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

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

Coaches: Van Calster Tom HEADCOACH

Coaches: Eugene Felix

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

Event number: 2: 100M BACKSTROKE MEN 11+ Heat:4, starttime: 14:23

Heat: 4/8 Lane : 1 Athlete: DEMESMAEKER ALEX **Q-time: 01:30:31**

PB (25m pool): 01:30.31 Overijse 29/11/2025 **PB (50m pool):** 01:32.46 **SB:** no time

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:44.69		01:30.31	
		00:44.69		*00:45.62*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 3: 100M BREASTSTROKE WOMEN 11+ Heat:5, starttime: 14:44

Heat: 5/7 Lane : 1 Athlete: THIERENS CHIARA **Q-time: 01:36:02**

PB (25m pool): 01:36.02 Sint-Pieters-Leeuw 18/10/2026 **PB (50m pool):** 01:43.06 **SB:** 01:36.02 Sint-Pieters-Leeuw 18/10/2026

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:44.75		01:36.02	
		00:44.75		*00:51.27*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 7: 100M MEDLEY WOMEN 11+ Heat:2, starttime: 15:52

Heat: 2/7 Lane : 3 Athlete: THIERENS CHIARA **Q-time: 01:31:49**

PB (25m pool): 01:31.49 Sint-Pieters-Leeuw 18/10/2026 **PB (50m pool):** no time **SB:** 01:31.49 Sint-Pieters-Leeuw 18/10/2026

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:31.49	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 8: 100M MEDLEY MEN 11+ **Heat:1, starttime: 16:04**

Heat: 1/4 Lane : 4 Athlete: DEMESMAEKER ALEX **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: