Jeugdweds SVAZ 1 nov: Session: 1: COACH Evaluation sheet for TEAM: ATRIA

Coachinfo: Warming up from: 08:00 untill . Teamleadmeeting @ The listed starttimes are indicative!

PB => Personal Best time **SB => Seasons Best time: Season starting point: first of September.**

Event number: 1: 200M FREESTYLE MIXED 10-9 — Heat:1, starttime: 09:00

Heat: 1/2 Lane : 3 Athlete: WIEL SOPHIA — **Q-time: 99:99:99**

PB (25m pool): no time **PB (50m pool):** no time **SB:** no time

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

Coach feedback:

Event number: 1: 200M FREESTYLE MIXED 10-9 — Heat:2, starttime: 09:04

Heat: 2/2 Lane : 2 Athlete: ADRIAENSENS FLOR — **Q-time: 03:24:95**

PB (25m pool): 03:24.95 Dilbeek 11/05/2025 **PB (50m pool):** no time **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:43.40		01:35.87		no time		03:24.95
	00:43.40		*00:52.47*					
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 2: 100M FREESTYLE WOMEN 11+ — Heat:1, starttime: 09:08

Heat: 1/3 Lane : 1 Athlete: GIEDTS MIRTHE — **Q-time: 99:99:99**

PB (25m pool): no time **PB (50m pool):** no time **SB:** no time

	25M	50M	75M	100M	
PB		no time		no time	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Jeugdweds SVAZ 1 nov: Session: 1: COACH Evaluation sheet for TEAM: ATRIA

Event number: 2: 100M FREESTYLE WOMEN 11+ — Heat:3, starttime: 09:12

Heat: 3/3 Lane : 2 Athlete: VAN ASSCHE FIEN — **Q-time: 01:08:14**

PB (25m pool): 01:08.14 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 01:09.88 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:32.84		01:08.14	
	00:32.84		*00:35.30*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 3: 100M FREESTYLE MEN 11+ — Heat:1, starttime: 09:15

Heat: 1/5 Lane : 2 Athlete: GIEDTS MATS — **Q-time: 99:99:99**

PB (25m pool): no time PB (50m pool): no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		no time		no time	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 3: 100M FREESTYLE MEN 11+ — Heat:3, starttime: 09:19

Heat: 3/5 Lane : 2 Athlete: DAAN BASTIAENS — **Q-time: 01:12:68**

PB (25m pool): 01:12.68 Groenenhoek Berchem 10/10/2026 PB (50m pool): no time **SB:** 01:12.68 Groenenhoek Berchem 10/10/2026

	25 M	50 M	75 M	100 M	
PB		00:35.24		01:12.68	
	00:35.24		*00:37.44*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 8: 100M BACKSTROKE MEN 11+ — Heat:2, starttime: 10:04

Heat: 2/2 Lane : 1 Athlete: BERVOETS FELIX — **Q-time: 01:42:02**

PB (25m pool): 01:47.04 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 01:42.02 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:52.95		01:47.04	
	00:52.95		*00:54.09*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Jeugdweds SVAZ 1 nov: Session: 1: COACH Evaluation sheet for TEAM: ATRIA

Event number: 9: 100M BACKSTROKE MIXED 10-9 — Heat:2, starttime: 10:10

Heat: 2/3 Lane : 1 Athlete: WIEL SOPHIA — **Q-time: 99:99:99**

PB (25m pool): no time **PB (50m pool):** no time **SB:** no time

	25M	50M	75M	100M	
PB		no time		no time	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 9: 100M BACKSTROKE MIXED 10-9 — Heat:3, starttime: 10:13

Heat: 3/3 Lane : 5 Athlete: ADRIAENSENS FLOR — **Q-time: 01:37:66**

PB (25m pool): 01:37.66 Groenenhoek Berchem 10/10/2026 **PB (50m pool):** no time **SB:** 01:37.66 Groenenhoek Berchem 10/10/2026

	25M	50M	75M	100M	
PB		00:47.44		01:37.66	
		00:47.44		*00:50.22*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 10: 200M MEDLEY WOMEN 11+ — Heat:1, starttime: 10:16

Heat: 1/2 Lane : 2 Athlete: GIEDTS MIRTHE — **Q-time: 03:32:84**

PB (25m pool): no time **PB (50m pool):** 03:32.84 **SB:** no time

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

Coach feedback:

Event number: 12: 200M FREESTYLE WOMEN 11+ — Heat:3, starttime: 10:58

Heat: 3/3 Lane : 6 Athlete: VAN ASSCHE FIEN — **Q-time: 02:32:95**

PB (25m pool): 02:54.63 Gemeentelijk sportcentrum Nijl 19/03/2023 **PB (50m pool):** 02:36.03 **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		no time		no time		no time		02:54.63
		no time						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Jeugdweds SVAZ 1 nov: Session: 1: COACH Evaluation sheet for TEAM: ATRIA

Event number: 15: 100M BREASTSTROKE MEN 11+ — Heat:2, starttime: 11:14

Heat: 2/3 Lane : 4 Athlete: DAAN BASTIAENS — **Q-time: 01:39:53**

PB (25m pool): no time **PB (50m pool):** no time **SB:** no time

	25M	50M	75M	100M	
PB		no time		no time	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 17: 200M BACKSTROKE MEN 11+ — Heat:1, starttime: 11:27

Heat: 1/1 Lane : 1 Athlete: GIEDTS MATS — **Q-time: 99:99:99**

PB (25m pool): no time **PB (50m pool):** no time **SB:** no time

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

Coach feedback:

Event number: 21: 400M FREESTYLE MEN 11-14 — Heat:2, starttime: 12:02

Heat: 2/3 Lane : 6 Athlete: BERVOETS FELIX — **Q-time: 06:51:87**

PB (25m pool): no time **PB (50m pool):** 06:51.87 **SB:** no time

	25M	50M	75M	100M	125M	150M	175M	200M
PB		no time		no time		no time		no time
	no time							
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .
	225M	250M	275M	300	325	350	375	400M
PB		no time		no time		no time		no time
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback: