

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

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

Coaches: Usewils Loni HEADCOACH

Coaches: De Weerdts Koen

Coaches: De Herdt An

PB => Personal Best time

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

Event number: 17: 200M BREASTSTROKE MEN 13-14 **Heat:3, starttime: 10:30**

Heat: 3/3 Lane : 6 Athlete: MERTENS GERBEN **Q-time: 02:41:85**

PB (25m pool): 02:41.85 Antwerpen 12/10/2025 **PB (50m pool): 02:49.81 SB: 02:41.85 Antwerpen 12/10/2025**

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:36.78		01:18.64		02:01.34		02:41.85
	00:36.78		00:41.86		00:42.70		00:40.51	

Coach feedback:

Event number: 18: 200M FREESTYLE WOMEN 13-14 **Heat:5, starttime: 10:46**

Heat: 5/8 Lane : 2 Athlete: VERDOOD PIP **Q-time: 02:20:49**

PB (25m pool): 02:20.49 Antwerpen 12/10/2025 **PB (50m pool): 02:19.60 SB: 02:20.49 Antwerpen 12/10/2025**

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:31.83		01:07.40		01:44.03		02:20.49
	00:31.83		00:35.57		00:36.63		00:36.46	

Coach feedback:

Event number: 20: 200M BACKSTROKE WOMEN 13-14 **Heat:3, starttime: 11:10**

Heat: 3/6 Lane : 1 Athlete: VAN REETH LIEZE **Q-time: 02:43:39**

PB (25m pool): 02:43.39 Parklaan 58, Turnhout 30/03/2025 **PB (50m pool): 02:44.41 SB: no time**

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:38.48		01:20.34		no time		02:43.39
	00:38.48		00:41.86					

Coach feedback:

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Event number: 22: 50M BREASTSTROKE WOMEN 13-14		Heat:3, starttime: 11:31
Heat: 3/5 Lane : 6 Athlete: VERDOOD PIP		Q-time: 00:41:01
PB (25m pool): 00:41.01 Stedelijk Zwembad Geel 16/02/2025 PB (50m pool): 00:45.75 SB: no time		
	25 M	50 M
PB		00:41.01
	00:41.01	

Coach feedback:

Event number: 23: 50M FREESTYLE MEN 13-14		Heat:1, starttime: 11:35
Heat: 1/1 Lane : 3 Athlete: MERTENS GERBEN		Q-time: 00:30:12
PB (25m pool): 00:30.12 Stedelijk Zwembad Geel 16/02/2025 PB (50m pool): 00:30.77 SB: no time		
	25 M	50 M
PB		00:30.12
	00:30.12	

Coach feedback:

Event number: 26: 50M FREESTYLE WOMEN 13-14		Heat:1, starttime: 11:55
Heat: 1/1 Lane : 3 Athlete: VAN REETH LIEZE		Q-time: 00:31:03
PB (25m pool): 00:31.03 Hoogstraten 28/09/2025 PB (50m pool): 00:31.81 SB: 00:31.03 Hoogstraten 28/09/2025		
	25 M	50 M
PB		00:31.03
	00:31.03	

Coach feedback: