

M.Christophe Jorissen: Session: 2: COACH evaluation sheet for TEAM: LIZV

Coachinfo: Warming up from: 13:15 untill 14:10. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Dubois Kurt HEADCOACH

PB => Personal Best time

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

Event number: 16: 100M BREASTSTROKE MEN 11+			Heat:3, starttime: 14:27
Heat: 3/11 Lane : 7 Athlete: VANDEWAL NOAH			Q-time: 01:53:22
PB (50m pool): no time			PB (25m pool): 01:53.22 SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
			

Coach feedback:

Event number: 16: 100M BREASTSTROKE MEN 11+			Heat:4, starttime: 14:30
Heat: 4/11 Lane : 7 Athlete: DUBOIS MELS			Q-time: 01:47:23
PB (50m pool): 01:59.01 SportinGenk Park 19/05/2024			PB (25m pool): 01:46.25 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:59.01	
	no time		
			

Coach feedback:

Event number: 17: 100M BREASTSTROKE WOMEN 11+			Heat:2, starttime: 14:49
Heat: 2/13 Lane : 2 Athlete: WALSCHOT ALICYA			Q-time: 01:56:26
PB (50m pool): 01:56.26 SportinGenk Park 06/04/2026			PB (25m pool): 01:47.16 SB: 01:56.26 SportinGenk Park 06/04/2026
	5 0 M	1 0 0 M	
PB	00:54.25	01:56.26	
	00:54.25	01:02.01	
			

Coach feedback:

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Event number: 17: 100M BREASTSTROKE WOMEN 11+				Heat:3, starttime: 14:52	
Heat: 3/13 Lane : 5 Athlete: FRANSSEN KATRIJN				Q-time: 01:47:58	
PB (50m pool): 01:47.58 SportinGenk Park 06/04/2026				PB (25m pool): 01:41.21 SB: 01:47.58 SportinGenk Park 06/04/2026	
	5 0 M	1 0 0 M			
PB	00:52.08	01:47.58			
	00:52.08	00:55.50			
					

Coach feedback:

Event number: 17: 100M BREASTSTROKE WOMEN 11+				Heat:5, starttime: 14:56	
Heat: 5/13 Lane : 3 Athlete: PAULUSSEN SABINE				Q-time: 01:41:40	
PB (50m pool): 01:41.40 SportinGenk Park 06/04/2026				PB (25m pool): 01:36.78 SB: 01:41.40 SportinGenk Park 06/04/2026	
	5 0 M	1 0 0 M			
PB	00:47.47	01:41.40			
	00:47.47	00:53.93			
					

Coach feedback:

Event number: 19: 200M BUTTERFLY WOMEN 13+				Heat:1, starttime: 15:19	
Heat: 1/1 Lane : 3 Athlete: COLSON FLEUR				Q-time: 03:26:47	
PB (50m pool): 03:26.47 SportinGenk Park 19/05/2024				PB (25m pool): 03:10.38 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	03:26.47	
	no time				
					

Coach feedback:

Event number: 22: 100M FREESTYLE WOMEN 11+				Heat:1, starttime: 15:52	
Heat: 1/12 Lane : 7 Athlete: FRANSSEN KATRIJN				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: 22: 100M FREESTYLE WOMEN 11+				Heat:2, starttime: 15:54	
Heat: 2/12 Lane : 6 Athlete: WALSCHOT ALICYA				Q-time: 01:30:21	
PB (50m pool): 01:30.21 SportinGenk Park 06/04/2026				PB (25m pool): 01:26.56 SB: 01:30.21 SportinGenk Park 06/04/2026	
	5 0 M	1 0 0 M			
PB	00:41.64	01:30.21			
	00:41.64	00:48.57			
					

Coach feedback:

Event number: 22: 100M FREESTYLE WOMEN 11+				Heat:5, starttime: 16:00	
Heat: 5/12 Lane : 7 Athlete: PAULUSSEN SABINE				Q-time: 01:14:72	
PB (50m pool): 01:14.72 SportinGenk Park 01/04/2024				PB (25m pool): 01:16.81 SB: 01:17.93 SportinGenk Park 06/04/2026	
	5 0 M	1 0 0 M			
PB	no time	01:14.72			
	no time				
					

Coach feedback:

Event number: 22: 100M FREESTYLE WOMEN 11+				Heat:5, starttime: 16:00	
Heat: 5/12 Lane : 8 Athlete: COLSON FLEUR				Q-time: 01:14:99	
PB (50m pool): 01:14.99 Zwembad Brigitte Becue 30/05/2025				PB (25m pool): 01:10.94 SB: no time	
	5 0 M	1 0 0 M			
PB	00:35.64	01:14.99			
	00:35.64	00:39.35			
					

Coach feedback:

Event number: 23: 200M BACKSTROKE MEN 13+				Heat:1, starttime: 16:18	
Heat: 1/4 Lane : 2 Athlete: DUBOIS MELS				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: 25: 400M FREESTYLE MEN 11+							Heat:1, starttime: 16:45	
Heat: 1/7 Lane : 2 Athlete: VANDEWAL NOAH							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: