

ZGEEL 2daagse 26: Session: 1: COACH evaluation sheet for TEAM: ZALM

Coachinfo: Warming up from: 07:10 untill 08:25. Teamleadmeeting @ 07:45 The listed starttimes are indicative!

Coaches: Moers Liesbet

Coaches: Moers Greet

Coaches: Van Dyck Hanne

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

Event number: 1: 100M BACKSTROKE MEN 11+				Heat:3, starttime: 08:35
Heat: 3/25 Lane : 6 Athlete: BERVOETS FELIX				Q-time: 01:56:50
PB (25m pool): 01:56.50 Nijlen 16/11/2025		PB (50m pool): no time SB: 01:56.50 Nijlen 16/11/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M
PB		00:56.56		01:56.50
		00:56.56		00:59.94
				

Coach feedback:

Event number: 1: 100M BACKSTROKE MEN 11+				Heat:8, starttime: 08:45
Heat: 8/25 Lane : 6 Athlete: REYNIERS MATTEO				Q-time: 01:24:88
PB (25m pool): 01:26.84 Nijlen 16/11/2025		PB (50m pool): 01:24.88 SB: 01:26.84 Nijlen 16/11/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M
PB		00:43.12		01:26.84
		00:43.12		00:43.72
				

Coach feedback:

Event number: 1: 100M BACKSTROKE MEN 11+				Heat:11, starttime: 08:55
Heat: 11/25 Lane : 2 Athlete: VERBERCKMOES JASPER				Q-time: 01:15:47
PB (25m pool): 01:15.47 Nijlen 16/11/2025		PB (50m pool): 01:16.86 SB: 01:15.47 Nijlen 16/11/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M
PB		00:36.33		01:15.47
		00:36.33		00:39.14
				

Coach feedback:

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Event number: 2: 100M BREASTSTROKE WOMEN 11+					Heat:10, starttime: 09:40
Heat: 10/25 Lane : 6 Athlete: HOLSTERS MAURA					Q-time: 01:31:12
PB (25m pool): 01:31.12 Sinbad 22/07/2025					PB (50m pool): 01:31.35 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:43.60		01:31.12	
	00:43.60		00:47.52		
					

Coach feedback:

Event number: 3: 100M BUTTERFLY MEN 11+					Heat:4, starttime: 10:15
Heat: 4/18 Lane : 6 Athlete: REYNIERS MATTEO					Q-time: 01:31:77
PB (25m pool): no time					PB (50m pool): 01:31.77 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: 3: 100M BUTTERFLY MEN 11+					Heat:5, starttime: 10:15
Heat: 5/18 Lane : 5 Athlete: VERBERCKMOES JASPER					Q-time: 01:23:99
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: 3: 100M BUTTERFLY MEN 11+					Heat:9, starttime: 10:20
Heat: 9/18 Lane : 6 Athlete: MARINUS BAS					Q-time: 01:11:78
PB (25m pool): no time					PB (50m pool): 01:11.78 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: 4: 100M FREESTYLE WOMEN 11+					Heat:1, starttime: 10:45
Heat: 1/42 Lane : 1 Athlete: GIEDTS MIRTHE					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: 4: 100M FREESTYLE WOMEN 11+					Heat:11, starttime: 11:05
Heat: 11/42 Lane : 2 Athlete: HOLSTERS MAURA					Q-time: 01:14:77
PB (25m pool): 01:14.76 Tremelo 26/05/2024 PB (50m pool): 01:14.77 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:14.76	
	no time				
					

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+					Heat:21, starttime: 11:20
Heat: 21/42 Lane : 1 Athlete: VAN ASSCHE FIEN					Q-time: 01:08:16
PB (25m pool): 01:08.16 Sinbad 22/07/2025 PB (50m pool): 01:09.88 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.29		01:08.16	
	00:33.29		00:34.87		
					

Coach feedback: