

Laatste kans MOZKA: Session: 1: COACH evaluation sheet for TEAM: LWB

Coachinfo: Warming up from: 08:00 until 08:50. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Mannaerts Hans HEADCOACH

Coaches: Verbeek Bram

PB => Personal Best time

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

Event number: 3: 200M BACKSTROKE WOMEN 11-12 **Heat:2, starttime: 09:20**

Heat: 2/2 Lane : 5 Athlete: VAN HAM MARIE **Q-time: 03:28:49**

PB (25m pool): 03:28.49 3500 Hasselt 24/11/2024 **PB (50m pool): no time** **SB: no time**

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:47.19		01:40.78		02:35.35		03:28.49
	00:47.19		00:53.59		00:54.57		00:53.14	

Coach feedback:

Event number: 7: 100M BREASTSTROKE WOMEN 11-12 **Heat:1, starttime: 09:40**

Heat: 1/3 Lane : 2 Athlete: SLEDDENS SANNE **Q-time: 99:99:99**

PB (25m pool): no time **PB (50m pool): no time** **SB: no time**

	25 M	50 M	75 M	100 M
PB		no time		no time
	no time			

Coach feedback:

Event number: 7: 100M BREASTSTROKE WOMEN 11-12 **Heat:3, starttime: 09:45**

Heat: 3/3 Lane : 3 Athlete: DE LAAT ELENA **Q-time: 01:39:17**

PB (25m pool): 01:41.59 Bree 21/12/2025 **PB (50m pool): 01:39.17** **SB: 01:41.59 Bree 21/12/2025**

	25 M	50 M	75 M	100 M
PB		00:47.41		01:41.59
	00:47.41		00:54.18	

Coach feedback:

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Event number: 8: 100M BREASTSTROKE MEN 11-12				Heat:1, starttime: 09:50	
Heat: 1/3 Lane : 4 Athlete: MANNAERTS MARTIJN				Q-time: 02:07:07	
PB (25m pool): 02:07.07 Nijlen 16/11/2025			PB (50m pool): 02:08.24 SB: 02:07.07 Nijlen 16/11/2025		
	25 M	50 M	75 M	100 M	
PB		00:59.86		02:07.07	
	00:59.86		01:07.21		
	

Coach feedback:

Event number: 13: 100M FREESTYLE WOMEN 11-12				Heat:2, starttime: 10:20	
Heat: 2/4 Lane : 7 Athlete: DE LAAT ELENA				Q-time: 01:32:18	
PB (25m pool): 01:29.86 Nijlen 16/11/2025			PB (50m pool): 01:32.18 SB: 01:29.86 Nijlen 16/11/2025		
	25 M	50 M	75 M	100 M	
PB		00:41.16		01:29.86	
	00:41.16		00:48.70		
	

Coach feedback:

Event number: 20: 100M BACKSTROKE WOMEN 11-12				Heat:2, starttime: 11:05	
Heat: 2/3 Lane : 5 Athlete: DE LAAT ELENA				Q-time: 01:39:18	
PB (25m pool): 01:44.28 Hasselt 04/05/2025			PB (50m pool): 01:39.18 SB: no time		
	25 M	50 M	75 M	100 M	
PB		00:49.64		01:44.28	
	00:49.64		00:54.64		
	

Coach feedback:

Event number: 21: 100M BACKSTROKE MEN 11-12				Heat:1, starttime: 11:10	
Heat: 1/3 Lane : 5 Athlete: MANNAERTS MARTIJN				Q-time: 01:56:74	
PB (25m pool): 01:49.12 Bree 21/12/2025			PB (50m pool): 01:56.74 SB: 01:49.12 Bree 21/12/2025		
	25 M	50 M	75 M	100 M	
PB		00:53.31		01:49.12	
	00:53.31		00:55.81		
	

Coach feedback: