

Voorjaarscriterium: Session: 1: COACH evaluation sheet for TEAM: ZOLA

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

Coaches: Bettens Ben HEADCOACH

Coaches: Bettens Lucas

PB => Personal Best time

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

Event number: 7: 100M BACKSTROKE MEN 11+					Heat:1, starttime: 14:56
Heat: 1/3 Lane : 5 Athlete: VERDONCK STIJN					Q-time: 99:99:99
PB (25m pool): no time					PB (50m pool): 01:14.84 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: 7: 100M BACKSTROKE MEN 11+					Heat:3, starttime: 15:00
Heat: 3/3 Lane : 5 Athlete: BETTENS STAN					Q-time: 01:16:64
PB (25m pool): 01:16.64 Nijlen 16/11/2025					PB (50m pool): 01:16.19 SB: 01:16.64 Nijlen 16/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.06		01:16.64	
	00:37.06 00:39.58				
					

Coach feedback:

Event number: 16: 200M BACKSTROKE MEN 11+							Heat:1, starttime: 16:02	
Heat: 1/3 Lane : 4 Athlete: VERDONCK STIJN							Q-time: 99:99:99	
PB (25m pool): no time			PB (50m pool): 02:42.76SB: 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:

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Event number: 20: 200M MEDLEY MEN 11+							Heat:4, starttime: 16:48	
Heat: 4/5 Lane : 2 Athlete: BETTENS STAN							Q-time: 02:48:23	
PB (25m pool): 02:48.23 Antwerpen 12/10/2025				PB (50m pool): 02:46.49 SB: 02:48.23 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		00:40.10		01:21.55		02:10.59		02:48.23
	00:40.10		00:41.45		00:49.04		00:37.64	
								

Coach feedback: