

M.Christophe Jorissen: 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: 1: 200M MEDLEY MEN 11+ Heat:1, starttime: 08:30

Heat: 1/9 Lane : 3 Athlete: JONGEN KENZI 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:1, starttime: 09:04

Heat: 1/10 Lane : 1 Athlete: GERARD LAURE 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:2, starttime: 09:08

Heat: 2/10 Lane : 5 Athlete: JONGEN JADE Q-time: 03:31:75

PB (50m pool): no time **PB (25m pool):** 03:31.75 **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: 3: 100M BREASTSTROKE MIXED 10-9						Heat:4, starttime: 09:50	
Heat: 4/4 Lane : 6 Athlete: NICOLAERS MARIE						Q-time: 01:45:94	
PB (50m pool): no time				PB (25m pool): 01:45.94 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:3, starttime: 10:46	
Heat: 3/4 Lane : 4 Athlete: NICOLAERS MARIE				Q-time: 01:41:85	
PB (50m pool): no time			PB (25m pool): 01:41.85 SB: no time		
	5 0 M	1 0 0 M			
PB	no time	no time			
	<i>no time</i>				
					

Coach feedback:

Event number: 10: 200M FREESTYLE WOMEN 13+					Heat:1, starttime: 11:07
Heat: 1/7 Lane : 4 Athlete: JONGEN JADE					Q-time: 03:06:61
PB (50m pool): no time			PB (25m pool): 03:06.61 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: 11: 100M BACKSTROKE MEN 11+				Heat:2, starttime: 11:37	
Heat: 2/10 Lane : 8 Athlete: JONGEN KENZI				Q-time: 01:47:96	
PB (50m pool): no time			PB (25m pool): 01:47.96 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: 12: 100M BACKSTROKE WOMEN 11+		Heat:2, starttime: 11:59	
Heat: 2/11 Lane : 3 Athlete: GERARD LAURE			Q-time: 01:41:72
PB (50m pool): 01:37.17 SportinGenk Park 06/04/2026 PB (25m pool): 01:34.57 SB: 01:37.17 SportinGenk Park 06/04/2026			
	5 0 M	1 0 0 M	
PB	00:48.59	01:37.17	
	00:48.59	00:48.58	
			

Coach feedback: