

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

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: 2: 100M FREESTYLE MEN 11+

Heat:1, starttime: 09:34

Heat: 1/9 Lane : 5 Athlete: JONGEN KENZI

Q-time: 01:45:96

PB (25m pool): no time

PB (50m pool): 01:40.71 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: 3: 200M MEDLEY WOMEN 11+

Heat:2, starttime: 09:54

Heat: 2/11 Lane : 1 Athlete: GERARD LAURE

Q-time: 03:31:74

PB (25m pool): no time

PB (50m pool): 03:31.74 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		no time		no time		no time		no time
	no time							
								

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+

Heat:2, starttime: 09:54

Heat: 2/11 Lane : 7 Athlete: HERMANS FÉLICE

Q-time: 03:30:83

PB (25m pool): 03:30.83 Lommel 22/02/2026

PB (50m pool): no time 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		00:45.31		no time		no time		03:30.83
	00:45.31							
								

Coach feedback:

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Event number: 3: 200M MEDLEY WOMEN 11+							Heat:9, starttime: 10:20	
Heat: 9/11 Lane : 8 Athlete: MEERTENS JESSY							Q-time: 02:44:14	
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	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:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:10, starttime: 10:23	
Heat: 10/11 Lane : 8 Athlete: MEERTENS JODY							Q-time: 02:41:30	
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	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:

Event number: 5: 200M BACKSTROKE WOMEN 13+							Heat:2, starttime: 10:57	
Heat: 2/3 Lane : 5 Athlete: MEERTENS JESSY							Q-time: 02:41:51	
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	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:

Event number: 7: 50M BUTTERFLY WOMEN 11+							Heat:1, starttime: 11:22		
Heat: 1/11 Lane : 3 Athlete: JONGEN JADE							Q-time: 00:49:32		
PB (25m pool): no time				PB (50m pool): 00:43.83				SB: no time	
	2 5 M		5 0 M						
PB			no time						
	no time								
									

Coach feedback:

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Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:1, starttime: 11:22
Heat: 1/11 Lane : 6 Athlete: GERARD LAURE			Q-time: 00:50:65
PB (25m pool): 00:58.40 Lommel 02/03/2025			PB (50m pool): 00:46.91 SB: no time
	2 5 M	5 0 M	
PB		00:58.40	
		00:58.40	
			

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:2, starttime: 11:24
Heat: 2/11 Lane : 7 Athlete: HERMANS FÉLICE			Q-time: 00:45:31
PB (25m pool): no time			PB (50m pool): 00:44.41 SB: no time
	2 5 M	5 0 M	
PB		no time	
		no time	
			

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:10, starttime: 11:33
Heat: 10/11 Lane : 6 Athlete: MEERTENS JODY			Q-time: 00:31:82
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: