

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

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

Coaches: Mannaerts Hans HEADCOACH

PB => Personal Best time

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

| Event number: 15: 50M BREASTSTROKE MIXED 10-9 |           | Heat:3, starttime: 14:18           |
|-----------------------------------------------|-----------|------------------------------------|
| Heat: 3/4 Lane : 7 Athlete: MERTENS LISA      |           | Q-time: 01:06:52                   |
| PB (50m pool): no time                        |           | PB (25m pool): no time SB: no time |
| PB                                            | 5 0 M     |                                    |
|                                               | no time   |                                    |
|                                               | no time   |                                    |
|                                               | . . . . . |                                    |

Coach feedback:

| Event number: 16: 100M BREASTSTROKE MEN 11+  |           | Heat:2, starttime: 14:24                                 |
|----------------------------------------------|-----------|----------------------------------------------------------|
| Heat: 2/11 Lane : 3 Athlete: VAN GYSEL JORRE |           | Q-time: 01:56:12                                         |
| PB (50m pool): 01:56.12 Eindhoven 10/05/2026 |           | PB (25m pool): no time SB: 01:56.12 Eindhoven 10/05/2026 |
| PB                                           | 5 0 M     | 1 0 0 M                                                  |
|                                              | 00:54.97  | 01:56.12                                                 |
|                                              | 00:54.97  | 01:01.15                                                 |
|                                              | . . . . . | . . . . .                                                |

Coach feedback:

| Event number: 17: 100M BREASTSTROKE WOMEN 11+             |           | Heat:3, starttime: 14:52                                              |
|-----------------------------------------------------------|-----------|-----------------------------------------------------------------------|
| Heat: 3/13 Lane : 2 Athlete: COCHET LANTE                 |           | Q-time: 01:49:80                                                      |
| PB (50m pool): 01:49.80 Zwembad Brigitte Becue 26/04/2026 |           | PB (25m pool): no time SB: 01:49.80 Zwembad Brigitte Becue 26/04/2026 |
| PB                                                        | 5 0 M     | 1 0 0 M                                                               |
|                                                           | 00:51.75  | 01:49.80                                                              |
|                                                           | 00:51.75  | 00:58.05                                                              |
|                                                           | . . . . . | . . . . .                                                             |

Coach feedback:

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| Event number: 17: 100M BREASTSTROKE WOMEN 11+       |           |           |  | Heat:7, starttime: 15:01                                         |  |
|-----------------------------------------------------|-----------|-----------|--|------------------------------------------------------------------|--|
| Heat: 7/13 Lane : 7 Athlete: ABAS NOUR              |           |           |  | Q-time: 01:37:84                                                 |  |
| PB (50m pool): 01:36.55 SportinGenk Park 06/04/2026 |           |           |  | PB (25m pool): 01:37.84 SB: 01:36.55 SportinGenk Park 06/04/2026 |  |
|                                                     | 5 0 M     | 1 0 0 M   |  |                                                                  |  |
| PB                                                  | 00:45.24  | 01:36.55  |  |                                                                  |  |
|                                                     | 00:45.24  | 00:51.31  |  |                                                                  |  |
|                                                     | . . . . . | . . . . . |  |                                                                  |  |

Coach feedback:

| Event number: 17: 100M BREASTSTROKE WOMEN 11+             |           |           |  | Heat:9, starttime: 15:05                                               |  |
|-----------------------------------------------------------|-----------|-----------|--|------------------------------------------------------------------------|--|
| Heat: 9/13 Lane : 8 Athlete: JANSEN NINA                  |           |           |  | Q-time: 01:34:43                                                       |  |
| PB (50m pool): 01:34.43 Zwembad Brigitte Becue 26/04/2026 |           |           |  | PB (25m pool): 01:32.49 SB: 01:34.43 Zwembad Brigitte Becue 26/04/2026 |  |
|                                                           | 5 0 M     | 1 0 0 M   |  |                                                                        |  |
| PB                                                        | 00:45.05  | 01:34.43  |  |                                                                        |  |
|                                                           | 00:45.05  | 00:49.38  |  |                                                                        |  |
|                                                           | . . . . . | . . . . . |  |                                                                        |  |

Coach feedback:

| Event number: 18: 200M BUTTERFLY MEN 13+ |           |           |           | Heat:1, starttime: 15:15            |  |
|------------------------------------------|-----------|-----------|-----------|-------------------------------------|--|
| Heat: 1/1 Lane : 4 Athlete: GERITS TUUR  |           |           |           | Q-time: 02:21:89                    |  |
| PB (50m pool): no time                   |           |           |           | PB (25m pool): 02:21.89 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: 18: 200M BUTTERFLY MEN 13+      |           |           |           | Heat:1, starttime: 15:15            |  |
|-----------------------------------------------|-----------|-----------|-----------|-------------------------------------|--|
| Heat: 1/1 Lane : 7 Athlete: MANNAERTS MATHIAS |           |           |           | Q-time: 02:55:16                    |  |
| PB (50m pool): no time                        |           |           |           | PB (25m pool): 02:55.16 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: 18: 200M BUTTERFLY MEN 13+                  |         |         |         |         | Heat:1, starttime: 15:15 |
|-----------------------------------------------------------|---------|---------|---------|---------|--------------------------|
| Heat: 1/1 Lane : 8 Athlete: HURKMANS CÉDRIC               |         |         |         |         | 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: 20: 100M FREESTYLE MIXED 10-9                                                                         |          |          |  |  | Heat:1, starttime: 15:24 |
|---------------------------------------------------------------------------------------------------------------------|----------|----------|--|--|--------------------------|
| Heat: 1/4 Lane : 4 Athlete: MERTENS LISA                                                                            |          |          |  |  | Q-time: 01:45:33         |
| PB (50m pool): 01:45.33 SportinGenk Park 06/04/2026 PB (25m pool): no time SB: 01:45.33 SportinGenk Park 06/04/2026 |          |          |  |  |                          |
|                                                                                                                     | 5 0 M    | 1 0 0 M  |  |  |                          |
| PB                                                                                                                  | 00:49.55 | 01:45.33 |  |  |                          |
|                                                                                                                     | 00:49.55 | 00:55.78 |  |  |                          |
|                                                                                                                     | .....    | .....    |  |  |                          |

Coach feedback:

| Event number: 21: 100M FREESTYLE MEN 11+                                                                            |          |          |  |  | Heat:2, starttime: 15:36 |
|---------------------------------------------------------------------------------------------------------------------|----------|----------|--|--|--------------------------|
| Heat: 2/10 Lane : 2 Athlete: VAN GYSEL JORRE                                                                        |          |          |  |  | Q-time: 01:31:25         |
| PB (50m pool): 01:31.25 SportinGenk Park 06/04/2026 PB (25m pool): no time SB: 01:31.25 SportinGenk Park 06/04/2026 |          |          |  |  |                          |
|                                                                                                                     | 5 0 M    | 1 0 0 M  |  |  |                          |
| PB                                                                                                                  | 00:43.30 | 01:31.25 |  |  |                          |
|                                                                                                                     | 00:43.30 | 00:47.95 |  |  |                          |
|                                                                                                                     | .....    | .....    |  |  |                          |

Coach feedback:

| Event number: 21: 100M FREESTYLE MEN 11+                                                                                         |          |          |  |  | Heat:2, starttime: 15:36 |
|----------------------------------------------------------------------------------------------------------------------------------|----------|----------|--|--|--------------------------|
| Heat: 2/10 Lane : 7 Athlete: MANNAERTS MARTIJN                                                                                   |          |          |  |  | Q-time: 01:34:26         |
| PB (50m pool): 01:34.26 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 01:37.56 SB: 01:34.26 Zwembad Brigitte Becue 26/04/2026 |          |          |  |  |                          |
|                                                                                                                                  | 5 0 M    | 1 0 0 M  |  |  |                          |
| PB                                                                                                                               | 00:43.73 | 01:34.26 |  |  |                          |
|                                                                                                                                  | 00:43.73 | 00:50.53 |  |  |                          |
|                                                                                                                                  | .....    | .....    |  |  |                          |

Coach feedback:

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| Event number: 22: 100M FREESTYLE WOMEN 11+                                                                                      |           |           | Heat:2, starttime: 15:54 |
|---------------------------------------------------------------------------------------------------------------------------------|-----------|-----------|--------------------------|
| Heat: 2/12 Lane : 5 Athlete: COCHET LANTE                                                                                       |           |           | Q-time: 01:25:61         |
| PB (50m pool): 01:25.61 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): no time SB: 01:25.61 Zwembad Brigitte Becue 26/04/2026 |           |           |                          |
|                                                                                                                                 | 5 0 M     | 1 0 0 M   |                          |
| PB                                                                                                                              | 00:39.75  | 01:25.61  |                          |
|                                                                                                                                 | 00:39.75  | 00:45.86  |                          |
|                                                                                                                                 | . . . . . | . . . . . |                          |

Coach feedback:

| Event number: 22: 100M FREESTYLE WOMEN 11+                                                                                       |           |           | Heat:3, starttime: 15:56 |
|----------------------------------------------------------------------------------------------------------------------------------|-----------|-----------|--------------------------|
| Heat: 3/12 Lane : 1 Athlete: ABAS NOUR                                                                                           |           |           | Q-time: 01:22:79         |
| PB (50m pool): 01:21.23 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 01:22.79 SB: 01:21.23 Zwembad Brigitte Becue 26/04/2026 |           |           |                          |
|                                                                                                                                  | 5 0 M     | 1 0 0 M   |                          |
| PB                                                                                                                               | 00:38.33  | 01:21.23  |                          |
|                                                                                                                                  | 00:38.33  | 00:42.90  |                          |
|                                                                                                                                  | . . . . . | . . . . . |                          |

Coach feedback:

| Event number: 22: 100M FREESTYLE WOMEN 11+                                                             |           |           | Heat:7, starttime: 16:03 |
|--------------------------------------------------------------------------------------------------------|-----------|-----------|--------------------------|
| Heat: 7/12 Lane : 2 Athlete: CLUYSEN ZOë                                                               |           |           | Q-time: 01:11:30         |
| PB (50m pool): 01:07.85 Antwerpen 16/07/2023 PB (25m pool): 01:06.56 SB: 01:13.51 Eindhoven 22/03/2026 |           |           |                          |
|                                                                                                        | 5 0 M     | 1 0 0 M   |                          |
| PB                                                                                                     | no time   | 01:07.85  |                          |
|                                                                                                        | no time   |           |                          |
|                                                                                                        | . . . . . | . . . . . |                          |

Coach feedback:

| Event number: 22: 100M FREESTYLE WOMEN 11+                                                             |           |           | Heat:8, starttime: 16:05 |
|--------------------------------------------------------------------------------------------------------|-----------|-----------|--------------------------|
| Heat: 8/12 Lane : 6 Athlete: JANSEN NINA                                                               |           |           | Q-time: 01:09:39         |
| PB (50m pool): 01:09.39 Antwerpen 15/03/2026 PB (25m pool): 01:08.18 SB: 01:09.39 Antwerpen 15/03/2026 |           |           |                          |
|                                                                                                        | 5 0 M     | 1 0 0 M   |                          |
| PB                                                                                                     | 00:34.03  | 01:09.39  |                          |
|                                                                                                        | 00:34.03  | 00:35.36  |                          |
|                                                                                                        | . . . . . | . . . . . |                          |

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| Event number: 23: 200M BACKSTROKE MEN 13+     |           |           |           |           | Heat:4, starttime: 16:30                                  |
|-----------------------------------------------|-----------|-----------|-----------|-----------|-----------------------------------------------------------|
| Heat: 4/4 Lane : 7 Athlete: MANNAERTS MATHIAS |           |           |           |           | Q-time: 02:28:03                                          |
| PB (50m pool): 02:28.03 Eindhoven 22/03/2026  |           |           |           |           | PB (25m pool): 02:30.10 SB: 02:28.03 Eindhoven 22/03/2026 |
|                                               | 5 0 M     | 1 0 0 M   | 1 5 0 M   | 2 0 0 M   |                                                           |
| PB                                            | 00:35.03  | 01:12.55  | 01:50.90  | 02:28.03  |                                                           |
|                                               | 00:35.03  | 00:37.52  | 00:38.35  | 00:37.13  |                                                           |
|                                               | . . . . . | . . . . . | . . . . . | . . . . . |                                                           |

Coach feedback:

| Event number: 24: 200M BACKSTROKE WOMEN 13+ |           |           |           |           | Heat:2, starttime: 16:38            |
|---------------------------------------------|-----------|-----------|-----------|-----------|-------------------------------------|
| Heat: 2/3 Lane : 7 Athlete: VAN HAM MARIE   |           |           |           |           | Q-time: 03:07:79                    |
| PB (50m pool): no time                      |           |           |           |           | PB (25m pool): 03:07.79 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: