

PK KB LIM 26: Session: 1: COACH evaluation sheet for TEAM: PZC

Coachinfo: Warming up from: 08:30 untill 09:25. Teamleadmeeting @ The listed starttimes are indicative!

PB => Personal Best time

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

Event number: 1: 200M BUTTERFLY WOMEN 13+							Heat:1, starttime: 09:30	
Heat: 1/1 Lane : 3 Athlete: VLASSAKS ROSALIE							Q-time: 02:56:42	
PB (25m pool): 02:56.42 3500 Hasselt 23/11/2025				PB (50m pool): 03:02.60SB: 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		00:37.43		01:21.87		02:10.17		02:56.42
	00:37.43		00:44.44		00:48.30		00:46.25	
								

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+					Heat:2, starttime: 09:36
Heat: 2/9 Lane : 5 Athlete: MEYLAERS SEPPE				Q-time: 01:19:34	
PB (25m pool): 01:19.34 Bree 31/05/2026			PB (50m pool): 01:18.36 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.88		01:19.34	
	00:37.88		00:41.46		
					

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+					Heat:2, starttime: 09:36				
Heat: 2/9 Lane : 6 Athlete: VAN DE POLDER KOBE					Q-time: 01:23:72				
PB (25m pool): 01:23.72 Pelt 05/10/2025					PB (50m pool): 01:13.75 SB: no time				
	2 5 M		5 0 M		7 5 M		1 0 0 M		
PB			00:40.51				01:23.72		
	00:40.51				00:43.21				
									

Coach feedback:

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Event number: 2: 100M FREESTYLE MEN 11+					Heat:3, starttime: 09:38
Heat: 3/9 Lane : 2 Athlete: VOSSEN NOAH					Q-time: 01:14:82
PB (25m pool): 01:14.82 Bree 31/05/2026					PB (50m pool): 01:12.88 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.75		01:14.82	
	00:36.75		00:38.07		
					

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+					Heat:4, starttime: 09:40
Heat: 4/9 Lane : 4 Athlete: BOLLEN WARRE					Q-time: 01:09:13
PB (25m pool): 01:09.13 Pelt 05/10/2025					PB (50m pool): 01:07.73 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.71		01:09.13	
	00:33.71		00:35.42		
					

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+					Heat:4, starttime: 09:40
Heat: 4/9 Lane : 6 Athlete: BEYLEMANS LOWIE					Q-time: 01:09:88
PB (25m pool): 01:11.07 Stedelijk Zwembad Geel 16/02/2025					PB (50m pool): 01:09.88 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.00		01:11.07	
	00:34.00		00:37.07		
					

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+					Heat:7, starttime: 09:45
Heat: 7/9 Lane : 1 Athlete: LEYSEN WARRE					Q-time: 01:00:57
PB (25m pool): 01:01.00 Hasselt 12/10/2025					PB (50m pool): 01:00.57 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.12		01:01.00	
	00:30.12		00:30.88		
					

Coach feedback:

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Event number: 2: 100M FREESTYLE MEN 11+					Heat:7, starttime: 09:45
Heat: 7/9 Lane : 2 Athlete: DANILOV MICHAËL					Q-time: 01:00:19
PB (25m pool): 01:00.19 Bree 31/05/2026					PB (50m pool): 01:01.67 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:29.16		01:00.19	
	00:29.16		00:31.03		
					

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+					Heat:8, starttime: 09:47
Heat: 8/9 Lane : 7 Athlete: FRANSEN DYLANO					Q-time: 00:58:80
PB (25m pool): 00:59.26 Hasselt 12/10/2025					PB (50m pool): 00:58.80 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:28.96		00:59.26	
	00:28.96		00:30.30		
					

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+					Heat:9, starttime: 09:48
Heat: 9/9 Lane : 6 Athlete: BEISHUIZEN TOM					Q-time: 00:54:85
PB (25m pool): 00:54.87 Hasselt 12/10/2025					PB (50m pool): 00:55.57 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:27.08		00:54.87	
	00:27.08		00:27.79		
					

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:2, starttime: 09:54
Heat: 2/11 Lane : 5 Athlete: THOMAS LYNE							Q-time: 03:17:16
PB (25m pool): 03:17.16 3500 Hasselt 23/11/2025							PB (50m pool): 03:29.47 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5
PB		00:45.72		01:37.26		02:35.06	03:17.16
	00:45.72		00:51.54		00:57.80		00:42.10
							

Coach feedback:

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Event number: 3: 200M MEDLEY WOMEN 11+							Heat:4, starttime: 10:02	
Heat: 4/11 Lane : 2 Athlete: CYPERS DE LANDRECY JOZEFIEN							Q-time: 03:07:07	
PB (25m pool): 03:14.19 3500 Hasselt 24/11/2024				PB (50m pool): 03:07.07 SB: 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		00:43.19		01:31.56		02:30.64		03:14.19
	00:43.19		00:48.37		00:59.08		00:43.55	
								

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:5, starttime: 10:06	
Heat: 5/11 Lane : 1 Athlete: VANEESBECK EMMA							Q-time: 03:03:40	
PB (25m pool): 03:03.40 3500 Hasselt 23/11/2025				PB (50m pool): 03:05.98 SB: 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		00:42.06		01:30.39		02:24.61		03:03.40
	00:42.06		00:48.33		00:54.22		00:38.79	
								

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:8, starttime: 10:16	
Heat: 8/11 Lane : 4 Athlete: MAES HELENE							Q-time: 02:44:25	
PB (25m pool): 02:44.25 3500 Hasselt 23/11/2025				PB (50m pool): 02:50.66 SB: 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		00:35.10		01:16.78		02:07.67		02:44.25
	00:35.10		00:41.68		00:50.89		00:36.58	
								

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:9, starttime: 10:20	
Heat: 9/11 Lane : 5 Athlete: BOLLEN GITTE							Q-time: 02:41:50	
PB (25m pool): 02:41.50 Hasselt 12/10/2025				PB (50m pool): 02:42.44 SB: 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		00:35.25		01:16.62		02:05.91		02:41.50
	00:35.25		00:41.37		00:49.29		00:35.59	
								

Coach feedback:

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Event number: 4: 100M BREASTSTROKE MEN 13+					Heat:2, starttime: 10:32
Heat: 2/4 Lane : 7 Athlete: BEYLEMANS LOWIE					Q-time: 01:31:84
PB (25m pool): 01:31.84 Pelt 05/10/2025					PB (50m pool): 01:34.32 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:43.13		01:31.84	
	00:43.13		00:48.71		
					

Coach feedback:

Event number: 4: 100M BREASTSTROKE MEN 13+					Heat:3, starttime: 10:34
Heat: 3/4 Lane : 3 Athlete: VAN DEN BERG JASPER					Q-time: 01:15:47
PB (25m pool): 01:14.79 Mol 29/12/2024					PB (50m pool): 01:17.67 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.72		01:14.79	
	00:34.72		00:40.07		
					

Coach feedback:

Event number: 4: 100M BREASTSTROKE MEN 13+					Heat:3, starttime: 10:34
Heat: 3/4 Lane : 4 Athlete: DANILOV MICHAËL					Q-time: 01:14:35
PB (25m pool): 01:14.35 Pelt 05/10/2025					PB (50m pool): 01:16.07 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.19		01:14.35	
	00:34.19		00:40.16		
					

Coach feedback:

Event number: 6: 400M FREESTYLE MEN 13+							Heat:2, starttime: 11:11	
Heat: 2/3 Lane : 3 Athlete: FRANSEN DYLANO							Q-time: 04:40:85	
PB (25m pool): 04:40.85 Pelt 05/10/2025				PB (50m pool): 04:45.36SB: 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		01:06.61		no time		02:19.21
	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		04:40.85
								

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Event number: 6: 400M FREESTYLE MEN 13+							Heat:3, starttime: 11:17	
Heat: 3/3 Lane : 8 Athlete: LEYSSEN WARRE							Q-time: 04:29:70	
PB (25m pool): 04:29.70 Hasselt 12/10/2025				PB (50m pool): 04:31.29SB: 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		00:31.30		01:06.63		01:41.39		02:15.75
	00:31.30		00:35.33		00:34.76		00:34.36	
								
	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		02:50.08		03:24.87		03:58.46		04:29.70
	00:34.33		00:34.79		00:33.59		00:31.24	
								

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+										Heat:2, starttime: 11:24	
Heat: 2/11 Lane : 6 Athlete: VANEESBECK EMMA										Q-time: 00:42:25	
PB (25m pool): 00:42.25 Bree 01/06/2025					PB (50m pool): 00:40.97 SB: no time						
	2 5 M		5 0 M								
PB			00:42.25								
			00:42.25								
											

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+										Heat:4, starttime: 11:26	
Heat: 4/11 Lane : 1 Athlete: THOMAS LYNE										Q-time: 00:39:54	
PB (25m pool): 00:39.54 Bree 31/05/2026										PB (50m pool): 00:41.95 SB: no time	
	2 5 M		5 0 M								
PB			00:39.54								
			00:39.54								
											

Coach feedback:

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Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:4, starttime: 11:26
Heat: 4/11 Lane : 4 Athlete: BEYLEMANS KATHO			Q-time: 00:38:61
PB (25m pool): 00:37.74 3500 Hasselt 20/10/2024			PB (50m pool): 00:38.06 SB: no time
	2 5 M	5 0 M	
PB		00:37.74	
		00:37.74	
			

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:8, starttime: 11:31
Heat: 8/11 Lane : 4 Athlete: MAES HELENE			Q-time: 00:33:03
PB (25m pool): 00:33.03 Bree 31/05/2026			PB (50m pool): 00:33.92 SB: no time
	2 5 M	5 0 M	
PB		00:33.03	
		00:33.03	
			

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:8, starttime: 11:31
Heat: 8/11 Lane : 6 Athlete: VLASSAKS ROSALIE			Q-time: 00:33:37
PB (25m pool): 00:33.37 Hasselt 12/10/2025			PB (50m pool): 00:34.03 SB: no time
	2 5 M	5 0 M	
PB		00:33.37	
		00:33.37	
			

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:9, starttime: 11:32
Heat: 9/11 Lane : 1 Athlete: BOLLEN GITTE			Q-time: 00:32:77
PB (25m pool): 00:32.77 Temse 17/11/2025			PB (50m pool): 00:33.23 SB: no time
	2 5 M	5 0 M	
PB		00:32.77	
		00:32.77	
			

Coach feedback:

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Event number: 8: 50M BACKSTROKE MEN 13+			Heat:1, starttime: 11:36
Heat: 1/4 Lane : 8 Athlete: VAN DE POLDER KOBE			Q-time: 00:41:77
PB (25m pool): 00:41.77 Bree 31/05/2026			PB (50m pool): 00:42.01 SB: no time
	2 5 M	5 0 M	
PB		00:41.77	
		00:41.77	
			

Coach feedback:

Event number: 8: 50M BACKSTROKE MEN 13+			Heat:3, starttime: 11:39
Heat: 3/4 Lane : 8 Athlete: VAN DEN BERG JASPER			Q-time: 00:32:40
PB (25m pool): 00:32.40 Stedelijk Zwembad Geel 16/02/2025			PB (50m pool): 00:39.53 SB: no time
	2 5 M	5 0 M	
PB		00:32.40	
		00:32.40	
			

Coach feedback:

Event number: 8: 50M BACKSTROKE MEN 13+			Heat:4, starttime: 11:40
Heat: 4/4 Lane : 6 Athlete: BEISHUIZEN TOM			Q-time: 00:29:13
PB (25m pool): 00:29.13 Hasselt 12/10/2025			PB (50m pool): 00:29.31 SB: no time
	2 5 M	5 0 M	
PB		00:29.13	
		00:29.13	
			

Coach feedback: