

AZV 26: Session: 1: COACH evaluation sheet for TEAM: ZOLA

Coachinfo: Warming up from: 12:30 untill . Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Delissen Kim

PB => Personal Best time

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

Event number: 5: 100M MEDLEY WOMEN 11+					Heat:4, starttime: 15:09
Heat: 4/6 Lane : 2 Athlete: VANDE SOMPELE HASSE					Q-time: 01:36:67
PB (25m pool): 01:36.67 Tilburg 07/09/2025					PB (50m pool): no time SB: 01:36.67 Tilburg 07/09/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:47.12		01:36.67	
		00:47.12		00:49.55	
					

Coach feedback:

Event number: 5: 100M MEDLEY WOMEN 11+					Heat:5, starttime: 15:12
Heat: 5/6 Lane : 4 Athlete: NAGHIU MATIS IZOLDA					Q-time: 01:30:97
PB (25m pool): 01:30.97 Stedelijk Zwembad Geel 16/02/2025					PB (50m pool): no time SB: 01:37.25 Tilburg 07/09/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:43.45		01:30.97	
		00:43.45		00:47.52	
					

Coach feedback:

Event number: 6: 400M FREESTYLE MEN 11+							Heat:1, starttime: 15:35	
Heat: 1/5 Lane : 1 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 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:

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Event number: 6: 400M FREESTYLE MEN 11+							Heat:2, starttime: 15:43	
Heat: 2/5 Lane : 1 Athlete: FONTANA ALESSANDRO MARIA NIC							Q-time: 06:40:45	
PB (25m pool): 06:40.45 2370 Arendonk 21/12/2025			PB (50m pool): no time SB: 06:40.45 2370 Arendonk 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		00:40.82		01:27.42		no time		03:17.26
	00:40.82		00:46.60					
								
	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		06:40.45
								

Coach feedback:

Event number: 9: 50M FREESTYLE WOMEN 11+							Heat:3, starttime: 16:30	
Heat: 3/9 Lane : 3 Athlete: VANDE SOMPELE HASSE							Q-time: 00:40:89	
PB (25m pool): no time				PB (50m pool): 00:38.47 SB: no time				
	2 5 M		5 0 M					
PB			no time					
	no time							
								

Coach feedback:

Event number: 9: 50M FREESTYLE WOMEN 11+										Heat:6, starttime: 16:34	
Heat: 6/9 Lane : 4 Athlete: NAGHIU MATIS IZOLDA										Q-time: 00:34:81	
PB (25m pool): 00:34.81 Nijlen 16/11/2025					PB (50m pool): 00:35.40SB: 00:34.81 Nijlen 16/11/2025						
	2 5 M		5 0 M								
PB			00:34.81								
			00:34.81								
											

Coach feedback:

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Event number: 10: 50M FREESTYLE MEN 11+										Heat:2, starttime: 16:39																													
Heat: 2/7										Lane : 1										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																																	
PB						no time																																	
		no time																																					
																																							

Coach feedback:

Event number: 10: 50M FREESTYLE MEN 11+							Heat:2, starttime: 16:39	
Heat: 2/7 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					
PB			no time					
	no time							
								

Coach feedback:

Event number: 12: 4x50M FREESTYLE MIXED							Heat:1, starttime: 16:50	
Heat: 1/2 Lane : 2 Athlete: TEAM ZOLA 1							Q-time: 99:99:99	
PB (25m pool):			PB (50m pool):		SB:			
	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								
								

Coach feedback: