

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

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

PB => Personal Best time

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

Event number: 5: 100M MEDLEY WOMEN 11+

Heat:1, starttime: 15:03

Heat: 1/6 Lane : 1 Athlete: LAUWEREINS HELENA

Q-time: 99:99:99

PB (25m pool): 01:29.58 Arendonk 01/12/2024

PB (50m pool): no time SB: no time

	25 M	50 M	75 M	100 M	
PB		no time		01:29.58	
	no time				
					

Coach feedback:

Event number: 5: 100M MEDLEY WOMEN 11+

Heat:3, starttime: 15:07

Heat: 3/6 Lane : 2 Athlete: VERMEIREN LINDE

Q-time: 99:99:99

PB (25m pool): no time

PB (50m pool): no time SB: no time

	25 M	50 M	75 M	100 M	
PB		no time		no time	
	no time				
					

Coach feedback:

Event number: 5: 100M MEDLEY WOMEN 11+

Heat:5, starttime: 15:12

Heat: 5/6 Lane : 3 Athlete: GEETS LARISSA

Q-time: 01:27:45

PB (25m pool): 01:27.45 Kalmthout 08/02/2026

PB (50m pool): no time SB: 01:27.45 Kalmthout 08/02/2026

	25 M	50 M	75 M	100 M	
PB		no time		01:27.45	
	no time				
					

Coach feedback:

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

Event number: 9: 50M FREESTYLE WOMEN 11+			Heat:3, starttime: 16:30
Heat: 3/9 Lane : 4 Athlete: GEETS LARISSA			Q-time: 99:99:99
PB (25m pool): 00:35.78 Kalmthout 25/02/2024			PB (50m pool): no time SB: no time
	2 5 M	5 0 M	
PB		00:35.78	
		00:35.78	
			

Coach feedback:

Event number: 9: 50M FREESTYLE WOMEN 11+			Heat:4, starttime: 16:31
Heat: 4/9 Lane : 2 Athlete: VERMEIREN LINDE			Q-time: 00:37:24
PB (25m pool): 00:37.24 Kalmthout 23/02/2025			PB (50m pool): no time SB: no time
	2 5 M	5 0 M	
PB		00:37.24	
		00:37.24	
			

Coach feedback:

Event number: 9: 50M FREESTYLE WOMEN 11+			Heat:7, starttime: 16:35
Heat: 7/9 Lane : 2 Athlete: LAUWEREINS HELENA			Q-time: 00:32:45
PB (25m pool): 00:32.45 Kalmthout 23/02/2025			PB (50m pool): no time SB: no time
	2 5 M	5 0 M	
PB		00:32.45	
		00:32.45	
			

Coach feedback: