Jeugdweds SVAZ 1 nov: Session: 1: COACH evaluation sheet for TEAM: ZS

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:2, starttime: 09:04

Heat: 2/2 Lane : 3 Athlete: GYSEN RAYES — **Q-time: 02:44:09**

PB (25m pool): 02:44.09 Mol 28/12/2025 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:39.40		01:21.70		02:04.71		02:44.09
		00:39.40		*00:42.30*		*00:43.01*		*00:39.38*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 3/3 Lane : 3 Athlete: DE RIDDER STERRE — **Q-time: 01:04:93**

PB (25m pool): 01:03.38 Nijlen 17/11/2024 **PB (50m pool):** 01:04.93 **SB:** 01:05.56 Nijlen 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:30.81		01:03.38	
		00:30.81		*00:32.57*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 5: 200M BREASTSTROKE WOMEN 11+ — Heat:2, starttime: 09:34

Heat: 2/3 Lane : 4 Athlete: LESSELIERS EMILY — **Q-time: 03:25:88**

PB (25m pool): 03:29.35 3500 Hasselt 24/11/2024 **PB (50m pool):** 03:25.88 **SB:** no time

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:47.97		01:40.18		02:34.23		03:29.35
		00:47.97		*00:52.21*		*00:54.05*		*00:55.12*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Jeugdweds SVAZ 1 nov: Session: 1: COACH evaluation sheet for TEAM: ZS

Event number: 5: 200M BREASTSTROKE WOMEN 11+ — Heat:3, starttime: 09:38

Heat: 3/3 Lane : 2 Athlete: THEUNISSEN JOLIEN — **Q-time: 03:19:90**

PB (25m pool): 03:21.68 Mol 04/10/2026 — **PB (50m pool):** 03:19.90 **SB:** 03:21.68 Mol 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:46.47		01:38.03		02:30.47		03:21.68
		00:46.47		*00:51.56*		*00:52.44*		*00:51.21*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 5: 200M BREASTSTROKE WOMEN 11+ — Heat:3, starttime: 09:38

Heat: 3/3 Lane : 3 Athlete: VAN DEN BERGH ANNA — **Q-time: 02:52:86**

PB (25m pool): 02:52.86 Mol 04/10/2026 — **PB (50m pool):** 02:58.01 **SB:** 02:52.86 Mol 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:39.46		01:23.94		02:08.27		02:52.86
		00:39.46		*00:44.48*		*00:44.33*		*00:44.59*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 7: 100M BACKSTROKE WOMEN 11+ — Heat:2, starttime: 09:59

Heat: 2/2 Lane : 2 Athlete: DE VOCHT ANNE-JULIE — **Q-time: 01:19:05**

PB (25m pool): 01:18.23 Nijlen 18/10/2026 — **PB (50m pool):** 01:20.69 **SB:** 01:18.23 Nijlen 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:37.42		01:18.23	
		00:37.42		*00:40.81*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 3/3 Lane : 3 Athlete: GYSEN RAYES — **Q-time: 01:27:68**

PB (25m pool): 01:31.16 Arendonk 30/11/2025 — **PB (50m pool):** 01:27.68 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:44.98		01:31.16	
		00:44.98		*00:46.18*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Jeugdweds SVAZ 1 nov: Session: 1: COACH evaluation sheet for TEAM: ZS

Event number: 10: 200M MEDLEY WOMEN 11+ — Heat:2, starttime: 10:20

Heat: 2/2 Lane : 5 Athlete: FLEERACKERS LAURA — **Q-time: 03:06:61**

PB (25m pool): 03:06.61 Mol 04/10/2026 **PB (50m pool):** 03:18.54 **SB:** 03:06.61 Mol 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:43.01		01:28.95		02:24.46		03:06.61
		00:43.01		*00:45.94*		*00:55.51*		*00:42.15*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 12: 200M FREESTYLE WOMEN 11+ — Heat:2, starttime: 10:55

Heat: 2/3 Lane : 3 Athlete: THEUNISSEN JOLIEN — **Q-time: 02:38:71**

PB (25m pool): 02:38.71 Mol 04/10/2026 **PB (50m pool):** 02:44.77 **SB:** 02:38.71 Mol 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:35.85		01:16.17		01:57.69		02:38.71
		00:35.85		*00:40.32*		*00:41.52*		*00:41.02*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 3/3 Lane : 3 Athlete: DE RIDDER STERRE — **Q-time: 02:14:12**

PB (25m pool): 02:14.12 Sportoase De Watermolen 21/07/2026 **PB (50m pool):** 02:17.23 **SB:** no time

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:32.26		01:06.10		01:40.31		02:14.12
		00:32.26		*00:33.84*		*00:34.21*		*00:33.81*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 3/3 Lane : 4 Athlete: VAN DEN BERGH ANNA — **Q-time: 02:22:11**

PB (25m pool): 02:22.11 Sportoase De Watermolen 21/07/2026 **PB (50m pool):** 02:27.16 **SB:** 02:24.23 Mol 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:32.84		01:08.82		01:45.91		02:22.11
		00:32.84		*00:35.98*		*00:37.09*		*00:36.20*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Jeugdweds SVAZ 1 nov: Session: 1: COACH evaluation sheet for TEAM: ZS

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

Heat: 3/3 Lane : 5 Athlete: LESSELIERS EMILY — **Q-time: 02:32:33**

PB (25m pool): no time **PB (50m pool):** 02:32.33 **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: 18: 100M BUTTERFLY WOMEN 11+ — Heat:2, starttime: 11:34

Heat: 2/2 Lane : 3 Athlete: DE VOCHT ANNE-JULIE — **Q-time: 01:18:02**

PB (25m pool): 01:18.02 Kapellen 30/05/2026 **PB (50m pool):** 01:21.15 **SB:** no time

	25M	50M	75M	100M	
PB		00:35.60		01:18.02	
		00:35.60		*00:42.42*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 20: 400M FREESTYLE WOMEN 11-14 — Heat:1, starttime: 11:41

Heat: 1/2 Lane : 2 Athlete: FLEERACKERS LAURA — **Q-time: 99:99:99**

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