

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

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

Coaches: Van Dyck Hanne

Coaches: Moers Liesbet

Coaches: Moers Greet

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 : 2 Athlete: WIEL SOPHIA			Q-time: 01:00:13
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: 15: 50M BREASTSTROKE MIXED 10-9			Heat:3, starttime: 14:18
Heat: 3/4 Lane : 3 Athlete: ADRIAENSENS FLOR			Q-time: 00:58:08
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:3, starttime: 14:27
Heat: 3/11 Lane : 5 Athlete: DECLERCK BRIEK			Q-time: 01:51:30
PB (50m pool): 01:51.30 Antwerpen 15/03/2026			PB (25m pool): 01:47.25 SB: 01:51.30 Antwerpen 15/03/2026
PB	5 0 M	1 0 0 M	
	00:53.20	01:51.30	
	00:53.20	00:58.10	
			

Coach feedback:

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Event number: 16: 100M BREASTSTROKE MEN 11+			Heat:3, starttime: 14:27
Heat: 3/11 Lane : 8 Athlete: BERVOETS FELIX			Q-time: 01:54:05
PB (50m pool): 01:54.05 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): no time SB: 01:54.05 Zwembad Brigitte Becue 26/04/2026			
	5 0 M	1 0 0 M	
PB	00:53.73	01:54.05	
	00:53.73	01:00.32	
			

Coach feedback:

Event number: 20: 100M FREESTYLE MIXED 10-9			Heat:2, starttime: 15:27
Heat: 2/4 Lane : 1 Athlete: WIEL SOPHIA			Q-time: 01:44:77
PB (50m pool): 01:44.77 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 01:50.35 SB: 01:44.77 Zwembad Brigitte Becue 26/04/2026			
	5 0 M	1 0 0 M	
PB	00:47.72	01:44.77	
	00:47.72	00:57.05	
			

Coach feedback:

Event number: 20: 100M FREESTYLE MIXED 10-9			Heat:3, starttime: 15:29
Heat: 3/4 Lane : 6 Athlete: ADRIAENSENS FLOR			Q-time: 01:27:50
PB (50m pool): 01:31.41 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 01:27.50 SB: 01:31.41 Zwembad Brigitte Becue 26/04/2026			
	5 0 M	1 0 0 M	
PB	00:42.21	01:31.41	
	00:42.21	00:49.20	
			

Coach feedback:

Event number: 21: 100M FREESTYLE MEN 11+			Heat:3, starttime: 15:38
Heat: 3/10 Lane : 5 Athlete: DECLERCK WANNE			Q-time: 01:15:16
PB (50m pool): 01:15.16 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 01:15.66 SB: 01:15.16 Zwembad Brigitte Becue 26/04/2026			
	5 0 M	1 0 0 M	
PB	00:35.80	01:15.16	
	00:35.80	00:39.36	
			

Coach feedback:

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Event number: 21: 100M FREESTYLE MEN 11+										Heat:5, starttime: 15:42	
Heat: 5/10 Lane : 7 Athlete: REYNIERS MATTEO									Q-time: 01:07:01		
PB (50m pool): 01:07.01 Wezenberg 01/02/2026					PB (25m pool): 01:06.51 SB: 01:07.01 Wezenberg 01/02/2026						
	5 0 M		1 0 0 M								
PB	00:32.30		01:07.01								
	00:32.30		00:34.71								
											

Coach feedback:

Event number: 22: 100M FREESTYLE WOMEN 11+										Heat:1, starttime: 15:52	
Heat: 1/12 Lane : 6 Athlete: GIEDTS MIRTHE									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		no time								
											

Coach feedback:

Event number: 25: 400M FREESTYLE MEN 11+							Heat:1, starttime: 16:45	
Heat: 1/7 Lane : 1 Athlete: DECLERCK BRIEK							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: 25: 400M FREESTYLE MEN 11+							Heat:2, starttime: 16:54	
Heat: 2/7 Lane : 2 Athlete: BERVOETS FELIX							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: 25: 400M FREESTYLE MEN 11+							Heat:7, starttime: 17:28	
Heat: 7/7 Lane : 2 Athlete: MARINUS BAS							Q-time: 04:38:68	
PB (50m pool): 04:38.68 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 04:45.66 SB: 04:38.68 Zwembad Brigitte Becue 26/04/2026								
	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	00:30.85	01:05.03	01:41.07	02:17.53	02:53.93	03:30.23	04:06.19	04:38.68
	00:30.85	00:34.18	00:36.04	00:36.46	00:36.40	00:36.30	00:35.96	00:32.49
								

Coach feedback:

Event number: 26: 400M FREESTYLE WOMEN 11+							Heat:2, starttime: 17:42	
Heat: 2/7 Lane : 8 Athlete: GIEDTS MIRTHE							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: