

Challenge Robert Bam: Session: 1: COACH evaluation sheet for TEAM: KAZS

Coachinfo: Warming up from: 08:00 untill 08:55. Teamleadmeeting @ 08:15 The listed starttimes are indicative!

Coaches: Van Den Bergh Nona HEADCOACH

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

Event number: 1: 200M FREESTYLE WOMEN 11+							Heat:1, starttime: 09:00	
Heat: 1/9 Lane : 2 Athlete: ELSSEN FIEN							Q-time: 99:99:99	
PB (25m pool): no time			PB (50m pool): no time			SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		no time		no time		no time
	no time							
								

Coach feedback:

Event number: 1: 200M FREESTYLE WOMEN 11+							Heat:3, starttime: 09:08	
Heat: 3/9 Lane : 3 Athlete: VERHEYEN CHARLOTTE							Q-time: 03:22:20	
PB (25m pool): 03:22.20 LEUVEN 21/12/2025			PB (50m pool): no time SB: 03:22.20 LEUVEN 21/12/2025					
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:45.37		01:38.45		02:33.47		03:22.20
	00:45.37		00:53.08		00:55.02		00:48.73	
								

Coach feedback:

Event number: 1: 200M FREESTYLE WOMEN 11+							Heat:3, starttime: 09:08	
Heat: 3/9 Lane : 5 Athlete: PUT JULIE							Q-time: 03:36:13	
PB (25m pool): 03:36.13 LEUVEN 23/11/2025			PB (50m pool): no time SB: 03:36.13 LEUVEN 23/11/2025					
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:47.24		01:42.94		02:41.52		03:36.13
	00:47.24		00:55.70		00:58.58		00:54.61	
								

Coach feedback:

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Event number: 2: 200M FREESTYLE MEN 11+							Heat:1, starttime: 09:32	
Heat: 1/9 Lane : 6 Athlete: WINNEPENNINGKX FELIX							Q-time: 99:99:99	
PB (25m pool): no time				PB (50m pool): no time SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		no time		no time		no time
	no time							
								

Coach feedback:

Event number: 2: 200M FREESTYLE MEN 11+							Heat:3, starttime: 09:41	
Heat: 3/9 Lane : 1 Athlete: DHOOGHE TRISTAN							Q-time: 03:37:09	
PB (25m pool): 03:37.09 LEUVEN 23/11/2025				PB (50m pool): no time SB: 03:37.09 LEUVEN 23/11/2025				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:47.44		01:44.51		02:43.90		03:37.09
	00:47.44			00:57.07			00:59.39	
								

Coach feedback:

Event number: 2: 200M FREESTYLE MEN 11+							Heat:3, starttime: 09:41	
Heat: 3/9 Lane : 6 Athlete: LENDERS ESTEBAN							Q-time: 03:39:13	
PB (25m pool): 03:39.13 LEUVEN 23/11/2025				PB (50m pool): no time SB: 03:39.13 LEUVEN 23/11/2025				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:50.51		01:50.74		02:48.46		03:39.13
	00:50.51			01:00.23			00:57.72	
								

Coach feedback:

Event number: 3: 100M BREASTSTROKE MIXED 10-9							Heat:1, starttime: 10:04		
Heat: 1/5 Lane : 4 Athlete: WINNEPENNINGCKX MILA							Q-time: 99:99:99		
PB (25m pool): no time				PB (50m pool): no time SB: no time					
	2 5 M		5 0 M		7 5 M		1 0 0 M		
PB			no time				no time		
	no time								
									

Coach feedback:

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Event number: 3: 100M BREASTSTROKE MIXED 10-9					Heat:5, starttime: 10:15
Heat: 5/5 Lane : 6 Athlete: SALAETS ELOÏSE					Q-time: 01:55:84
PB (25m pool): 01:55.84 Heist-op-den-Berg 10/01/2026					PB (50m pool): no time SB: 01:55.84 Heist-op-den-Berg 10/01/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:54.13		01:55.84	
	00:54.13		01:01.71		
					

Coach feedback:

Event number: 4: 200M BREASTSTROKE WOMEN 11+							Heat:2, starttime: 10:22	
Heat: 2/5 Lane : 5 Athlete: DEGREEF EMELIE							Q-time: 99:99:99	
PB (25m pool): no time			PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		no time		no time		no time
	no time							
								

Coach feedback:

Event number: 8: 100M FREESTYLE MIXED 10-9					Heat:2, starttime: 11:58
Heat: 2/5 Lane : 1 Athlete: WINNEPENNINCKX MILA					Q-time: 99:99:99
PB (25m pool): no time					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		no time	
	no time				
					

Coach feedback:

Event number: 8: 100M FREESTYLE MIXED 10-9					Heat:4, starttime: 12:03
Heat: 4/5 Lane : 6 Athlete: SALAETS ELOÏSE					Q-time: 01:33:34
PB (25m pool): 01:33.37 Tremelo 14/12/2025					PB (50m pool): 01:33.34 SB: 01:33.37 Tremelo 14/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:44.36		01:33.37	
	00:44.36		00:49.01		
					

Coach feedback:

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Event number: 9: 200M MEDLEY WOMEN 11+							Heat:1, starttime: 12:07	
Heat: 1/7 Lane : 3 Athlete: VERHEYEN CHARLOTTE							Q-time: 04:08:39	
PB (25m pool): 04:08.39 Zaventem 08/02/2026				PB (50m pool): no time SB: 04:08.39 Zaventem 08/02/2026				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		01:00.75		no time		no time		04:08.39
	01:00.75							
								

Coach feedback:

Event number: 9: 200M MEDLEY WOMEN 11+							Heat:1, starttime: 12:07	
Heat: 1/7 Lane : 5 Athlete: ELSSEN FIEN							Q-time: 99:99:99	
PB (25m pool): no time			PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		no time		no time		no time
	no time							
								

Coach feedback:

Event number: 9: 200M MEDLEY WOMEN 11+							Heat:2, starttime: 12:12	
Heat: 2/7 Lane : 1 Athlete: DEGREEF EMELIE							Q-time: 03:48:66	
PB (25m pool): 03:48.66 Zaventem 08/02/2026				PB (50m pool): no time SB: 03:48.66 Zaventem 08/02/2026				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:54.91		no time		no time		03:48.66
	00:54.91							
								

Coach feedback:

Event number: 9: 200M MEDLEY WOMEN 11+							Heat:2, starttime: 12:12	
Heat: 2/7 Lane : 6 Athlete: PUT JULIE							Q-time: 03:51:27	
PB (25m pool): 03:51.27 Zaventem 08/02/2026				PB (50m pool): no time SB: 03:51.27 Zaventem 08/02/2026				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:56.92		no time		no time		03:51.27
	00:56.92							
								

Coach feedback:

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Event number: 10: 200M MEDLEY MEN 11+							Heat:1, starttime: 12:34	
Heat: 1/8 Lane : 4 Athlete: DHOOGGE TRISTAN							Q-time: 99:99:99	
PB (25m pool): no time			PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		no time		no time		no time
	no time							
								

Coach feedback:

Event number: 10: 200M MEDLEY MEN 11+							Heat:1, starttime: 12:34	
Heat: 1/8 Lane : 5 Athlete: WINNEPENNINCKX FELIX							Q-time: 99:99:99	
PB (25m pool): no time			PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		no time		no time		no time
	no time							
								

Coach feedback:

Event number: 10: 200M MEDLEY MEN 11+							Heat:2, starttime: 12:38	
Heat: 2/8 Lane : 6 Athlete: LENDERS ESTEBAN							Q-time: 99:99:99	
PB (25m pool): no time			PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		no time		no time		no time
	no time							
								

Coach feedback: