

PK KB LIM 26: Session: 4: COACH evaluation sheet for TEAM: LIZV

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: 28: 100M MEDLEY WOMEN 11+

Heat:3, starttime: 14:04

Heat: 3/9 Lane : 5 Athlete: PAULUSSEN SABINE

Q-time: 01:28:72

PB (25m pool): 01:28.72 Lommel 02/03/2025

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

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:43.19		01:28.72	
		00:43.19		00:45.53	
					

Coach feedback:

Event number: 29: 200M FREESTYLE MEN 13+

Heat:1, starttime: 14:18

Heat: 1/5 Lane : 7 Athlete: DUBOIS MELS

Q-time: 02:48:16

PB (25m pool): 02:48.16 3500 Hasselt 23/11/2025

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		00:38.95		01:22.28		02:06.58		02:48.16
		00:38.95		00:43.33		00:44.30		00:41.58
								

Coach feedback:

Event number: 35: 50M FREESTYLE MEN 13+

Heat:2, starttime: 15:39

Heat: 2/6 Lane : 8 Athlete: DUBOIS MELS

Q-time: 00:34:15

PB (25m pool): 00:34.15 Beringen 08/02/2026

PB (50m pool): 00:34.52 SB: no time

	2 5 M	5 0 M	
PB		00:34.15	
		00:34.15	
			

Coach feedback:

PK KB LIM 26: Session: 4: COACH evaluation sheet for TEAM: LIZV

Event number: 36: 50M BREASTSTROKE WOMEN 13+			Heat:2, starttime: 15:46
Heat: 2/6 Lane : 2 Athlete: PAULUSSEN SABINE			Q-time: 00:46:22
PB (25m pool): 00:45.58 Bree 18/02/2024			PB (50m pool): 00:45.18 SB: no time
	2 5 M	5 0 M	
PB		00:45.58	
		00:45.58	
			

Coach feedback: