

PK KB LIM 26: Session: 4: 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: 28: 100M MEDLEY WOMEN 11+

Heat:5, starttime: 14:08

Heat: 5/9 Lane : 2 Athlete: BEYLEMANS KATHO

Q-time: 01:22:51

PB (25m pool): 01:22.51 Stedelijk Zwembad Geel 16/02/2025 PB (50m pool): no time SB: no time

	25 M	50 M	75 M	100 M	
PB		00:38.23		01:22.51	
		00:38.23		00:44.28	
					

Coach feedback:

Event number: 28: 100M MEDLEY WOMEN 11+

Heat:7, starttime: 14:12

Heat: 7/9 Lane : 3 Athlete: MAES HELENE

Q-time: 01:15:60

PB (25m pool): 01:15.60 Stedelijk Zwembad Geel 16/02/2025 PB (50m pool): no time SB: no time

	25 M	50 M	75 M	100 M	
PB		00:35.03		01:15.60	
		00:35.03		00:40.57	
					

Coach feedback:

Event number: 29: 200M FREESTYLE MEN 13+

Heat:1, starttime: 14:18

Heat: 1/5 Lane : 2 Athlete: FRANSEN LUCIANO

Q-time: 02:45:18

PB (25m pool): 02:45.18 Hasselt 12/10/2025 PB (50m pool): 02:43.11 SB: no time

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:40.09		01:22.78		02:05.19		02:45.18
		00:40.09		00:42.69		00:42.41		00:39.99
								

Coach feedback:

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Event number: 29: 200M FREESTYLE MEN 13+							Heat:1, starttime: 14:18	
Heat: 1/5 Lane : 8 Athlete: VAN DE POLDER KOBE							Q-time: 02:52:78	
PB (25m pool): 02:52.78 3500 Hasselt 23/11/2025				PB (50m pool): 02:44.27 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		00:39.51		01:24.48		02:10.48		02:52.78
	00:39.51		00:44.97		00:46.00		00:42.30	
								

Coach feedback:

Event number: 29: 200M FREESTYLE MEN 13+							Heat:4, starttime: 14:27	
Heat: 4/5 Lane : 1 Athlete: FRANSEN DYLANO							Q-time: 02:08:19	
PB (25m pool): 02:08.19 3500 Hasselt 23/11/2025				PB (50m pool): 02:13.67 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		00:29.70		01:02.65		01:36.33		02:08.19
	00:29.70		00:32.95		00:33.68		00:31.86	
								

Coach feedback:

Event number: 29: 200M FREESTYLE MEN 13+							Heat:4, starttime: 14:27	
Heat: 4/5 Lane : 2 Athlete: LEYSSEN WARRE							Q-time: 02:07:29	
PB (25m pool): 02:07.29 3500 Hasselt 23/11/2025				PB (50m pool): 02:07.40 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		00:29.88		01:02.73		01:35.85		02:07.29
	00:29.88		00:32.85		00:33.12		00:31.44	
								

Coach feedback:

Event number: 30: 100M BUTTERFLY WOMEN 13+					Heat:2, starttime: 14:35
Heat: 2/3 Lane : 3 Athlete: MAES LEONIE				Q-time: 01:14:15	
PB (25m pool): 01:14.15 Bree 31/05/2026			PB (50m pool): 01:14.53 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.44		01:14.15	
	00:34.44		00:39.71		
					

Coach feedback:

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Event number: 30: 100M BUTTERFLY WOMEN 13+					Heat:2, starttime: 14:35
Heat: 2/3 Lane : 5 Athlete: VLASSAKS ROSALIE					Q-time: 01:13:86
PB (25m pool): 01:13.86 Bree 31/05/2026					PB (50m pool): 01:14.15 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.75		01:13.86	
	00:34.75		00:39.11		
					

Coach feedback:

Event number: 31: 100M BREASTSTROKE MEN 11-12					Heat:2, starttime: 14:42
Heat: 2/3 Lane : 6 Athlete: MEYLAERS SEPPE					Q-time: 01:40:73
PB (25m pool): 01:40.73 Bree 01/06/2025					PB (50m pool): 01:40.36 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:47.87		01:40.73	
	00:47.87		00:52.86		
					

Coach feedback:

Event number: 31: 100M BREASTSTROKE MEN 11-12					Heat:3, starttime: 14:44
Heat: 3/3 Lane : 6 Athlete: BOLLEN WARRE					Q-time: 01:33:99
PB (25m pool): 01:33.99 Hasselt 12/10/2025					PB (50m pool): 01:31.28 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:45.31		01:33.99	
	00:45.31		00:48.68		
					

Coach feedback:

Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:5, starttime: 14:57
Heat: 5/9 Lane : 5 Athlete: VLASSAKS ROSALIE					Q-time: 01:21:46
PB (25m pool): 01:21.46 Bree 31/05/2026					PB (50m pool): 01:23.77 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.39		01:21.46	
	00:40.39		00:41.07		
					

Coach feedback:

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Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:5, starttime: 14:57
Heat: 5/9 Lane : 8 Athlete: BEYLEMANS ANNE					Q-time: 01:23:28
PB (25m pool): 01:20.27 Geel 19/02/2023					PB (50m pool): 01:24.30 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:20.27	
	no time				
					

Coach feedback:

Event number: 34: 400M MEDLEY WOMEN 13+							Heat:1, starttime: 15:31	
Heat: 1/1 Lane : 7 Athlete: BOLLEN GITTE							Q-time: 05:48:10	
PB (25m pool): 05:48.10 Hasselt 12/10/2025			PB (50m pool): 05:50.88SB: 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		00:37.38		01:22.34		02:08.11		02:52.28
	00:37.38		00:44.96		00:45.77		00:44.17	
								
	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		03:42.23		04:32.49		05:11.34		05:48.10
	00:49.95		00:50.26		00:38.85		00:36.76	
								

Coach feedback:

Event number: 35: 50M FREESTYLE MEN 13+					Heat:1, starttime: 15:38
Heat: 1/6 Lane : 3 Athlete: VAN DE POLDER KOBE					Q-time: 00:36:17
PB (25m pool): 00:36.17 Bree 31/05/2026					PB (50m pool): 00:35.55 SB: no time
	2 5 M	5 0 M			
PB		00:36.17			
	00:36.17				
					

Coach feedback:

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Event number: 35: 50M FREESTYLE MEN 13+			Heat:1, starttime: 15:38
Heat: 1/6 Lane : 6 Athlete: FRANSEN LUCIANO			Q-time: 00:36:84
PB (25m pool): 00:38.59 3500 Hasselt 20/10/2024			PB (50m pool): 00:36.84 SB: no time
	2 5 M	5 0 M	
PB		00:38.59	
		00:38.59	
			

Coach feedback:

Event number: 35: 50M FREESTYLE MEN 13+			Heat:3, starttime: 15:40
Heat: 3/6 Lane : 3 Athlete: DANILOV MICHAËL			Q-time: 00:28:06
PB (25m pool): 00:28.06 Hasselt 12/10/2025			PB (50m pool): 00:28.05 SB: no time
	2 5 M	5 0 M	
PB		00:28.06	
		00:28.06	
			

Coach feedback:

Event number: 35: 50M FREESTYLE MEN 13+			Heat:3, starttime: 15:40
Heat: 3/6 Lane : 7 Athlete: VAN DEN BERG JASPER			Q-time: 00:28:97
PB (25m pool): 00:31.29 Sint-Truiden 17/03/2024			PB (50m pool): 00:28.44 SB: no time
	2 5 M	5 0 M	
PB		00:31.29	
		00:31.29	
			

Coach feedback:

Event number: 35: 50M FREESTYLE MEN 13+			Heat:4, starttime: 15:41
Heat: 4/6 Lane : 1 Athlete: LEYSEN WARRE			Q-time: 00:27:76
PB (25m pool): 00:28.19 Pelt 05/10/2025			PB (50m pool): 00:27.76 SB: no time
	2 5 M	5 0 M	
PB		00:28.19	
		00:28.19	
			

Coach feedback:

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Event number: 35: 50M FREESTYLE MEN 13+										Heat:5, starttime: 15:42																													
Heat: 5/6 Lane : 2 Athlete: FRANSEN DYLANO																				Q-time: 00:26:67																			
PB (25m pool): 00:28.40 Bree 01/06/2025																				PB (50m pool): 00:26.67 SB: no time																			
		2 5 M				5 0 M																																	
PB						00:28.40																																	
		00:28.40																																					
																																							

Coach feedback:

Event number: 36: 50M BREASTSTROKE WOMEN 13+							Heat:5, starttime: 15:49	
Heat: 5/6 Lane : 4 Athlete: JANSEN ELINE							Q-time: 00:37:34	
PB (25m pool): 00:37.34 Stedelijk Zwembad Geel 16/02/2025 PB (50m pool): 00:36.63 SB: no time								
	2 5 M		5 0 M					
PB			00:37.34					
	00:37.34							
								

Coach feedback:

Event number: 37: 4x50M MEDLEY MEN 11+							Heat:1, starttime: 15:57	
Heat: 1/1 Lane : 3 Athlete: TEAM PZC 1							Q-time: 02:06:78	
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: 37: 4x50M MEDLEY MEN 11+							Heat:1, starttime: 15:57	
Heat: 1/1 Lane : 6 Athlete: TEAM PZC 2							Q-time: 02:38:63	
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:

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

Event number: 38: 4x50M MEDLEY WOMEN 11+							Heat:1, starttime: 16:01	
Heat: 1/1 Lane : 3 Athlete: TEAM PZC 1							Q-time: 02:14:13	
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: