

PK KB LIM 26: Session: 3: 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: 19: 100M MEDLEY MEN 11+

Heat:1, starttime: 09:30

Heat: 1/7 Lane : 5 Athlete: JONGEN KENZI

Q-time: 01:52:79

PB (25m pool): 01:52.79 Bilzen 25/01/2026

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

	25 M	50 M	75 M	100 M	
PB		no time		01:52.79	
	no time				
					

Coach feedback:

Event number: 20: 200M FREESTYLE WOMEN 13+

Heat:1, starttime: 09:44

Heat: 1/6 Lane : 1 Athlete: JONGEN JADE

Q-time: 03:06:61

PB (25m pool): 03:06.61 Bilzen 25/01/2026

PB (50m pool): 02:59.77 SB: no time

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:41.27		01:28.38		no time		03:06.61
	00:41.27		00:47.11					
								

Coach feedback:

Event number: 20: 200M FREESTYLE WOMEN 13+

Heat:3, starttime: 09:51

Heat: 3/6 Lane : 7 Athlete: MEERTENS JESSY

Q-time: 02:29:89

PB (25m pool): no time

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

	25 M	50 M	75 M	100	125	150	175	200 M
PB		no time		no time		no time		no time
	no time							
								

Coach feedback:

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Event number: 22: 100M BREASTSTROKE WOMEN 11-12					Heat:1, starttime: 10:10
Heat: 1/4 Lane : 3 Athlete: GERARD LAURE					Q-time: 01:52:55
PB (25m pool): 01:52.55 Pelt 05/10/2025					PB (50m pool): 01:56.38 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:51.31		01:52.55	
	00:51.31		01:01.24		
					

Coach feedback:

Event number: 22: 100M BREASTSTROKE WOMEN 11-12					Heat:2, starttime: 10:13
Heat: 2/4 Lane : 1 Athlete: HERMANS FÉLICE					Q-time: 01:47:36
PB (25m pool): 01:47.36 Bilzen 25/01/2026					PB (50m pool): 01:42.17 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:50.47		01:47.36	
	00:50.47		00:56.89		
					

Coach feedback:

Event number: 23: 100M BACKSTROKE MEN 11+					Heat:1, starttime: 10:20
Heat: 1/7 Lane : 5 Athlete: JONGEN KENZI					Q-time: 01:47:96
PB (25m pool): 01:47.96 Lommel 22/02/2026					PB (50m pool): 01:47.94 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:53.65		01:47.96	
	00:53.65		00:54.31		
					

Coach feedback:

Event number: 26: 50M FREESTYLE WOMEN 13+					Heat:3, starttime: 11:19
Heat: 3/8 Lane : 5 Athlete: MEERTENS JESSY					Q-time: 00:32:02
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: 26: 50M FREESTYLE WOMEN 13+		Heat:6, starttime: 11:22	
Heat: 6/8 Lane : 6 Athlete: MEERTENS JODY			Q-time: 00:29:91
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: