

vjk korte baan25: Session: 3: COACH evaluation sheet for TEAM: HZS

Coachinfo: Warming up from: untill 09:15. Teamleadmeeting @ Relay line-up input: The listed starttimes are indicative!

Coaches: Konings Antoinette HEADCOACH

PB => Personal Best time

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

Event number: 17: 200M BREASTSTROKE MEN 13-14 **Heat:1, starttime: 10:23**

Heat: 1/3 Lane : 3 Athlete: TAYYEM ABDO-ALMALLEK **Q-time: 02:58:22**

PB (25m pool): 02:58.22 Bilzen 12/01/2025 **PB (50m pool): 03:06.32 SB: no time**

| | 25 M | 50 M | 75 M | 100 | 125 | 150 | 175 | 200 M |
|-----------|-------|-----------------|-------|-----------------|-------|-----------------|-------|-----------------|
| PB | | 00:38.43 | | 01:23.69 | | 02:10.46 | | 02:58.22 |
| | | <i>00:38.43</i> | | <i>00:45.26</i> | | <i>00:46.77</i> | | <i>00:47.76</i> |
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Coach feedback:

Event number: 18: 200M FREESTYLE WOMEN 13-14 **Heat:4, starttime: 10:43**

Heat: 4/8 Lane : 3 Athlete: COPERMANS SAM **Q-time: 02:22:27**

PB (25m pool): 02:22.27 Hasselt 12/10/2025 **PB (50m pool): 02:30.21 SB: 02:22.27 Hasselt 12/10/2025**

| | 25 M | 50 M | 75 M | 100 | 125 | 150 | 175 | 200 M |
|-----------|-------|-----------------|-------|-----------------|-------|-----------------|-------|-----------------|
| PB | | 00:32.44 | | 01:09.50 | | 01:47.48 | | 02:22.27 |
| | | <i>00:32.44</i> | | <i>00:37.06</i> | | <i>00:37.98</i> | | <i>00:34.79</i> |
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Coach feedback:

Event number: 20: 200M BACKSTROKE WOMEN 13-14 **Heat:2, starttime: 11:06**

Heat: 2/6 Lane : 6 Athlete: CLAESSENS ELLA-LOUISE **Q-time: 02:50:63**

PB (25m pool): 02:50.63 Aarschot 28/04/2024 **PB (50m pool): no time SB: no time**

| | 25 M | 50 M | 75 M | 100 | 125 | 150 | 175 | 200 M |
|-----------|-------|----------------|-------|---------|-------|---------|-------|----------|
| PB | | no time | | no time | | no time | | 02:50.63 |
| | | <i>no time</i> | | | | | | |
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Coach feedback:

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|--|-------------|-------------|-------------|-------------------------------------|------------|------------|---------------------------------|--------------|
| Event number: 20: 200M BACKSTROKE WOMEN 13-14 | | | | | | | Heat:3, starttime: 11:10 | |
| Heat: 3/6 Lane : 3 Athlete: SARGESJAN NALA | | | | | | | Q-time: 02:40:70 | |
| PB (25m pool): 02:40.70 Diksmuide 17/11/2024 | | | | PB (50m pool): 02:45.99 SB: no time | | | | |
| | 25 M | 50 M | 75 M | 100 | 125 | 150 | 175 | 200 M |
| PB | | 00:37.89 | | 01:19.34 | | 02:01.12 | | 02:40.70 |
| | 00:37.89 | | 00:41.45 | | 00:41.78 | | 00:39.58 | |
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Coach feedback:

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|--|-------------|-------------|-------------|---|------------|------------|---------------------------------|--------------|
| Event number: 20: 200M BACKSTROKE WOMEN 13-14 | | | | | | | Heat:4, starttime: 11:13 | |
| Heat: 4/6 Lane : 4 Athlete: THEWISSEN MIRTHE | | | | | | | Q-time: 02:37:75 | |
| PB (25m pool): 02:37.75 Hasselt 12/10/2025 | | | | PB (50m pool): 02:41.02 SB: 02:37.75 Hasselt 12/10/2025 | | | | |
| | 25 M | 50 M | 75 M | 100 | 125 | 150 | 175 | 200 M |
| PB | | 00:37.95 | | 01:18.62 | | 01:59.22 | | 02:37.75 |
| | 00:37.95 | | 00:40.67 | | 00:40.60 | | 00:38.53 | |
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Coach feedback:

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|--|-------------|-------------|-------------|-------------------------------------|------------|------------|---------------------------------|--------------|
| Event number: 20: 200M BACKSTROKE WOMEN 13-14 | | | | | | | Heat:4, starttime: 11:13 | |
| Heat: 4/6 Lane : 5 Athlete: VERLEYSEN NOA | | | | | | | Q-time: 02:37:80 | |
| PB (25m pool): 02:37.80 Hasselt 04/05/2025 | | | | PB (50m pool): 02:42.02 SB: no time | | | | |
| | 25 M | 50 M | 75 M | 100 | 125 | 150 | 175 | 200 M |
| PB | | 00:36.91 | | 01:16.35 | | 01:57.26 | | 02:37.80 |
| | 00:36.91 | | 00:39.44 | | 00:40.91 | | 00:40.54 | |
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Coach feedback:

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|--|-------------|-------------|-------------|---|------------|------------|---------------------------------|--------------|
| Event number: 20: 200M BACKSTROKE WOMEN 13-14 | | | | | | | Heat:5, starttime: 11:17 | |
| Heat: 5/6 Lane : 5 Athlete: BEUNCKENS TESS | | | | | | | Q-time: 02:35:14 | |
| PB (25m pool): 02:38.83 Hasselt 12/10/2025 | | | | PB (50m pool): 02:42.30 SB: 02:38.83 Hasselt 12/10/2025 | | | | |
| | 25 M | 50 M | 75 M | 100 | 125 | 150 | 175 | 200 M |
| PB | | 00:37.51 | | 01:17.35 | | 01:58.20 | | 02:38.83 |
| | 00:37.51 | | 00:39.84 | | 00:40.85 | | 00:40.63 | |
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Coach feedback:

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|---|-------------|-------------------------------------|
| Event number: 22: 50M BREASTSTROKE WOMEN 13-14 | | Heat:1, starttime: 11:29 |
| Heat: 1/5 Lane : 6 Athlete: COPERMANS SAM | | Q-time: 00:45:14 |
| PB (25m pool): 00:49.08 De Sprink 29/05/2022 | | PB (50m pool): 00:45.14 SB: no time |
| | 25 M | 50 M |
| PB | | 00:49.08 |
| | 00:49.08 | |
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Coach feedback:

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|---|-------------|-------------------------------------|
| Event number: 22: 50M BREASTSTROKE WOMEN 13-14 | | Heat:3, starttime: 11:31 |
| Heat: 3/5 Lane : 7 Athlete: VERLEYSEN NOA | | Q-time: 00:41:58 |
| PB (25m pool): 00:41.58 Hasselt 04/05/2025 | | PB (50m pool): 00:44.37 SB: no time |
| | 25 M | 50 M |
| PB | | 00:41.58 |
| | 00:41.58 | |
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Coach feedback:

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|--|-------------|-------------------------------------|
| Event number: 24: 50M BUTTERFLY WOMEN 13-14 | | Heat:5, starttime: 11:42 |
| Heat: 5/10 Lane : 2 Athlete: THEWISSEN MIRTHE | | Q-time: 00:34:49 |
| PB (25m pool): 00:34.49 Diksmuide 17/11/2024 | | PB (50m pool): 00:34.87 SB: no time |
| | 25 M | 50 M |
| PB | | 00:34.49 |
| | 00:34.49 | |
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Coach feedback:

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|--|-------------|---|
| Event number: 24: 50M BUTTERFLY WOMEN 13-14 | | Heat:5, starttime: 11:42 |
| Heat: 5/10 Lane : 3 Athlete: BEUNCKENS TESS | | Q-time: 00:34:32 |
| PB (25m pool): 00:34.32 Hasselt 12/10/2025 | | PB (50m pool): 00:44.77 SB: 00:34.32 Hasselt 12/10/2025 |
| | 25 M | 50 M |
| PB | | 00:34.32 |
| | 00:34.32 | |
| | | |

Coach feedback:

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|---|-------------|---|
| Event number: 24: 50M BUTTERFLY WOMEN 13-14 | | Heat:8, starttime: 11:45 |
| Heat: 8/10 Lane : 6 Athlete: CLAESSENS ELLA-LOUISE | | Q-time: 00:32:35 |
| PB (25m pool): 00:32.35 Hasselt 12/10/2025 | | PB (50m pool): 00:33.49 SB: 00:32.35 Hasselt 12/10/2025 |
| | 25 M | 50 M |
| PB | | 00:32.35 |
| | 00:32.35 | |
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Coach feedback:

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|---|-------------|---|
| Event number: 24: 50M BUTTERFLY WOMEN 13-14 | | Heat:10, starttime: 11:47 |
| Heat: 10/10 Lane : 3 Athlete: SARGESJAN NALA | | Q-time: 00:30:53 |
| PB (25m pool): 00:30.53 Hasselt 12/10/2025 | | PB (50m pool): 00:31.94 SB: 00:30.53 Hasselt 12/10/2025 |
| | 25 M | 50 M |
| PB | | 00:30.53 |
| | 00:30.53 | |
| | | |

Coach feedback:

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|---|-------------|-------------------------------------|
| Event number: 27: 50M BUTTERFLY MEN 13-14 | | Heat:7, starttime: 12:03 |
| Heat: 7/7 Lane : 5 Athlete: TAYYEM ABDO-ALMALLEK | | Q-time: 00:28:75 |
| PB (25m pool): 00:28.75 Stedelijk Zwembad Geel 16/02/2025 | | PB (50m pool): 00:29.40 SB: no time |
| | 25 M | 50 M |
| PB | | 00:28.75 |
| | 00:28.75 | |
| | | |

Coach feedback: