

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

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:1, starttime: 14:04
Heat: 1/11 Lane : 2 Athlete: HERMANS FÉLICE					Q-time: 01:34:46
PB (25m pool): no time					PB (50m pool): 01:30.52 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:1, starttime: 14:04
Heat: 1/11 Lane : 4 Athlete: GERARD LAURE					Q-time: 01:29:16
PB (25m pool): 01:31.85 Pelt 05/10/2025					PB (50m pool): 01:25.07 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:43.81		01:31.85	
	00:43.81 00:48.04				
					

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:8, starttime: 14:17
Heat: 8/11 Lane : 7 Athlete: MEERTENS JESSY					Q-time: 01:06:81
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 M	
PB		no time		no time	
	no time				
					

Coach feedback:

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Event number: 12: 100M BREASTSTROKE WOMEN 13+					Heat:4, starttime: 14:58
Heat: 4/5 Lane : 7 Athlete: MEERTENS JODY					Q-time: 01:23:93
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 M	
PB		no time		no time	
	no time				
					

Coach feedback:

Event number: 15: 50M BUTTERFLY MEN 11+					Heat:1, starttime: 15:44
Heat: 1/8 Lane : 6 Athlete: JONGEN KENZI					Q-time: 00:55:16
PB (25m pool): no time PB (50m pool): 00:55.16 SB: no time					
	2 5 M	5 0 M			
PB		no time			
	no time				
					

Coach feedback:

Event number: 16: 50M BACKSTROKE WOMEN 13+					Heat:1, starttime: 15:54
Heat: 1/7 Lane : 3 Athlete: JONGEN JADE					Q-time: 00:48:68
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:

Event number: 16: 50M BACKSTROKE WOMEN 13+					Heat:6, starttime: 16:02
Heat: 6/7 Lane : 2 Athlete: MEERTENS JODY					Q-time: 00:34:59
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:

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Event number: 16: 50M BACKSTROKE WOMEN 13+							Heat:6, starttime: 16:02	
Heat: 6/7 Lane : 6 Athlete: MEERTENS JESSY							Q-time: 00:34:42	
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:

Event number: 18: 4x50M FREESTYLE WOMEN 11+							Heat:1, starttime: 16:14	
Heat: 1/1 Lane : 1 Athlete: TEAM ZPL 1							Q-time: 99:99:99	
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: