

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

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

Coaches: Matthijs Laurenz

Coaches: Leys Leen 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 : 4 Athlete: HENDRICKX LILLY-ANN ROSE							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:6, starttime: 09:19	
Heat: 6/9 Lane : 4 Athlete: WEGENER LENA							Q-time: 02:41:13	
PB (25m pool): 02:41.13 Vilvoorde 18/05/2025			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		00:37.31		01:18.44		no time		02:41.13
	00:37.31		00:41.13					
								

Coach feedback:

Event number: 2: 200M FREESTYLE MEN 11+							Heat:1, starttime: 09:32	
Heat: 1/9 Lane : 1 Athlete: PARRA JUAN FELIPE							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:

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Event number: 2: 200M FREESTYLE MEN 11+							Heat:1, starttime: 09:32	
Heat: 1/9 Lane : 4 Athlete: BAUER THIBAUT							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:7, starttime: 09:55	
Heat: 7/9 Lane : 4 Athlete: BOVE SAMUEL							Q-time: 02:05:56	
PB (25m pool): 02:05.56 Leuven 12/10/2025			PB (50m pool): 02:08.12SB: 02:05.56 Leuven 12/10/2025					
	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		00:29.65		01:01.64		01:34.35		02:05.56
	00:29.65		00:31.99		00:32.71		00:31.21	
								

Coach feedback:

Event number: 2: 200M FREESTYLE MEN 11+							Heat:8, starttime: 09:58	
Heat: 8/9 Lane : 6 Athlete: GAVENAS AUGUSTAS							Q-time: 02:19:07	
PB (25m pool): 02:19.07 Overijse 29/11/2025				PB (50m pool): 02:56.65SB: 02:19.07 Overijse 29/11/2025				
	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		00:31.81		01:06.69		no time		02:19.07
	00:31.81		00:34.88					
								

Coach feedback:

Event number: 3: 100M BREASTSTROKE MIXED 10-9					Heat:2, starttime: 10:06				
Heat: 2/5 Lane : 2 Athlete: POOT PETER-RUDY					Q-time: 99:99:99				
PB (25m pool): 01:58.30 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): no time SB: 01:58.30 Stedelijk Zwembad Geel 15/02/2026									
	2 5 M		5 0 M		7 5 M		1 0 0 M		
PB			00:59.56				01:58.30		
	00:59.56		00:58.74						
									

Coach feedback:

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Event number: 4: 200M BREASTSTROKE WOMEN 11+							Heat:1, starttime: 10:18	
Heat: 1/5 Lane : 4 Athlete: HENDRICKX LILLY-ANN ROSE							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: 4: 200M BREASTSTROKE WOMEN 11+							Heat:2, starttime: 10:22	
Heat: 2/5 Lane : 4 Athlete: ABIDAR ZAKIA							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: 4: 200M BREASTSTROKE WOMEN 11+							Heat:3, starttime: 10:27	
Heat: 3/5 Lane : 6 Athlete: VAN LOOCK DE COCK ESMÉE							Q-time: 03:53:67	
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: 6: 200M BACKSTROKE WOMEN 11+							Heat:1, starttime: 11:01	
Heat: 1/6 Lane : 4 Athlete: VAN LOOCK DE COCK ESMÉE							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:

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Event number: 6: 200M BACKSTROKE WOMEN 11+							Heat:2, starttime: 11:06	
Heat: 2/6 Lane : 3 Athlete: ABIDAR ZAKIA							Q-time: 04:18:21	
PB (25m pool): 04:18.21 Overijse 29/11/2025				PB (50m pool): no time SB: 04:18.21 Overijse 29/11/2025				
	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		01:01.34		02:07.35		no time		04:18.21
	01:01.34		01:06.01					
								

Coach feedback:

Event number: 6: 200M BACKSTROKE WOMEN 11+							Heat:6, starttime: 11:25	
Heat: 6/6 Lane : 6 Athlete: WEGENER LENA							Q-time: 03:08:64	
PB (25m pool): 03:08.64 Leuven. 23/02/2025				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		00:46.20		01:34.96		no time		03:08.64
	00:46.20		00:48.76					
								

Coach feedback:

Event number: 7: 200M BACKSTROKE MEN 11+							Heat:2, starttime: 11:34	
Heat: 2/6 Lane : 2 Athlete: PARRA JUAN FELIPE							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: 7: 200M BACKSTROKE MEN 11+							Heat:2, starttime: 11:34	
Heat: 2/6 Lane : 3 Athlete: BAUER THIBAUT							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:

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Event number: 7: 200M BACKSTROKE MEN 11+							Heat:3, starttime: 11:39	
Heat: 3/6 Lane : 6 Athlete: GAVENAS AUGUSTAS							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: 7: 200M BACKSTROKE MEN 11+							Heat:4, starttime: 11:44	
Heat: 4/6 Lane : 2 Athlete: BOVE SAMUEL							Q-time: 02:29:25	
PB (25m pool): 02:29.25 Dilbeek 11/05/2025				PB (50m pool): 03:10.89 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		00:36.29		01:14.37		no time		02:29.25
	00:36.29		00:38.08					
								

Coach feedback:

Event number: 8: 100M FREESTYLE MIXED 10-9							Heat:4, starttime: 12:03		
Heat: 4/5 Lane : 1 Athlete: POOT PETER-RUDY							Q-time: 01:32:33		
PB (25m pool): 01:32.03 Stedelijk Zwembad Geel 15/02/2026							PB (50m pool): no time SB: 01:32.03 Stedelijk Zwembad Geel 15/02/2026		
	2 5 M	5 0 M	7 5 M	1 0 0 M					
PB		00:43.78		01:32.03					
	00:43.78		00:48.25						
									

Coach feedback: