Open wedstrijd ZIOS: Session: 1: COACH evaluation sheet for TEAM: VZV

Coachinfo: Warming up from: 13:00 untill 13:55. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Beerens Matthias HEADCOACH

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

Event number: 2: 100M BACKSTROKE MEN 11+ Heat:8, starttime: 14:32

Heat: 8/8 Lane : 6 Athlete: BEERENS MATTHIAS **Q-time: 01:09:15**

PB (25m pool): 01:09.15 Lokeren 27/09/2025 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:34.10		01:09.15	
		00:34.10		*00:35.05*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 7: 100M MEDLEY WOMEN 11+ Heat:1, starttime: 15:50

Heat: 1/7 Lane : 5 Athlete: BAUWENS JULIE **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: 8: 100M MEDLEY MEN 11+ Heat:4, starttime: 16:10

Heat: 4/4 Lane : 1 Athlete: BEERENS MATTHIAS **Q-time: 01:10:44**

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:

Open wedstrijd ZIOS: Session: 1: COACH evaluation sheet for TEAM: VZV

Event number: 11: 100M FREESTYLE WOMEN 11+	Heat:5, starttime: 16:45
Heat: 5/7 Lane : 3 Athlete: BAUWENS JULIE	**Q-time: 01:09:46**

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: