

ZGEEL 2daagse 26: Session: 4: COACH evaluation sheet for TEAM: ZALM

Coachinfo: Warming up from: 12:40 untill 13:55. Teamleadmeeting @ 13:15 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: 19: 50M BUTTERFLY MEN 11+			Heat:11, starttime: 14:10
Heat: 11/30 Lane : 3 Athlete: VERBERCKMOES JASPER			Q-time: 00:34:06
PB (25m pool): 00:34.06 Nijlen 16/11/2025			PB (50m pool): 00:32.96 SB: 00:34.06 Nijlen 16/11/2025
PB	2 5 M	5 0 M	
		00:34.06	
	00:34.06		
			

Coach feedback:

Event number: 19: 50M BUTTERFLY MEN 11+			Heat:18, starttime: 14:15
Heat: 18/30 Lane : 4 Athlete: MARINUS BAS			Q-time: 00:30:49
PB (25m pool): 00:30.49 Sinbad 22/07/2025			PB (50m pool): 00:30.78 SB: 00:31.10 Hoogstraten 28/09/2025
PB	2 5 M	5 0 M	
		00:30.49	
	00:30.49		
			

Coach feedback:

Event number: 20: 50M BREASTSTROKE WOMEN 11+			Heat:2, starttime: 14:30
Heat: 2/35 Lane : 2 Athlete: GIEDTS MIRTHE			Q-time: 99:99:99
PB (25m pool): no time			PB (50m pool): no time SB: no time
PB	2 5 M	5 0 M	
		no time	
	no time		
			

Coach feedback:

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Event number: 20: 50M BREASTSTROKE WOMEN 11+				Heat:20, starttime: 14:50	
Heat: 20/35 Lane : 1 Athlete: HOLSTERS MAURA				Q-time: 00:41:53	
PB (25m pool): 00:41.53 Kalmthout 23/02/2025				PB (50m pool): 00:42.38 SB: 00:42.26 Hoogstraten 28/09/2025	
	2 5 M	5 0 M			
PB		00:41.53			
		00:41.53			
					

Coach feedback:

Event number: 20: 50M BREASTSTROKE WOMEN 11+				Heat:20, starttime: 14:50	
Heat: 20/35 Lane : 6 Athlete: VAN ASSCHE FIEN				Q-time: 00:41:70	
PB (25m pool): 00:41.70 Kalmthout 23/02/2025				PB (50m pool): 00:43.91 SB: 00:43.86 Hoogstraten 28/09/2025	
	2 5 M	5 0 M			
PB		00:41.70			
		00:41.70			
					

Coach feedback:

Event number: 21: 100M BACKSTROKE MEN 9-10				Heat:2, starttime: 15:10	
Heat: 2/2 Lane : 5 Athlete: ADRIAENSENS FLOR				Q-time: 01:43:77	
PB (25m pool): 01:43.77 Arendonk 25/05/2025				PB (50m pool): no time SB: no time	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:50.15		01:43.77	
		00:50.15		00:53.62	
					

Coach feedback:

Event number: 22: 100M BACKSTROKE WOMEN 9-10				Heat:2, starttime: 15:15	
Heat: 2/3 Lane : 6 Athlete: WIEL SOPHIA				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: 23: 50M BACKSTROKE MEN 11+										Heat:14, starttime: 15:35																			
Heat: 14/29 Lane : 6 Athlete: VERBERCKMOES JASPER																				Q-time: 00:36:33									
PB (25m pool): 00:36.75 Hoogstraten 28/09/2025										PB (50m pool): 00:34.77 SB: 00:36.75 Hoogstraten 28/09/2025																			
		2 5 M				5 0 M																							
PB						00:36.75																							
		00:36.75																											
																													

Coach feedback:

Event number: 24: 50M FREESTYLE WOMEN 11+							Heat:2, starttime: 15:55	
Heat: 2/30 Lane : 3 Athlete: HOLSTERS MAURA							Q-time: 00:34:04	
PB (25m pool): 00:34.04 Sinbad 22/07/2025							PB (50m pool): 00:35.00 SB: 00:34.32 Hoogstraten 28/09/2025	
	2 5 M		5 0 M					
PB			00:34.04					
			00:34.04					
								

Coach feedback:

Event number: 24: 50M FREESTYLE WOMEN 11+							Heat:12, starttime: 16:05		
Heat: 12/30 Lane : 6 Athlete: VAN ASSCHE FIEN							Q-time: 00:31:38		
PB (25m pool): 00:31.38 Hoogstraten 28/09/2025							PB (50m pool): 00:31.59 SB: 00:31.38 Hoogstraten 28/09/2025		
	2 5 M		5 0 M						
PB			00:31.38						
			00:31.38						
									

Coach feedback:

Event number: 25: 100M MEDLEY MEN 9-10				Heat:1, starttime: 16:20	
Heat: 1/2 Lane : 1 Athlete: ADRIAENSENS FLOR				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: 26: 100M MEDLEY WOMEN 9-10					Heat:2, starttime: 16:30
Heat: 2/3 Lane : 3 Athlete: WIEL SOPHIA					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: