

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

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:1, starttime: 14:00           |
|-------------------------------------------|---------|---------|-------|----------|------------------------------------|
| Heat: 1/9 Lane : 3 Athlete: GERARD LAURE  |         |         |       |          | Q-time: 01:41:67                   |
| PB (25m pool): 01:41.67 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 |       | 01:41.67 |                                    |
|                                           | no time |         |       |          |                                    |
|                                           | .....   | .....   | ..... | .....    |                                    |

Coach feedback:

| Event number: 28: 100M MEDLEY WOMEN 11+    |         |         |       |          | Heat:2, starttime: 14:02           |
|--------------------------------------------|---------|---------|-------|----------|------------------------------------|
| Heat: 2/9 Lane : 6 Athlete: HERMANS FÉLICE |         |         |       |          | Q-time: 01:36:31                   |
| PB (25m pool): 01:36.31 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 |       | 01:36.31 |                                    |
|                                            | no time |         |       |          |                                    |
|                                            | .....   | .....   | ..... | .....    |                                    |

Coach feedback:

| Event number: 28: 100M MEDLEY WOMEN 11+ |         |         |       |          | Heat:2, starttime: 14:02           |
|-----------------------------------------|---------|---------|-------|----------|------------------------------------|
| Heat: 2/9 Lane : 8 Athlete: JONGEN JADE |         |         |       |          | Q-time: 01:38:57                   |
| PB (25m pool): 01:38.57 Bree 21/12/2025 |         |         |       |          | PB (50m pool): no time SB: no time |
|                                         | 2 5 M   | 5 0 M   | 7 5 M | 1 0 0 M  |                                    |
| PB                                      |         | no time |       | 01:38.57 |                                    |
|                                         | no time |         |       |          |                                    |
|                                         | .....   | .....   | ..... | .....    |                                    |

Coach feedback:

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

| Event number: 28: 100M MEDLEY WOMEN 11+                   |         |         |       |         | Heat:8, starttime: 14:14 |
|-----------------------------------------------------------|---------|---------|-------|---------|--------------------------|
| Heat: 8/9 Lane : 1 Athlete: MEERTENS JODY                 |         |         |       |         | Q-time: 01:14:46         |
| PB (25m pool): no time PB (50m pool): no time SB: no time |         |         |       |         |                          |
|                                                           | 2 5 M   | 5 0 M   | 7 5 M | 1 0 0 M |                          |
| PB                                                        |         | no time |       | no time |                          |
|                                                           | no time |         |       |         |                          |
|                                                           | .....   | .....   | ..... | .....   |                          |

Coach feedback:

| Event number: 31: 100M BREASTSTROKE MEN 11-12                                 |                   |          |       |          | Heat:1, starttime: 14:39 |
|-------------------------------------------------------------------------------|-------------------|----------|-------|----------|--------------------------|
| Heat: 1/3 Lane : 7 Athlete: JONGEN KENZI                                      |                   |          |       |          | Q-time: 02:13:65         |
| PB (25m pool): 02:13.65 Bilzen 25/01/2026 PB (50m pool): 02:02.58 SB: no time |                   |          |       |          |                          |
|                                                                               | 2 5 M             | 5 0 M    | 7 5 M | 1 0 0 M  |                          |
| PB                                                                            |                   | 01:03.97 |       | 02:13.65 |                          |
|                                                                               | 01:03.97 01:09.68 |          |       |          |                          |
|                                                                               | .....             | .....    | ..... | .....    |                          |

Coach feedback:

| Event number: 32: 100M BACKSTROKE WOMEN 11+                                   |                   |          |       |          | Heat:1, starttime: 14:47 |
|-------------------------------------------------------------------------------|-------------------|----------|-------|----------|--------------------------|
| Heat: 1/9 Lane : 4 Athlete: HERMANS FÉLICE                                    |                   |          |       |          | Q-time: 01:39:39         |
| PB (25m pool): 01:39.39 Lommel 22/02/2026 PB (50m pool): 01:43.46 SB: no time |                   |          |       |          |                          |
|                                                                               | 2 5 M             | 5 0 M    | 7 5 M | 1 0 0 M  |                          |
| PB                                                                            |                   | 00:50.71 |       | 01:39.39 |                          |
|                                                                               | 00:50.71 00:48.68 |          |       |          |                          |
|                                                                               | .....             | .....    | ..... | .....    |                          |

Coach feedback:

| Event number: 32: 100M BACKSTROKE WOMEN 11+                                   |                   |          |       |          | Heat:2, starttime: 14:49 |
|-------------------------------------------------------------------------------|-------------------|----------|-------|----------|--------------------------|
| Heat: 2/9 Lane : 7 Athlete: GERARD LAURE                                      |                   |          |       |          | Q-time: 01:34:57         |
| PB (25m pool): 01:34.57 Lommel 22/02/2026 PB (50m pool): 01:37.17 SB: no time |                   |          |       |          |                          |
|                                                                               | 2 5 M             | 5 0 M    | 7 5 M | 1 0 0 M  |                          |
| PB                                                                            |                   | 00:41.88 |       | 01:34.57 |                          |
|                                                                               | 00:41.88 00:52.69 |          |       |          |                          |
|                                                                               | .....             | .....    | ..... | .....    |                          |

Coach feedback:

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

| Event number: 32: 100M BACKSTROKE WOMEN 11+               |         |         |       |         | Heat:7, starttime: 15:02 |
|-----------------------------------------------------------|---------|---------|-------|---------|--------------------------|
| Heat: 7/9 Lane : 3 Athlete: MEERTENS JESSY                |         |         |       |         | Q-time: 01:16:36         |
| PB (25m pool): no time PB (50m pool): no time SB: no time |         |         |       |         |                          |
|                                                           | 2 5 M   | 5 0 M   | 7 5 M | 1 0 0 M |                          |
| PB                                                        |         | no time |       | no time |                          |
|                                                           | no time |         |       |         |                          |
|                                                           | .....   | .....   | ..... | .....   |                          |

Coach feedback:

| Event number: 36: 50M BREASTSTROKE WOMEN 13+                                 |          |          |  |  | Heat:1, starttime: 15:44 |
|------------------------------------------------------------------------------|----------|----------|--|--|--------------------------|
| Heat: 1/6 Lane : 4 Athlete: JONGEN JADE                                      |          |          |  |  | Q-time: 00:49:27         |
| PB (25m pool): 00:49.69 Lommel 22/02/2026 PB (50m pool): no time SB: no time |          |          |  |  |                          |
|                                                                              | 2 5 M    | 5 0 M    |  |  |                          |
| PB                                                                           |          | 00:49.69 |  |  |                          |
|                                                                              | 00:49.69 |          |  |  |                          |
|                                                                              | .....    | .....    |  |  |                          |

Coach feedback:

| Event number: 36: 50M BREASTSTROKE WOMEN 13+              |         |         |  |  | Heat:5, starttime: 15:49 |
|-----------------------------------------------------------|---------|---------|--|--|--------------------------|
| Heat: 5/6 Lane : 2 Athlete: MEERTENS JODY                 |         |         |  |  | Q-time: 00:37:95         |
| 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:

| Event number: 38: 4x50M MEDLEY WOMEN 11+     |       |       |                |       |       |       | Heat:1, starttime: 16:01 |         |
|----------------------------------------------|-------|-------|----------------|-------|-------|-------|--------------------------|---------|
| Heat: 1/1    Lane : 1    Athlete: TEAM ZPL 1 |       |       |                |       |       |       | Q-time: 99:99:99         |         |
| 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: