

SPEEDOMEETING 2026: Session: 3: COACH evaluation sheet for TEAM: ZALM

Coachinfo: Warming up from: 13:00 untill 13:45. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Moers Greet

Coaches: Moers Liesbet

Coaches: Van Dyck Hanne

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

Event number: 13: 100M FREESTYLE MEN 10-9				Heat:2, starttime: 14:00
Heat: 2/2 Lane : 8 Athlete: ADRIAENSENS FLOR				Q-time: 01:35:78
PB (50m pool): no time		PB (25m pool): 01:27.50 SB: no time		
	5 0 M	1 0 0 M		
PB	no time	no time		
	no time			
				

Coach feedback:

Event number: 15: 200M MEDLEY WOMEN 11+					Heat:2, starttime: 14:20
Heat: 2/24 Lane : 5 Athlete: GIEDTS MIRTHE					Q-time: 99:99:99
PB (50m pool): no time		PB (25m pool): no time SB: no time			
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	no time	
	no time				
					

Coach feedback:

Event number: 15: 200M MEDLEY WOMEN 11+					Heat:13, starttime: 15:00
Heat: 13/24 Lane : 9 Athlete: HOLSTERS MAURA					Q-time: 03:01:12
PB (50m pool): 03:01.12 Antwerpen 20/04/2025		PB (25m pool): 02:58.72 SB: no time			
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:41.83	01:31.83	02:20.69	03:01.12	
	00:41.83	00:50.00	00:48.86	00:40.43	
					

Coach feedback:

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Event number: 15: 200M MEDLEY WOMEN 11+					Heat:17, starttime: 15:15
Heat: 17/24 Lane : 8 Athlete: VAN ASSCHE FIEN					Q-time: 02:51:60
PB (50m pool): 03:08.10 Zwembad Brigitte Becue Oostend 10/05/25 PB (25m pool): 02:51.60 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	03:08.10	
	no time				
					

Coach feedback:

Event number: 16: 100M BREASTSTROKE MEN 10-9					Heat:2, starttime: 16:00
Heat: 2/2 Lane : 9 Athlete: ADRIAENSENS FLOR					Q-time: 02:06:20
PB (50m pool): no time PB (25m pool): 02:02.10 SB: no time					
	5 0 M	1 0 0 M			
PB	no time	no time			
	no time				
					

Coach feedback:

Event number: 17: 400M FREESTYLE MEN 11+							Heat:1, starttime: 16:05	
Heat: 1/10 Lane : 8 Athlete: REYNIERS MATTEO							Q-time: 05:39:59	
PB (50m pool): no time			PB (25m pool): 05:39.59 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>							
								

Coach feedback:

Event number: 17: 400M FREESTYLE MEN 11+							Heat:7, starttime: 16:40	
Heat: 7/10 Lane : 2 Athlete: MARINUS BAS							Q-time: 04:45:66	
PB (50m pool): no time			PB (25m pool): 04:45.66 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>							
								

Coach feedback: