

Memorial Yu Jacob: Session: 1: COACH evaluation sheet for TEAM: ZVL

Coachinfo: Warming up from: 18:00 untill 18:55. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: De Herdt Els HEADCOACH

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

Event number: 1: 400M FREESTYLE WOMEN 11-14							Heat:1, starttime: 19:00	
Heat: 1/3 Lane : 2 Athlete: DE KEYZER FRAN							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	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		no time		no time		no time		no time
	no time							
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		no time		no time		no time		no time
								

Coach feedback:

Event number: 1: 400M FREESTYLE WOMEN 11-14							Heat:1, starttime: 19:00	
Heat: 1/3 Lane : 4 Athlete: JORIS LINDE							Q-time: 06:21:56	
PB (25m pool): 06:21.56 Herentals 04/10/2025			PB (50m pool): no time SB: 06:21.56 Herentals 04/10/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		00:41.99		01:30.30		02:19.88		03:09.74
	00:41.99		00:48.31		00:49.58		00:49.86	
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		03:59.29		04:48.49		05:35.17		06:21.56
	00:49.55		00:49.20		00:46.68		00:46.39	
								

Coach feedback:

Event number: 1: 400M FREESTYLE WOMEN 11-14							Heat:1, starttime: 19:00	
Heat: 1/3 Lane : 5 Athlete: VAN REETH LILIANA							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	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		no time		no time		no time		no time
	no time							
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		no time		no time		no time		no time
								

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Event number: 1: 400M FREESTYLE WOMEN 11-14							Heat:2, starttime: 19:07	
Heat: 2/3 Lane : 4 Athlete: VAN BREEDAM LENA							Q-time: 05:58:87	
PB (25m pool): 05:58.87 Antwerpen 12/10/2025				PB (50m pool): no time SB: 05:58.87 Antwerpen 12/10/2025				
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		00:37.57		01:20.17		02:03.12		02:48.50
	00:37.57		00:42.60		00:42.95		00:45.38	
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		03:36.45		04:25.84		05:14.54		05:58.87
	00:47.95		00:49.39		00:48.70		00:44.33	
								

Coach feedback:

Event number: 1: 400M FREESTYLE WOMEN 11-14							Heat:3, starttime: 19:14	
Heat: 3/3 Lane : 1 Athlete: SARMI SOFIA							Q-time: 05:37:64	
PB (25m pool): 05:37.64 Herentals 04/10/2025				PB (50m pool): 05:42.22 SB: 05:37.64 Herentals 04/10/2025				
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		00:39.23		01:22.32		02:06.08		02:49.24
	00:39.23		00:43.09		00:43.76		00:43.16	
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		03:31.98		04:15.09		04:58.28		05:37.64
	00:42.74		00:43.11		00:43.19		00:39.36	
								

Coach feedback:

Event number: 1: 400M FREESTYLE WOMEN 11-14							Heat:3, starttime: 19:14	
Heat: 3/3 Lane : 2 Athlete: DALEMANS NEL							Q-time: 05:18:88	
PB (25m pool): 05:18.88 Arendonk 30/11/2025				PB (50m pool): 05:43.89SB: 05:18.88 Arendonk 30/11/2025				
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		no time		01:16.48		no time		02:38.37
	no time							
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		no time		no time		no time		05:18.88
								

Coach feedback:

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Event number: 1: 400M FREESTYLE WOMEN 11-14							Heat:3, starttime: 19:14	
Heat: 3/3 Lane : 5 Athlete: GERAEDTS MARIA							Q-time: 05:30:88	
PB (25m pool): 05:30.88 Kapellen 21/12/2025				PB (50m pool): 05:39.37 SB: 05:30.88 Kapellen 21/12/2025				
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		no time		01:21.48		no time		02:46.41
	no time							
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		no time		no time		no time		05:30.88
								

Coach feedback:

Event number: 2: 400M FREESTYLE MEN 11-14							Heat:2, starttime: 19:29	
Heat: 2/2 Lane : 6 Athlete: MARIN ALEXANDRU							Q-time: 05:42:32	
PB (25m pool): 05:42.32 Herentals 04/10/2025				PB (50m pool): no time SB: 05:42.32 Herentals 04/10/2025				
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		00:36.20		01:16.95		01:59.49		02:43.38
	00:36.20		00:40.75		00:42.54		00:43.89	
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		03:28.36		04:13.57		04:59.54		05:42.32
	00:44.98		00:45.21		00:45.97		00:42.78	
								

Coach feedback:

Event number: 3: 800M FREESTYLE WOMEN 11+							Heat:1, starttime: 19:36	
Heat: 1/2 Lane : 3 Athlete: VERHOEVEN LIESE							Q-time: 11:27:26	
PB (25m pool): 11:53.15 Arendonk 02/06/2024				PB (50m pool): 11:27.26 SB: no time				
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB	no time	no time	no time	no time	no time	no time	no time	no time
	no time							
								
	4 5 0 M	5 0 0 M	5 5 0 M	6 0 0 M	6 5 0 M	7 0 0 M	7 5 0 M	8 0 0 M
PB	no time	no time	no time	no time	no time	no time	no time	11:53.15
								

Coach feedback:

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Event number: 3: 800M FREESTYLE WOMEN 11+							Heat:1, starttime: 19:36	
Heat: 1/2 Lane : 4 Athlete: BOURGUIGNON NENA							Q-time: 13:48:89	
PB (25m pool): no time			PB (50m pool): 13:48.89SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB	no time	no time	no time	no time	no time	no time	no time	no time
	no time							
								
	4 5 0 M	5 0 0 M	5 5 0 M	6 0 0 M	6 5 0 M	7 0 0 M	7 5 0 M	8 0 0 M
PB	no time	no time	no time	no time	no time	no time	no time	no time
								

Coach feedback:

Event number: 3: 800M FREESTYLE WOMEN 11+							Heat:1, starttime: 19:36	
Heat: 1/2 Lane : 6 Athlete: HERREMANS ELIEN							Q-time: 99:99:99	
PB (25m pool): no time			PB (50m pool): no time SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB	no time	no time	no time	no time	no time	no time	no time	no time
	<i>no time</i>							
	<i>.....</i>	<i>.....</i>	<i>.....</i>	<i>.....</i>	<i>.....</i>	<i>.....</i>	<i>.....</i>	<i>.....</i>
	4 5 0 M	5 0 0 M	5 5 0 M	6 0 0 M	6 5 0 M	7 0 0 M	7 5 0 M	8 0 0 M
PB	no time	no time	no time	no time	no time	no time	no time	no time
	<i>.....</i>	<i>.....</i>	<i>.....</i>	<i>.....</i>	<i>.....</i>	<i>.....</i>	<i>.....</i>	<i>.....</i>

Coach feedback:

Event number: 3: 800M FREESTYLE WOMEN 11+							Heat:2, starttime: 19:50	
Heat: 2/2 Lane : 1 Athlete: VAN REETH LIEZE							Q-time: 10:32:12	
PB (25m pool): no time			PB (50m pool): 10:32.12SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB	no time	no time	no time	no time	no time	no time	no time	no time
	no time							
								
	4 5 0 M	5 0 0 M	5 5 0 M	6 0 0 M	6 5 0 M	7 0 0 M	7 5 0 M	8 0 0 M
PB	no time	no time	no time	no time	no time	no time	no time	no time
								

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Event number: 3: 800M FREESTYLE WOMEN 11+							Heat:2, starttime: 19:50	
Heat: 2/2 Lane : 2 Athlete: JACOBS LOTTE							Q-time: 10:18:88	
PB (25m pool): no time			PB (50m pool): 10:18.88SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB	no time	no time	no time	no time	no time	no time	no time	no time
	no time							
								
	4 5 0 M	5 0 0 M	5 5 0 M	6 0 0 M	6 5 0 M	7 0 0 M	7 5 0 M	8 0 0 M
PB	no time	no time	no time	no time	no time	no time	no time	no time
								

Coach feedback:

Event number: 3: 800M FREESTYLE WOMEN 11+							Heat:2, starttime: 19:50	
Heat: 2/2 Lane : 3 Athlete: SCHELLEMANS CHARLOTTE							Q-time: 10:14:56	
PB (25m pool): no time			PB (50m pool): 10:14.56 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB	no time	no time	no time	no time	no time	no time	no time	no time
	no time							
								
	4 5 0 M	5 0 0 M	5 5 0 M	6 0 0 M	6 5 0 M	7 0 0 M	7 5 0 M	8 0 0 M
PB	no time	no time	no time	no time	no time	no time	no time	no time
								

Coach feedback:

Event number: 3: 800M FREESTYLE WOMEN 11+							Heat:2, starttime: 19:50	
Heat: 2/2 Lane : 5 Athlete: VERDOOD PIP							Q-time: 10:23:72	
PB (25m pool): no time			PB (50m pool): 10:23.72 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB	no time	no time	no time	no time	no time	no time	no time	no time
	no time							
								
	4 5 0 M	5 0 0 M	5 5 0 M	6 0 0 M	6 5 0 M	7 0 0 M	7 5 0 M	8 0 0 M
PB	no time	no time	no time	no time	no time	no time	no time	no time
								

Coach feedback:

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Event number: 4: 1500M FREESTYLE MEN 11+							Heat:1, starttime: 20:17	
Heat: 1/2 Lane : 1 Athlete: VAN DER HOEVEN LUCA							Q-time: 99:99:99	
PB (25m pool): no time			PB (50m pool): no time SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB	no time	no time	no time	no time	no time	no time	no time	no time
	no time							
								
	4 5 0 M	5 0 0 M	5 5 0 M	6 0 0 M	6 5 0 M	7 0 0 M	7 5 0 M	8 0 0 M
PB	no time	no time	no time	no time	no time	no time	no time	no time
								
	8 5 0 M	9 0 0 M	9 5 0 M	1 0 0 0 M	1 0 5 0 M	1 1 0 0 M	1 1 5 0 M	1 2 0 0 M
PB	no time	no time	no time	no time	no time	no time	no time	no time
								
	1 1 5 0 M	1 3 0 0 M	1 3 5 0 M	1 4 0 0 M	1 4 5 0 M	1 5 0 0 M		
PB	no time	no time	no time	no time	no time	no time		
								

Coach feedback:

Event number: 4: 1500M FREESTYLE MEN 11+							Heat:1, starttime: 20:17	
Heat: 1/2 Lane : 2 Athlete: VERMEIREN STAN							Q-time: 99:99:99	
PB (25m pool): no time			PB (50m pool): no time SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB	no time	no time	no time	no time	no time	no time	no time	no time
	no time							
								
	4 5 0 M	5 0 0 M	5 5 0 M	6 0 0 M	6 5 0 M	7 0 0 M	7 5 0 M	8 0 0 M
PB	no time	no time	no time	no time	no time	no time	no time	no time
								
	8 5 0 M	9 0 0 M	9 5 0 M	1 0 0 0 M	1 0 5 0 M	1 1 0 0 M	1 1 5 0 M	1 2 0 0 M
PB	no time	no time	no time	no time	no time	no time	no time	no time
								
	1 1 5 0 M	1 3 0 0 M	1 3 5 0 M	1 4 0 0 M	1 4 5 0 M	1 5 0 0 M		
PB	no time	no time	no time	no time	no time	no time		
								

Coach feedback:

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Event number: 4: 1500M FREESTYLE MEN 11+							Heat:1, starttime: 20:17	
Heat: 1/2 Lane : 3 Athlete: JANSSENS TIJS							Q-time: 99:99:99	
PB (25m pool): 19:49.79 Arendonk 22/12/2024			PB (50m pool): no time SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB	no time	01:09.84	no time	02:23.34	no time	no time	no time	04:53.93
	no time							
	...	...	...	...	...	...	...	...
	4 5 0 M	5 0 0 M	5 5 0 M	6 0 0 M	6 5 0 M	7 0 0 M	7 5 0 M	8 0 0 M
PB	no time	no time	no time	no time	no time	no time	no time	09:58.78
	...	...	...	...	...	...	...	...
	8 5 0 M	9 0 0 M	9 5 0 M	1 0 0 0 M	1 0 5 0 M	1 1 0 0 M	1 1 5 0 M	1 2 0 0 M
PB	no time	no time	no time	no time	no time	no time	no time	no time
	...	...	...	...	...	...	...	...
	1 1 5 0 M	1 3 0 0 M	1 3 5 0 M	1 4 0 0 M	1 4 5 0 M	1 5 0 0 M		
PB	no time	no time	no time	no time	no time	19:49.79		
	...	...	...	...	...	...		

Coach feedback:

Event number: 4: 1500M FREESTYLE MEN 11+							Heat:1, starttime: 20:17	
Heat: 1/2 Lane : 4 Athlete: DRISSI EL MESKINI TAMIZ							Q-time: 99:99:99	
PB (25m pool): no time			PB (50m pool): no time SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB	no time	no time	no time	no time	no time	no time	no time	no time
	no time							
								
	4 5 0 M	5 0 0 M	5 5 0 M	6 0 0 M	6 5 0 M	7 0 0 M	7 5 0 M	8 0 0 M
PB	no time	no time	no time	no time	no time	no time	no time	no time
								
	8 5 0 M	9 0 0 M	9 5 0 M	1 0 0 0 M	1 0 5 0 M	1 1 0 0 M	1 1 5 0 M	1 2 0 0 M
PB	no time	no time	no time	no time	no time	no time	no time	no time
								
	1 1 5 0 M	1 3 0 0 M	1 3 5 0 M	1 4 0 0 M	1 4 5 0 M	1 5 0 0 M		
PB	no time	no time	no time	no time	no time	no time		
								

Coach feedback:

Memorial Yu Jacob: Session: 1: COACH evaluation sheet for TEAM: ZVL

Event number: 4: 1500M FREESTYLE MEN 11+							Heat:1, starttime: 20:17	
Heat: 1/2 Lane : 5 Athlete: DE PUYDT ARTHUR							Q-time: 99:99:99	
PB (25m pool): no time			PB (50m pool): no time SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB	no time	no time	no time	no time	no time	no time	no time	no time
	no time							
								
	4 5 0 M	5 0 0 M	5 5 0 M	6 0 0 M	6 5 0 M	7 0 0 M	7 5 0 M	8 0 0 M
PB	no time	no time	no time	no time	no time	no time	no time	no time
								
	8 5 0 M	9 0 0 M	9 5 0 M	1 0 0 0 M	1 0 5 0 M	1 1 0 0 M	1 1 5 0 M	1 2 0 0 M
PB	no time	no time	no time	no time	no time	no time	no time	no time
								
	1 1 5 0 M	1 3 0 0 M	1 3 5 0 M	1 4 0 0 M	1 4 5 0 M	1 5 0 0 M		
PB	no time	no time	no time	no time	no time	no time		
								

Coach feedback:

Event number: 4: 1500M FREESTYLE MEN 11+							Heat:2, starttime: 20:41	
Heat: 2/2 Lane : 1 Athlete: DE WEERDT BENT							Q-time: 21:35:06	
PB (25m pool): no time			PB (50m pool): 21:35.06 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB	no time	no time	no time	no time	no time	no time	no time	no time
	no time							
								
	4 5 0 M	5 0 0 M	5 5 0 M	6 0 0 M	6 5 0 M	7 0 0 M	7 5 0 M	8 0 0 M
PB	no time	no time	no time	no time	no time	no time	no time	no time
								
	8 5 0 M	9 0 0 M	9 5 0 M	1 0 0 0 M	1 0 5 0 M	1 1 0 0 M	1 1 5 0 M	1 2 0 0 M
PB	no time	no time	no time	no time	no time	no time	no time	no time
								
	1 1 5 0 M	1 3 0 0 M	1 3 5 0 M	1 4 0 0 M	1 4 5 0 M	1 5 0 0 M		
PB	no time	no time	no time	no time	no time	no time		
								

Coach feedback:

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Event number: 4: 1500M FREESTYLE MEN 11+							Heat:2, starttime: 20:41	
Heat: 2/2 Lane : 2 Athlete: JACOB QINGKUN							Q-time: 20:32:82	
PB (25m pool): no time			PB (50m pool): 20:32.82 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB	no time	no time	no time	no time	no time	no time	no time	no time
	no time							
								
	4 5 0 M	5 0 0 M	5 5 0 M	6 0 0 M	6 5 0 M	7 0 0 M	7 5 0 M	8 0 0 M
PB	no time	no time	no time	no time	no time	no time	no time	no time
								
	8 5 0 M	9 0 0 M	9 5 0 M	1 0 0 0 M	1 0 5 0 M	1 1 0 0 M	1 1 5 0 M	1 2 0 0 M
PB	no time	no time	no time	no time	no time	no time	no time	no time
								
	1 1 5 0 M	1 3 0 0 M	1 3 5 0 M	1 4 0 0 M	1 4 5 0 M	1 5 0 0 M		
PB	no time	no time	no time	no time	no time	no time		
								

Coach feedback:

Event number: 4: 1500M FREESTYLE MEN 11+							Heat:2, starttime: 20:41	
Heat: 2/2 Lane : 4 Athlete: WIJSGEER VIKTOR							Q-time: 19:13:54	
PB (25m pool): 20:25.74 Arendonk 02/06/2024				PB (50m pool): 19:13.54 SB: no time				
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB	no time	no time	no time	no time	no time	no time	no time	no time
	no time							
								
	4 5 0 M	5 0 0 M	5 5 0 M	6 0 0 M	6 5 0 M	7 0 0 M	7 5 0 M	8 0 0 M
PB	no time	no time	no time	no time	no time	no time	no time	no time
								
	8 5 0 M	9 0 0 M	9 5 0 M	1 0 0 0 M	1 0 5 0 M	1 1 0 0 M	1 1 5 0 M	1 2 0 0 M
PB	no time	no time	no time	no time	no time	no time	no time	no time
								
	1 1 5 0 M	1 3 0 0 M	1 3 5 0 M	1 4 0 0 M	1 4 5 0 M	1 5 0 0 M		
PB	no time	no time	no time	no time	no time	20:25.74		
								

Coach feedback:

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Event number: 4: 1500M FREESTYLE MEN 11+							Heat:2, starttime: 20:41	
Heat: 2/2 Lane : 6 Athlete: VERSTRAETE PEPIJN							Q-time: 22:47:03	
PB (25m pool): no time			PB (50m pool): 22:47.03 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB	no time	no time	no time	no time	no time	no time	no time	no time
	no time							
								
	4 5 0 M	5 0 0 M	5 5 0 M	6 0 0 M	6 5 0 M	7 0 0 M	7 5 0 M	8 0 0 M
PB	no time	no time	no time	no time	no time	no time	no time	no time
								
	8 5 0 M	9 0 0 M	9 5 0 M	1 0 0 0 M	1 0 5 0 M	1 1 0 0 M	1 1 5 0 M	1 2 0 0 M
PB	no time	no time	no time	no time	no time	no time	no time	no time
								
	1 1 5 0 M	1 3 0 0 M	1 3 5 0 M	1 4 0 0 M	1 4 5 0 M	1 5 0 0 M		
PB	no time	no time	no time	no time	no time	no time		
								

Coach feedback:

Event number: 5: 200M MEDLEY WOMEN 11-14							Heat:1, starttime: 21:05	
Heat: 1/2 Lane : 3 Athlete: SARMI SOFIA							Q-time: 03:13:21	
PB (25m pool): 03:13.21 Aartselaar 01/11/2025				PB (50m pool): 03:18.74 SB: 03:13.21 Aartselaar 01/11/2025				
	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		00:47.07		no time		no time		03:13.21
	00:47.07							
								

Coach feedback:

Event number: 5: 200M MEDLEY WOMEN 11-14							Heat:1, starttime: 21:05	
Heat: 1/2 Lane : 4 Athlete: GERAEDTS MARIA							Q-time: 03:13:66	
PB (25m pool): 03:13.66 Antwerpen 12/10/2025				PB (50m pool): no time SB: 03:13.66 Antwerpen 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		00:46.87		01:36.53		02:31.93		03:13.66
	00:46.87		00:49.66		00:55.40		00:41.73	
								

Coach feedback:

Memorial Yu Jacob: Session: 1: COACH evaluation sheet for TEAM: ZVL

Event number: 5: 200M MEDLEY WOMEN 11-14							Heat:2, starttime: 21:09	
Heat: 2/2 Lane : 1 Athlete: VAN BREEDAM LENA							Q-time: 03:00:22	
PB (25m pool): 03:00.22 Heist-op-den-Berg 10/01/2026				PB (50m pool): 03:04.33SB: 03:00.22 Heist-op-den-Berg 10/01/2026				
	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		00:37.97		no time		no time		03:00.22
	00:37.97							
								

Coach feedback:

Event number: 5: 200M MEDLEY WOMEN 11-14							Heat:2, starttime: 21:09	
Heat: 2/2 Lane : 2 Athlete: DE VOCHT LINNE							Q-time: 02:48:83	
PB (25m pool): 02:48.83 Leuven 12/10/2025				PB (50m pool): 02:57.74SB: 02:48.83 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		00:36.85		01:18.54		02:10.92		02:48.83
	00:36.85		00:41.69		00:52.38		00:37.91	
								

Coach feedback:

Event number: 5: 200M MEDLEY WOMEN 11-14							Heat:2, starttime: 21:09	
Heat: 2/2 Lane : 4 Athlete: DALEMANS NEL							Q-time: 02:47:97	
PB (25m pool): 02:47.97 Aartselaar 01/11/2025				PB (50m pool): 02:56.82SB: 02:47.97 Aartselaar 01/11/2025				
	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		00:36.50		no time		no time		02:47.97
	00:36.50							
								

Coach feedback:

Event number: 6: 200M MEDLEY MEN 11-14							Heat:2, starttime: 21:17	
Heat: 2/2 Lane : 4 Athlete: MARIN ALEXANDRU							Q-time: 02:45:78	
PB (25m pool): 02:45.78 Heist-op-den-Berg 10/01/2026				PB (50m pool): no time SB: 02:45.78 Heist-op-den-Berg 10/01/2026				
	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		00:36.00		no time		no time		02:45.78
	00:36.00							
								

Coach feedback: