

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

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:4, starttime: 14:10
Heat: 4/11 Lane : 5 Athlete: VANEESBECK EMMA					Q-time: 01:14:77
PB (25m pool): 01:14.77 Temse 17/11/2025					PB (50m pool): 01:13.99 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.64		01:14.77	
		00:36.64		00:38.13	
					

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:4, starttime: 14:10
Heat: 4/11 Lane : 6 Athlete: THOMAS LYNE					Q-time: 01:15:11
PB (25m pool): 01:15.11 Bree 31/05/2026					PB (50m pool): 01:17.78 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.86		01:15.11	
		00:35.86		00:39.25	
					

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:5, starttime: 14:12
Heat: 5/11 Lane : 4 Athlete: BEYLEMANS KATHO					Q-time: 01:12:34
PB (25m pool): 01:12.06 3500 Hasselt 20/10/2024					PB (50m pool): 01:12.87 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.81		01:12.06	
		00:34.81		00:37.25	
					

Coach feedback:

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Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:5, starttime: 14:12
Heat: 5/11 Lane : 8 Athlete: CYPERS DE LANDRECY JOZEFIEN					Q-time: 01:14:42
PB (25m pool): 01:14.42 Bilzen 12/01/2025					PB (50m pool): 01:18.17 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.89		01:14.42	
	00:34.89		00:39.53		
					

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:9, starttime: 14:18
Heat: 9/11 Lane : 8 Athlete: BOLLEN GITTE					Q-time: 01:05:75
PB (25m pool): 01:05.75 Hasselt 12/10/2025					PB (50m pool): 01:06.91 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.73		01:05.75	
	00:31.73		00:34.02		
					

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:10, starttime: 14:20
Heat: 10/11 Lane : 2 Athlete: MAES HELENE					Q-time: 01:04:19
PB (25m pool): 01:04.19 Bilzen 12/01/2025					PB (50m pool): 01:05.35 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.42		01:04.19	
	00:31.42		00:32.77		
					

Coach feedback:

Event number: 11: 200M MEDLEY MEN 11+							Heat:2, starttime: 14:28	
Heat: 2/8 Lane : 6 Athlete: VOSSEN NOAH							Q-time: 03:21:06	
PB (25m pool): 03:21.06 Pelt 05/10/2025				PB (50m pool): 03:07.93 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		00:45.82		no time		no time		03:21.06
	00:45.82							
								

Coach feedback:

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Event number: 11: 200M MEDLEY MEN 11+							Heat:3, starttime: 14:32	
Heat: 3/8 Lane : 5 Athlete: BEYLEMANS LOWIE							Q-time: 02:55:95	
PB (25m pool): 02:55.95 Pelt 05/10/2025				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		00:41.08		no time		no time		02:55.95
	00:41.08							
								

Coach feedback:

Event number: 11: 200M MEDLEY MEN 11+							Heat:3, starttime: 14:32	
Heat: 3/8 Lane : 8 Athlete: MEYLAERS SEPPE							Q-time: 03:10:08	
PB (25m pool): 03:10.08 3500 Hasselt 23/11/2025				PB (50m pool): 03:01.32 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		00:44.71		01:31.88		02:26.89		03:10.08
	00:44.71		00:47.17		00:55.01		00:43.19	
								

Coach feedback:

Event number: 11: 200M MEDLEY MEN 11+							Heat:4, starttime: 14:36	
Heat: 4/8 Lane : 3 Athlete: BOLLEN WARRE							Q-time: 02:51:61	
PB (25m pool): 02:51.61 Pelt 05/10/2025				PB (50m pool): 02:46.95 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		00:40.58		no time		no time		02:51.61
	00:40.58							
								

Coach feedback:

Event number: 11: 200M MEDLEY MEN 11+							Heat:6, starttime: 14:43	
Heat: 6/8 Lane : 3 Athlete: DANILOV MICHAËL							Q-time: 02:33:75	
PB (25m pool): 02:33.75 Pelt 05/10/2025				PB (50m pool): 02:36.44 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		00:33.77		no time		no time		02:33.75
	00:33.77							
								

Coach feedback:

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Event number: 12: 100M BREASTSTROKE WOMEN 13+					Heat:2, starttime: 14:54
Heat: 2/5 Lane : 4 Athlete: VLASSAKS ROSALIE					Q-time: 01:29:26
PB (25m pool): 01:29.26 Bree 31/05/2026					PB (50m pool): 01:34.90 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:42.38		01:29.26	
	00:42.38		00:46.88		
					

Coach feedback:

Event number: 13: 200M BACKSTROKE MEN 13+							Heat:1, starttime: 15:18	
Heat: 1/2 Lane : 5 Athlete: VAN DEN BERG JASPER							Q-time: 02:31:47	
PB (25m pool): 02:28.95 Diksmuide 17/11/2024				PB (50m pool): 02:31.47 SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:35.90		01:14.03		01:52.51		02:28.95
	00:35.90		00:38.13		00:38.48		00:36.44	
								

Coach feedback:

Event number: 13: 200M BACKSTROKE MEN 13+							Heat:1, starttime: 15:18	
Heat: 1/2 Lane : 7 Athlete: VAN DE POLDER KOBE							Q-time: 03:09:84	
PB (25m pool): 03:09.84 Beringen 16/03/2025							PB (50m pool): 03:07.37 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		00:44.64		01:32.51		no time		03:09.84
	00:44.64		00:47.87					
								

Coach feedback:

Event number: 13: 200M BACKSTROKE MEN 13+							Heat:2, starttime: 15:22	
Heat: 2/2 Lane : 2 Athlete: BEISHUIZEN TOM							Q-time: 02:24:50	
PB (25m pool): 02:21.91 3500 Hasselt 20/10/2024				PB (50m pool): 02:24.50SB: 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		00:34.04		01:11.39		01:49.17		02:21.91
	00:34.04		00:37.35		00:37.78		00:32.74	
								

Coach feedback:

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Event number: 14: 400M FREESTYLE WOMEN 13+							Heat:2, starttime: 15:32	
Heat: 2/3 Lane : 7 Athlete: BEYLEMANS KATHO							Q-time: 05:24:38	
PB (25m pool): 05:15.03 3500 Hasselt 20/10/2024				PB (50m pool): 05:33.43SB: 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		00:35.94		01:15.96		01:56.70		02:37.64
	00:35.94		00:40.02		00:40.74		00:40.94	
								
	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		03:18.41		03:58.84		04:38.75		05:15.03
	00:40.77		00:40.43		00:39.91		00:36.28	
								

Coach feedback:

Event number: 15: 50M BUTTERFLY MEN 11+							Heat:2, starttime: 15:46	
Heat: 2/8 Lane : 7 Athlete: MEYLAERS SEPPE							Q-time: 00:45:82	
PB (25m pool): 00:45.82 Temse 17/11/2025				PB (50m pool): 00:37.63SB: no time				
	2 5 M		5 0 M					
PB			00:45.82					
			00:45.82					
								

Coach feedback:

Event number: 15: 50M BUTTERFLY MEN 11+							Heat:3, starttime: 15:47	
Heat: 3/8 Lane : 2 Athlete: VOSSEN NOAH							Q-time: 00:39:99	
PB (25m pool): no time				PB (50m pool): 00:39.99SB: no time				
	2 5 M		5 0 M					
PB			no time					
	no time							
								

Coach feedback:

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Event number: 15: 50M BUTTERFLY MEN 11+			Heat:3, starttime: 15:47
Heat: 3/8 Lane : 4 Athlete: BOLLEN WARRE			Q-time: 00:37:48
PB (25m pool): 00:37.48 Temse 17/11/2025			PB (50m pool): 00:36.17 SB: no time
	2 5 M	5 0 M	
PB		00:37.48	
		00:37.48	
			

Coach feedback:

Event number: 15: 50M BUTTERFLY MEN 11+			Heat:6, starttime: 15:50
Heat: 6/8 Lane : 1 Athlete: FRANSEN DYLANO			Q-time: 00:31:04
PB (25m pool): 00:34.43 De Sprink 22/12/2024			PB (50m pool): 00:31.04 SB: no time
	2 5 M	5 0 M	
PB		00:34.43	
		00:34.43	
			

Coach feedback:

Event number: 15: 50M BUTTERFLY MEN 11+			Heat:6, starttime: 15:50
Heat: 6/8 Lane : 6 Athlete: LEYSSEN WARRE			Q-time: 00:30:69
PB (25m pool): 00:31.57 Stedelijk Zwembad Geel 16/02/2025			PB (50m pool): 00:30.69 SB: no time
	2 5 M	5 0 M	
PB		00:31.57	
		00:31.57	
			

Coach feedback:

Event number: 16: 50M BACKSTROKE WOMEN 13+			Heat:4, starttime: 15:59
Heat: 4/7 Lane : 7 Athlete: CYPERS DE LANDRECY JOZEFIEN			Q-time: 00:36:89
PB (25m pool): 00:36.89 Bree 31/05/2026			PB (50m pool): 00:37.36 SB: no time
	2 5 M	5 0 M	
PB		00:36.89	
		00:36.89	
			

Coach feedback:

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Event number: 17: 4x50M FREESTYLE MEN 11+							Heat:1, starttime: 16:10	
Heat: 1/1 Lane : 2 Athlete: TEAM PZC 2							Q-time: 02:22:71	
PB (25m pool):			PB (50m pool):		SB:			
	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								
								

Coach feedback:

Event number: 17: 4x50M FREESTYLE MEN 11+							Heat:1, starttime: 16:10	
Heat: 1/1 Lane : 3 Athlete: TEAM PZC 1							Q-time: 01:50:47	
PB (25m pool):			PB (50m pool):			SB:		
	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								
								

Coach feedback:

Event number: 18: 4x50M FREESTYLE WOMEN 11+							Heat:1, starttime: 16:14	
Heat: 1/1 Lane : 6 Athlete: TEAM PZC 1							Q-time: 02:05:03	
PB (25m pool):			PB (50m pool):			SB:		
	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								
								

Coach feedback: