

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

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:2, starttime: 14:02

Heat: 2/9 Lane : 7 Athlete: LAPIERRE EMMA

Q-time: 01:36:94

PB (25m pool): 01:36.94 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		01:36.94	
	no time				
					

Coach feedback:

Event number: 28: 100M MEDLEY WOMEN 11+

Heat:7, starttime: 14:12

Heat: 7/9 Lane : 1 Athlete: COEMANS KAAT

Q-time: 01:16:03

PB (25m pool): 01:16.03 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		01:16.03	
	no time				
					

Coach feedback:

Event number: 29: 200M FREESTYLE MEN 13+

Heat:3, starttime: 14:24

Heat: 3/5 Lane : 2 Athlete: SWENNEN LARS

Q-time: 02:13:53

PB (25m pool): 02:13.53 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		00:30.75		01:05.18		01:39.67		02:13.53
	00:30.75		00:34.43		00:34.49		00:33.86	
								

Coach feedback:

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Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:2, starttime: 14:49
Heat: 2/9 Lane : 3 Athlete: LAPIERRE EMMA					Q-time: 01:32:64
PB (25m pool): 01:32.64 Beringen 08/02/2026					PB (50m pool): 01:32.22 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:32.64	
	no time				
					

Coach feedback:

Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:3, starttime: 14:52
Heat: 3/9 Lane : 8 Athlete: WOLFS LOLA					Q-time: 01:29:81
PB (25m pool): 01:29.81 Lommel 22/02/2026					PB (50m pool): 01:42.70 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:43.36		01:29.81	
	00:43.36 00:46.45				
					

Coach feedback:

Event number: 33: 200M BREASTSTROKE MEN 13+						Heat:1, starttime: 15:23		
Heat: 1/2 Lane : 2 Athlete: SWENDROWSKI MILAN						Q-time: 03:07:74		
PB (25m pool): 03:07.74 Hasselt 12/10/2025						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		00:41.77		01:29.12		02:18.31		03:07.74
	00:41.77 00:47.35 00:49.19 00:49.43							
								

Coach feedback:

Event number: 33: 200M BREASTSTROKE MEN 13+						Heat:2, starttime: 15:27		
Heat: 2/2 Lane : 8 Athlete: THEUWIS TIJL						Q-time: 02:47:92		
PB (25m pool): 02:47.92 3500 Hasselt 23/11/2025						PB (50m pool): 03:09.11 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		00:38.14		01:21.70		02:05.01		02:47.92
	00:38.14 00:43.56 00:43.31 00:42.91							
								

Coach feedback:

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Event number: 35: 50M FREESTYLE MEN 13+			Heat:2, starttime: 15:39
Heat: 2/6 Lane : 5 Athlete: SWENDROWSKI MILAN			Q-time: 00:29:73
PB (25m pool): 00:29.73 Maastricht 30/12/2025			PB (50m pool): no time SB: no time
	2 5 M	5 0 M	
PB		00:29.73	
		00:29.73	
			

Coach feedback:

Event number: 35: 50M FREESTYLE MEN 13+			Heat:2, starttime: 15:39
Heat: 2/6 Lane : 7 Athlete: LYSENS SIEBE			Q-time: 00:31:65
PB (25m pool): 00:31.65 Bree 31/05/2026			PB (50m pool): no time SB: no time
	2 5 M	5 0 M	
PB		00:31.65	
		00:31.65	
			

Coach feedback:

Event number: 35: 50M FREESTYLE MEN 13+			Heat:3, starttime: 15:40
Heat: 3/6 Lane : 2 Athlete: JANS SEN			Q-time: 00:28:17
PB (25m pool): 00:28.17 Bree 31/05/2026			PB (50m pool): 00:28.70 SB: no time
	2 5 M	5 0 M	
PB		00:28.17	
		00:28.17	
			

Coach feedback:

Event number: 35: 50M FREESTYLE MEN 13+			Heat:4, starttime: 15:41
Heat: 4/6 Lane : 2 Athlete: REPRIELS ARTHUR			Q-time: 00:27:62
PB (25m pool): 00:27.62 Hasselt 12/10/2025			PB (50m pool): 00:28.80 SB: no time
	2 5 M	5 0 M	
PB		00:27.62	
		00:27.62	
			

Coach feedback:

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Event number: 35: 50M FREESTYLE MEN 13+			Heat:4, starttime: 15:41
Heat: 4/6 Lane : 5 Athlete: SWENNEN LARS			Q-time: 00:27:32
PB (25m pool): 00:27.32 Hasselt 04/05/2025			PB (50m pool): 00:28.34 SB: no time
	2 5 M	5 0 M	
PB		00:27.32	
		00:27.32	
			

Coach feedback:

Event number: 35: 50M FREESTYLE MEN 13+			Heat:5, starttime: 15:42
Heat: 5/6 Lane : 3 Athlete: MOERMANS TIJMEN			Q-time: 00:26:37
PB (25m pool): 00:26.37 Maastricht 30/12/2025			PB (50m pool): 00:27.53 SB: no time
	2 5 M	5 0 M	
PB		00:26.37	
		00:26.37	
			

Coach feedback:

Event number: 36: 50M BREASTSTROKE WOMEN 13+			Heat:3, starttime: 15:47
Heat: 3/6 Lane : 8 Athlete: WOLFS LOLA			Q-time: 00:43:80
PB (25m pool): 00:43.80 Lommel 22/02/2026			PB (50m pool): 00:47.57 SB: no time
	2 5 M	5 0 M	
PB		00:43.80	
		00:43.80	
			

Coach feedback:

Event number: 36: 50M BREASTSTROKE WOMEN 13+			Heat:4, starttime: 15:48
Heat: 4/6 Lane : 1 Athlete: COEMANS KAAAT			Q-time: 00:39:42
PB (25m pool): 00:39.42 Bree 31/05/2026			PB (50m pool): 00:40.48 SB: no time
	2 5 M	5 0 M	
PB		00:39.42	
		00:39.42	
			

Coach feedback: