

PK KB LIM 26: Session: 2: COACH evaluation sheet for TEAM: LWB

Coachinfo: Warming up from: 13:00 untill 13:55. Teamleadmeeting @ The listed starttimes are indicative!

PB => Personal Best time

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

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:2, starttime: 14:06
Heat: 2/11 Lane : 1 Athlete: DE LAAT ELENA					Q-time: 01:27:69
PB (25m pool): 01:27.69 Mol 28/12/2025			PB (50m pool): 01:20.13 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:41.65		01:27.69	
	00:41.65		00:46.04		
					

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:2, starttime: 14:06
Heat: 2/11 Lane : 3 Athlete: MANNAERTS ROSANNE					Q-time: 01:24:11
PB (25m pool): no time			PB (50m pool): 01:17.41 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: 10: 100M FREESTYLE WOMEN 11+					Heat:2, starttime: 14:06
Heat: 2/11 Lane : 4 Athlete: ABAS NOUR					Q-time: 01:22:79
PB (25m pool): 01:22.79 Stedelijk Zwembad Geel 15/02/2026			PB (50m pool): 01:20.72 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.74		01:22.79	
	00:37.74		00:45.05		
					

Coach feedback:

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Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:2, starttime: 14:06
Heat: 2/11 Lane : 7 Athlete: COCHET LANTE					Q-time: 01:25:61
PB (25m pool): no time					PB (50m pool): 01:25.61 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: 11: 200M MEDLEY MEN 11+							Heat:3, starttime: 14:32	
Heat: 3/8 Lane : 2 Athlete: HURKMANS CÉDRIC							Q-time: 03:02:21	
PB (25m pool): 03:02.21 Lommel 22/02/2026				PB (50m pool): 03:07.31 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		00:37.25		no time		no time		03:02.21
	00:37.25							
								

Coach feedback:

Event number: 11: 200M MEDLEY MEN 11+							Heat:7, starttime: 14:46	
Heat: 7/8 Lane : 3 Athlete: KAMAGATE TAMSİ							Q-time: 02:26:41	
PB (25m pool): 02:26.41 Mol 28/12/2025				PB (50m pool): 02:30.97 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		00:32.64		01:14.21		01:55.10		02:26.41
	00:32.64		00:41.57		00:40.89		00:31.31	
								

Coach feedback:

Event number: 12: 100M BREASTSTROKE WOMEN 13+					Heat:1, starttime: 14:52
Heat: 1/5 Lane : 3 Athlete: ABAS NOUR					Q-time: 01:37:84
PB (25m pool): 01:37.84 Bilzen 25/01/2026					PB (50m pool): 01:36.55 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:45.84		01:37.84	
	00:45.84		00:52.00		
					

Coach feedback:

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Event number: 13: 200M BACKSTROKE MEN 13+							Heat:1, starttime: 15:18	
Heat: 1/2 Lane : 4 Athlete: MANNAERTS MATHIAS							Q-time: 02:30:10	
PB (25m pool): 02:30.10 Mol 28/12/2025				PB (50m pool): 02:25.82 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		00:35.69		01:14.23		01:52.67		02:30.10
	00:35.69		00:38.54		00:38.44		00:37.43	
								

Coach feedback:

Event number: 14: 400M FREESTYLE WOMEN 13+							Heat:1, starttime: 15:25	
Heat: 1/3 Lane : 4 Athlete: MICHIELS ANS							Q-time: 06:03:60	
PB (25m pool): 06:53.33 De Sprink 18/10/2020				PB (50m pool): 06:03.89SB: 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		06:53.33
								

Coach feedback:

Event number: 15: 50M BUTTERFLY MEN 11+							Heat:4, starttime: 15:48	
Heat: 4/8 Lane : 4 Athlete: MANNAERTS MATHIAS							Q-time: 00:33:78	
PB (25m pool): 00:33.78 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 00:33.44SB: no time								
	2 5 M		5 0 M					
PB			00:33.78					
	00:33.78							
								

Coach feedback:

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Event number: 15: 50M BUTTERFLY MEN 11+			Heat:4, starttime: 15:48
Heat: 4/8 Lane : 6 Athlete: HURKMANS CÉDRIC			Q-time: 00:34:90
PB (25m pool): 00:34.90 Stedelijk Zwembad Geel 16/02/2025 PB (50m pool): 00:36.50 SB: no time			
	2 5 M	5 0 M	
PB		00:34.90	
		00:34.90	
			

Coach feedback:

Event number: 15: 50M BUTTERFLY MEN 11+			Heat:6, starttime: 15:50
Heat: 6/8 Lane : 5 Athlete: KAMAGATE TAMSI			Q-time: 00:30:03
PB (25m pool): 00:30.03 Nijlen 16/11/2025 PB (50m pool): 00:29.41 SB: no time			
	2 5 M	5 0 M	
PB		00:30.03	
		00:30.03	
			

Coach feedback: