

PK KB LIM 26: Session: 3: COACH evaluation sheet for TEAM: ZDKB

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: 19: 100M MEDLEY MEN 11+

Heat:4, starttime: 09:37

Heat: 4/7 Lane : 1 Athlete: LYSSENS SIEBE

Q-time: 01:21:31

PB (25m pool): 01:21.31 Bilzen 25/01/2026

PB (50m pool): no time SB: no time

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:21.31	
	no time				
					

Coach feedback:

Event number: 19: 100M MEDLEY MEN 11+

Heat:5, starttime: 09:39

Heat: 5/7 Lane : 2 Athlete: JANS SEN

Q-time: 01:10:32

PB (25m pool): 01:10.32 Bilzen 25/01/2026

PB (50m pool): no time SB: no time

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:10.32	
	no time				
					

Coach feedback:

Event number: 19: 100M MEDLEY MEN 11+

Heat:6, starttime: 09:40

Heat: 6/7 Lane : 3 Athlete: REPRIELS ARTHUR

Q-time: 01:06:32

PB (25m pool): 01:06.32 Maastricht 30/12/2025

PB (50m pool): no time SB: no time

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.62		01:06.32	
	00:30.62			00:35.70	
					

Coach feedback:

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Event number: 19: 100M MEDLEY MEN 11+					Heat:6, starttime: 09:40
Heat: 6/7 Lane : 5 Athlete: MOERMANS TIJMEN					Q-time: 01:06:23
PB (25m pool): 01:06.23 Maastricht 30/12/2025			PB (50m pool): no time SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.89		01:06.23	
	00:31.89		00:34.34		
					

Coach feedback:

Event number: 19: 100M MEDLEY MEN 11+					Heat:6, starttime: 09:40
Heat: 6/7 Lane : 7 Athlete: SWENNEN LARS					Q-time: 01:07:99
PB (25m pool): 01:07.99 Bree 01/06/2025			PB (50m pool): no time SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:07.99	
	no time				
					

Coach feedback:

Event number: 19: 100M MEDLEY MEN 11+					Heat:6, starttime: 09:40
Heat: 6/7 Lane : 8 Athlete: THEUWIS TIJL					Q-time: 01:09:81
PB (25m pool): 01:09.81 Bilzen 25/01/2026			PB (50m pool): no time SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:09.81	
	no time				
					

Coach feedback:

Event number: 22: 100M BREASTSTROKE WOMEN 11-12					Heat:1, starttime: 10:10
Heat: 1/4 Lane : 5 Athlete: LAPIERRE EMMA					Q-time: 01:51:48
PB (25m pool): 01:51.48 Hasselt 04/05/2025			PB (50m pool): 01:54.39 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:52.72		01:51.48	
	00:52.72		00:58.76		
					

Coach feedback:

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Event number: 23: 100M BACKSTROKE MEN 11+					Heat:5, starttime: 10:31
Heat: 5/7 Lane : 5 Athlete: LYSENS SIEBE					Q-time: 01:18:47
PB (25m pool): 01:18.47 Lommel 22/02/2026					PB (50m pool): 01:20.45 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.65		01:18.47	
	00:39.65		00:38.82		
					

Coach feedback:

Event number: 23: 100M BACKSTROKE MEN 11+					Heat:7, starttime: 10:35
Heat: 7/7 Lane : 7 Athlete: REPRIELS ARTHUR					Q-time: 01:06:97
PB (25m pool): 01:06.97 Maastricht 30/12/2025					PB (50m pool): 01:11.15 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.68		01:06.97	
	00:32.68		00:34.29		
					

Coach feedback:

Event number: 24: 200M BREASTSTROKE WOMEN 13+							Heat:1, starttime: 10:52	
Heat: 1/3 Lane : 2 Athlete: WOLFS LOLA							Q-time: 03:34:07	
PB (25m pool): 03:34.07 3500 Hasselt 23/11/2025				PB (50m pool): 03:48.09 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		00:46.93		01:41.56		02:37.09		03:34.07
	00:46.93		00:54.63		00:55.53		00:56.98	
								

Coach feedback:

Event number: 27: 50M BREASTSTROKE MEN 13+					Heat:1, starttime: 11:26
Heat: 1/3 Lane : 6 Athlete: THEUWIS TIJL					Q-time: 00:38:91
PB (25m pool): 00:38.24 Maastricht 30/12/2024					PB (50m pool): 00:38.91 SB: no time
	2 5 M	5 0 M			
PB		00:38.24			
	00:38.24				
					

Coach feedback:

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Event number: 27: 50M BREASTSTROKE MEN 13+			Heat:2, starttime: 11:27
Heat: 2/3 Lane : 3 Athlete: JANS SEN			Q-time: 00:33:70
PB (25m pool): 00:33.70 Maastricht 30/12/2025			PB (50m pool): 00:34.85 SB: no time
	2 5 M	5 0 M	
PB		00:33.70	
		00:33.70	
			

Coach feedback:

Event number: 27: 50M BREASTSTROKE MEN 13+			Heat:3, starttime: 11:28
Heat: 3/3 Lane : 5 Athlete: MOERMANS TIJMEN			Q-time: 00:31:99
PB (25m pool): 00:31.99 Maastricht 30/12/2025			PB (50m pool): 00:32.20 SB: no time
	2 5 M	5 0 M	
PB		00:31.99	
		00:31.99	
			

Coach feedback:

Event number: 27: 50M BREASTSTROKE MEN 13+			Heat:3, starttime: 11:28
Heat: 3/3 Lane : 6 Athlete: SWENNEN LARS			Q-time: 00:32:24
PB (25m pool): 00:32.24 Maastricht 30/12/2025			PB (50m pool): 00:33.08 SB: no time
	2 5 M	5 0 M	
PB		00:32.24	
		00:32.24	
			

Coach feedback: