

200M KST: Session: 1: COACH evaluation sheet for TEAM: ZOLA

Coachinfo: Warming up from: 13:00 untill 13:55. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Delissen Kim HEADCOACH

Coaches: Driesen Inge

PB => Personal Best time

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

Event number: 3: 200M MEDLEY MEN 11+							Heat:1, starttime: 14:33	
Heat: 1/6 Lane : 2 Athlete: FONTANA ALESSANDRO MARIA NIC							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: 3: 200M MEDLEY MEN 11+							Heat:1, starttime: 14:33	
Heat: 1/6 Lane : 3 Athlete: KAHKESHAN KYAN							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: 5: 200M BACKSTROKE WOMEN 11+							Heat:2, starttime: 15:04	
Heat: 2/2 Lane : 1 Athlete: VANDE SOMPELE HASSE							Q-time: 03:22:39	
PB (25m pool): 03:22.39 Kapellen 01/06/2025				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		00:48.01		01:40.11		no time		03:22.39
	00:48.01		00:52.10					
								

Coach feedback:

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Event number: 6: 200M BACKSTROKE MEN 11+							Heat:1, starttime: 15:08	
Heat: 1/3 Lane : 3 Athlete: VERDONCK STIJN							Q-time: 99:99:99	
PB (25m pool): no time			PB (50m pool): 02:59.42 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 MEN 11+							Heat:3, starttime: 15:16	
Heat: 3/3 Lane : 2 Athlete: BETTENS STAN							Q-time: 02:39:01	
PB (25m pool): 02:39.01 2370 Arendonk 21/12/2025				PB (50m pool): 02:43.84SB: 02:39.01 2370 Arendonk 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		00:38.30		01:18.96		no time		02:39.01
	00:38.30		00:40.66					
								

Coach feedback:

Event number: 8: 200M BREASTSTROKE WOMEN 11+							Heat:4, starttime: 15:51	
Heat: 4/5 Lane : 5 Athlete: VANDE SOMPELE HASSE							Q-time: 03:39:73	
PB (25m pool): 03:39.73 Tilburg 07/09/2025				PB (50m pool): 03:44.87 SB: 03:39.73 Tilburg 07/09/2025				
	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		00:50.72		01:46.48		02:43.40		03:39.73
	00:50.72		00:55.76		00:56.92		00:56.33	
								

Coach feedback:

Event number: 9: 200M BREASTSTROKE MEN 11+							Heat:1, starttime: 15:59	
Heat: 1/4 Lane : 2 Athlete: VERDONCK STIJN							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:

200M KST: Session: 1: COACH evaluation sheet for TEAM: ZOLA

Event number: 9: 200M BREASTSTROKE MEN 11+							Heat:1, starttime: 15:59	
Heat: 1/4 Lane : 3 Athlete: FONTANA ALESSANDRO MARIA NIC							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: 12: 200M FREESTYLE MEN 11+							Heat:2, starttime: 16:50	
Heat: 2/6 Lane : 4 Athlete: KAHKESHAN KYAN							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: 12: 200M FREESTYLE MEN 11+							Heat:5, starttime: 17:01	
Heat: 5/6 Lane : 1 Athlete: BETTENS STAN							Q-time: 02:36:26	
PB (25m pool): 02:36.26 Kapellen 01/06/2025				PB (50m pool): 02:29.66SB: 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		00:35.41		01:15.53		no time		02:36.26
	00:35.41		00:40.12					
								

Coach feedback: