

HoZT SPRINT 26: Session: 1: COACH evaluation sheet for TEAM: ZOLA

Coachinfo: Warming up from: 13:00 untill 13:50. Teamleadmeeting @ The listed starttimes are indicative!

PB => Personal Best time

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

Event number: 4: 50M BACKSTROKE WOMEN 11+			Heat:2, starttime: 14:25
Heat: 2/8 Lane : 2 Athlete: VANDE SOMPELE HASSE			Q-time: 00:56:01
PB (25m pool): no time			PB (50m pool): 00:45.45 SB: no time
	2 5 M	5 0 M	
PB		no time	
	no time		
			

Coach feedback:

Event number: 4: 50M BACKSTROKE WOMEN 11+			Heat:4, starttime: 14:28
Heat: 4/8 Lane : 3 Athlete: VAN DEN BOSSCHE LIA			Q-time: 00:39:29
PB (25m pool): 00:39.29 Stedelijk Zwembad Geel 16/02/2025			PB (50m pool): 00:39.28 SB: no time
	2 5 M	5 0 M	
PB		00:39.29	
	00:39.29		
			

Coach feedback:

Event number: 4: 50M BACKSTROKE WOMEN 11+			Heat:6, starttime: 14:31
Heat: 6/8 Lane : 6 Athlete: CORNEZ MAYLIE			Q-time: 00:36:99
PB (25m pool): 00:36.99 Nijlen 16/11/2025			PB (50m pool): 00:37.77 SB: 00:38.92 Tilburg 13/09/2026
	2 5 M	5 0 M	
PB		00:36.99	
	00:36.99		
			

Coach feedback:

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Event number: 5: 50M BACKSTROKE MEN 11+			Heat:1, starttime: 14:35
Heat: 1/7 Lane : 3 Athlete: VERDONCK STIJN			Q-time: 99:99:99
PB (25m pool): no time PB (50m pool): 00:34.63 SB: no time			
	2 5 M	5 0 M	
PB		no time	
	no time		
			

Coach feedback:

Event number: 5: 50M BACKSTROKE MEN 11+			Heat:2, starttime: 14:37
Heat: 2/7 Lane : 2 Athlete: KAHKESHAN KYAN			Q-time: 99:99:99
PB (25m pool): no time PB (50m pool): 00:41.14 SB: no time			
	2 5 M	5 0 M	
PB		no time	
	no time		
			

Coach feedback:

Event number: 5: 50M BACKSTROKE MEN 11+			Heat:2, starttime: 14:37
Heat: 2/7 Lane : 4 Athlete: OZTURK BURAK			Q-time: 99:99:99
PB (25m pool): no time PB (50m pool): 00:37.84 SB: no time			
	2 5 M	5 0 M	
PB		no time	
	no time		
			

Coach feedback:

Event number: 5: 50M BACKSTROKE MEN 11+			Heat:2, starttime: 14:37
Heat: 2/7 Lane : 5 Athlete: FONTANA ALESSANDRO MARIA NIC			Q-time: 99:99:99
PB (25m pool): no time PB (50m pool): no time SB: no time			
	2 5 M	5 0 M	
PB		no time	
	no time		
			

Coach feedback:

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Event number: 5: 50M BACKSTROKE MEN 11+				Heat:7, starttime: 14:43
Heat: 7/7 Lane : 1 Athlete: MESTARI ABDERRAHMANE				Q-time: 00:30:78
PB (25m pool): 00:30.78 Nijlen 16/11/2025				PB (50m pool): 00:30.44 SB: no time
	2 5 M	5 0 M		
PB		00:30.78		
	00:30.78			
				

Coach feedback:

Event number: 7: 100M MEDLEY WOMEN 11+					Heat:5, starttime: 15:17
Heat: 5/10 Lane : 3 Athlete: VANDE SOMPELE HASSE					Q-time: 01:27:92
PB (25m pool): 01:27.92 Arendonk 31/05/2026					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:27.92	
	no time				
					

Coach feedback:

Event number: 8: 100M MEDLEY MEN 11+					Heat:5, starttime: 15:37
Heat: 5/6 Lane : 2 Athlete: MESTARI ABDERRAHMANE					Q-time: 01:09:53
PB (25m pool): 01:09.53 Stedelijk Zwembad Geel 16/02/2025					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.56		01:09.53	
	00:31.56		00:37.97		
					

Coach feedback:

Event number: 11: 50M BREASTSTROKE WOMEN 11+				Heat:4, starttime: 16:15
Heat: 4/9 Lane : 6 Athlete: VANDE SOMPELE HASSE				Q-time: 00:50:72
PB (25m pool): no time				PB (50m pool): 00:48.53 SB: no time
	2 5 M	5 0 M		
PB		no time		
	no time			
				

Coach feedback:

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Event number: 12: 50M BREASTSTROKE MEN 11+			Heat:1, starttime: 16:23
Heat: 1/9 Lane : 2 Athlete: FONTANA ALESSANDRO MARIA NIC			Q-time: 99:99:99
PB (25m pool): no time PB (50m pool): no time SB: no time			
	2 5 M	5 0 M	
PB		no time	
	no time		
			

Coach feedback:

Event number: 12: 50M BREASTSTROKE MEN 11+			Heat:2, starttime: 16:24
Heat: 2/9 Lane : 2 Athlete: OZTURK BURAK			Q-time: 99:99:99
PB (25m pool): no time PB (50m pool): no time SB: no time			
	2 5 M	5 0 M	
PB		no time	
	no time		
			

Coach feedback:

Event number: 12: 50M BREASTSTROKE MEN 11+			Heat:3, starttime: 16:25
Heat: 3/9 Lane : 6 Athlete: KAHKESHAN KYAN			Q-time: 99:99:99
PB (25m pool): no time PB (50m pool): no time SB: no time			
	2 5 M	5 0 M	
PB		no time	
	no time		
			

Coach feedback:

Event number: 14: 50M FREESTYLE WOMEN 11+			Heat:6, starttime: 16:44
Heat: 6/11 Lane : 3 Athlete: CORNEZ MAYLIE			Q-time: 00:32:93
PB (25m pool): 00:32.10 Tilburg 13/09/2026 PB (50m pool): 00:32.47 SB: 00:32.10 Tilburg 13/09/2026			
	2 5 M	5 0 M	
PB		00:32.10	
	00:32.10		
			

Coach feedback:

HoZT SPRINT 26: Session: 1: COACH evaluation sheet for TEAM: ZOLA

Event number: 14: 50M FREESTYLE WOMEN 11+							Heat:6, starttime: 16:44		
Heat: 6/11 Lane : 4 Athlete: VAN DEN BOSSCHE LIA							Q-time: 00:33:06		
PB (25m pool): 00:30.52 Tilburg 13/09/2026							PB (50m pool): 00:30.59SB: 00:30.52 Tilburg 13/09/2026		
	2 5 M		5 0 M						
PB			00:30.52						
			00:30.52						
									

Coach feedback:

Event number: 15: 50M FREESTYLE MEN 11+							Heat:1, starttime: 16:51	
Heat: 1/10 Lane : 5 Athlete: VERDONCK STIJN							Q-time: 99:99:99	
PB (25m pool): no time							PB (50m pool): 00:29.16 SB: no time	
	2 5 M		5 0 M					
PB			no time					
	no time							
								

Coach feedback:

Event number: 15: 50M FREESTYLE MEN 11+							Heat:8, starttime: 16:58	
Heat: 8/10 Lane : 5 Athlete: MESTARI ABDERRAHMANE							Q-time: 00:27:00	
PB (25m pool): 00:27.00 Antwerpen 12/10/2025							PB (50m pool): 00:26.84SB: no time	
	2 5 M		5 0 M					
PB			00:27.00					
			00:27.00					
								

Coach feedback:

Event number: 16: 4x50M MEDLEY MIXED				Heat:2, starttime: 17:25			
Heat: 2/3 Lane : 2 Athlete: TEAM ZOLA 1				Q-time: 02:21:48			
PB (25m pool):		PB (50m pool):		SB:			
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5 2 0 0 M
PB							
							

Coach feedback: