB: no time					
	5 0 M	1 0 0 M			
PB	no time	no time			
	no time				
					

Coach feedback:

Event number: 8: 100M BACKSTROKE MIXED 10-9					Heat:2, starttime: 10:43
Heat: 2/4 Lane : 1 Athlete: HENNO MICHELLE					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:

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Event number: 9: 200M FREESTYLE MEN 13+					Heat:4, starttime: 11:01
Heat: 4/5 Lane : 2 Athlete: THEUWIS TIJL					Q-time: 02:14:68
PB (50m pool): 02:14.68 Antwerpen 13/07/2025					PB (25m pool): 02:06.65 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:30.86	01:05.47	01:40.50	02:14.68	
	00:30.86	00:34.61	00:35.03	00:34.18	
					

Coach feedback:

Event number: 10: 200M FREESTYLE WOMEN 13+					Heat:5, starttime: 11:21
Heat: 5/7 Lane : 5 Athlete: ROOX AMÉLIE					Q-time: 02:26:14
PB (50m pool): 02:26.14 Genk 01/02/2026					PB (25m pool): 02:21.85 SB: 02:26.14 Genk 01/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.55	01:08.89	01:47.32	02:26.14	
	00:32.55	00:36.34	00:38.43	00:38.82	
					

Coach feedback:

Event number: 10: 200M FREESTYLE WOMEN 13+					Heat:6, starttime: 11:24
Heat: 6/7 Lane : 6 Athlete: JANSSEN LORE					Q-time: 02:23:37
PB (50m pool): 02:23.37 Antwerpen 13/07/2025					PB (25m pool): 02:22.77 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.97	01:09.24	01:46.92	02:23.37	
	00:32.97	00:36.27	00:37.68	00:36.45	
					

Coach feedback:

Event number: 11: 100M BACKSTROKE MEN 11+					Heat:1, starttime: 11:35
Heat: 1/10 Lane : 6 Athlete: HAUBEN FINN					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:

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Event number: 11: 100M BACKSTROKE MEN 11+			Heat:3, starttime: 11:40
Heat: 3/10 Lane : 4 Athlete: ERNOTS JOPPE			Q-time: 01:35:45
PB (50m pool): 01:35.45 Genk 01/02/2026			PB (25m pool): 01:34.77 SB: 01:35.45 Genk 01/02/2026
	5 0 M	1 0 0 M	
PB	00:47.41	01:35.45	
	00:47.41	00:48.04	
			

Coach feedback:

Event number: 11: 100M BACKSTROKE MEN 11+			Heat:3, starttime: 11:40
Heat: 3/10 Lane : 6 Athlete: MEIR STAN			Q-time: 01:38:49
PB (50m pool): no time			PB (25m pool): 01:38.49 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:5, starttime: 11:44
Heat: 5/10 Lane : 3 Athlete: SWENDROWSKI MILAN			Q-time: 01:27:54
PB (50m pool): 01:27.54 SportinGenk Park 21/04/2025			PB (25m pool): 01:20.00 SB: no time
	5 0 M	1 0 0 M	
PB	00:41.43	01:27.54	
	00:41.43	00:46.11	
			

Coach feedback:

Event number: 11: 100M BACKSTROKE MEN 11+			Heat:6, starttime: 11:47
Heat: 6/10 Lane : 5 Athlete: PROSMANS Gé			Q-time: 01:19:36
PB (50m pool): 01:19.36 SportinGenk Park 08/03/2025			PB (25m pool): 01:21.54 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:19.36	
	no time		
			

Coach feedback:

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Event number: 11: 100M BACKSTROKE MEN 11+			Heat:7, starttime: 11:49
Heat: 7/10 Lane : 3 Athlete: SWENNEN LARS			Q-time: 01:16:10
PB (50m pool): 01:22.77 Mol 23/06/2024			PB (25m pool): 01:16.10 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:22.77	
	no time		
			

Coach feedback:

Event number: 11: 100M BACKSTROKE MEN 11+			Heat:7, starttime: 11:49
Heat: 7/10 Lane : 7 Athlete: MOERMANS TIJMEN			Q-time: 01:17:72
PB (50m pool): 01:17.72 SportinGenk Park 21/04/2025			PB (25m pool): 01:13.38 SB: no time
	5 0 M	1 0 0 M	
PB	00:39.31	01:17.72	
	00:39.31	00:38.41	
			

Coach feedback:

Event number: 11: 100M BACKSTROKE MEN 11+			Heat:9, starttime: 11:53
Heat: 9/10 Lane : 7 Athlete: REPRIELS ARTHUR			Q-time: 01:11:15
PB (50m pool): 01:11.15 Antwerpen 15/03/2026			PB (25m pool): 01:06.97 SB: 01:11.15 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:34.17	01:11.15	
	00:34.17	00:36.98	
			

Coach feedback:

Event number: 12: 100M BACKSTROKE WOMEN 11+			Heat:1, starttime: 11:57
Heat: 1/11 Lane : 7 Athlete: JANSSEN LOTTE			Q-time: 99:99:99
PB (50m pool): 01:27.60 Stedelijk zwembad Oostende 04/10/2022			PB (25m pool): no time SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:27.60	
	no time		
			

Coach feedback:

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Event number: 12: 100M BACKSTROKE WOMEN 11+										Heat:5, starttime: 12:06	
Heat: 5/11 Lane : 3 Athlete: RIEDL LINDE									Q-time: 01:27:90		
PB (50m pool): 01:27.90 Antwerpen 15/03/2026					PB (25m pool): 01:21.34SB: 01:27.90 Antwerpen 15/03/2026						
	5 0 M		1 0 0 M								
PB	00:43.59		01:27.90								
	00:43.59		00:44.31								
											

Coach feedback:

Event number: 12: 100M BACKSTROKE WOMEN 11+										Heat:9, starttime: 12:15	
Heat: 9/11 Lane : 3 Athlete: COEMANS KAAT										Q-time: 01:19:28	
PB (50m pool): 01:28.60 Mol 23/06/2024										PB (25m pool): 01:19.28 SB: no time	
	5 0 M		1 0 0 M								
PB	no time		01:28.60								
	no time										
											

Coach feedback:

Event number: 13: 400M MEDLEY MEN 13+							Heat:1, starttime: 12:21	
Heat: 1/2 Lane : 7 Athlete: SWENNEN JARNE							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
	no time							
								

Coach feedback:

Event number: 13: 400M MEDLEY MEN 13+							Heat:2, starttime: 12:27	
Heat: 2/2 Lane : 1 Athlete: LYSENS SIEBE							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
	no time							
								

Coach feedback:

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Event number: 14: 400M MEDLEY WOMEN 13+							Heat:1, starttime: 12:41	
Heat: 1/2 Lane : 3 Athlete: PLASSCHAERT MARTHA							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:

Event number: 14: 400M MEDLEY WOMEN 13+							Heat:1, starttime: 12:41	
Heat: 1/2 Lane : 6 Athlete: WOLFS LOLA							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: