# Hasseltse 200m 2026: Session: 1: COACH evaluation sheet for TEAM: PZC

**Coachinfo: Warming up from: 07:30 untill 08:20. Teamleadmeeting @ The listed starttimes are indicative!**

**Coaches: Van Looveren An HEADCOACH**

**Coaches: Dekoninck Nicole**

**Coaches: Emmers Kelly**

**Coaches: Tisson Fabienne**

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

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## Event number: 1: 200M MEDLEY MIXED 10-9 — Heat:1, starttime: 08:30

**Heat: 1/3 Lane : 2 Athlete: MEYLAERS ZOë** — **Q-time: 99:99:99**

**PB (25m pool):** no time **PB (50m pool):** no time **SB:** no time

| | 25M | 50M | 75M | 100 | 125 | 150 | 175 | 200M |
|---|---|---|---|---|---|---|---|---|
| PB | | no time | | no time | | no time | | no time |
| | *no time* | | | | | | | |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . |

Coach feedback:

## Event number: 1: 200M MEDLEY MIXED 10-9 — Heat:1, starttime: 08:30

**Heat: 1/3 Lane : 6 Athlete: DAENS NORE** — **Q-time: 99:99:99**

**PB (25m pool):** no time **PB (50m pool):** no time **SB:** no time

| | 25M | 50M | 75M | 100 | 125 | 150 | 175 | 200M |
|---|---|---|---|---|---|---|---|---|
| PB | | no time | | no time | | no time | | no time |
| | *no time* | | | | | | | |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . |

Coach feedback:

## Event number: 1: 200M MEDLEY MIXED 10-9 — Heat:2, starttime: 08:34

**Heat: 2/3 Lane : 1 Athlete: BOLLEN CLEO** — **Q-time: 99:99:99**

**PB (25m pool):** no time **PB (50m pool):** 03:27.75 **SB:** no time

| | 25M | 50M | 75M | 100 | 125 | 150 | 175 | 200M |
|---|---|---|---|---|---|---|---|---|
| PB | | no time | | no time | | no time | | no time |
| | *no time* | | | | | | | |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . |

Coach feedback:

# Hasseltse 200m 2026: Session: 1: COACH evaluation sheet for TEAM: PZC

## Event number: 1: 200M MEDLEY MIXED 10-9 — Heat:2, starttime: 08:34

**Heat: 2/3 Lane : 5 Athlete: NACKAERTS LYNN** — **Q-time: 03:45:62**

**PB (25m pool):** 03:45.62 3500 Hasselt 23/11/2025 **PB (50m pool):** no time **SB:** no time

| | 25M | 50M | 75M | 100 | 125 | 150 | 175 | 200M |
|---|---|---|---|---|---|---|---|---|
| PB | | 00:57.14 | | 01:57.50 | | 02:56.00 | | 03:45.62 |
| | | *00:57.14* | | *01:00.36* | | *00:58.50* | | *00:49.62* |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . |

Coach feedback:

## Event number: 2: 200M BREASTSTROKE WOMEN 11+ — Heat:1, starttime: 08:43

**Heat: 1/13 Lane : 2 Athlete: BOLLEN GITTE** — **Q-time: 99:99:99**

**PB (25m pool):** 03:18.75 De Sprink 22/12/2024 **PB (50m pool):** no time **SB:** no time

| | 25M | 50M | 75M | 100 | 125 | 150 | 175 | 200M |
|---|---|---|---|---|---|---|---|---|
| PB | | 00:44.18 | | 01:34.34 | | no time | | 03:18.75 |
| | | *00:44.18* | | *00:50.16* | | | | |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . |

Coach feedback:

## Event number: 2: 200M BREASTSTROKE WOMEN 11+ — Heat:2, starttime: 08:48

**Heat: 2/13 Lane : 4 Athlete: VANDEKERKHOF FRAN** — **Q-time: 99:99:99**

**PB (25m pool):** no time **PB (50m pool):** no time **SB:** no time

| | 25M | 50M | 75M | 100 | 125 | 150 | 175 | 200M |
|---|---|---|---|---|---|---|---|---|
| PB | | no time | | no time | | no time | | no time |
| | | *no time* | | | | | | |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . |

Coach feedback:

## Event number: 2: 200M BREASTSTROKE WOMEN 11+ — Heat:5, starttime: 09:03

**Heat: 5/13 Lane : 8 Athlete: VLASSAKS ROSALIE** — **Q-time: 99:99:99**

**PB (25m pool):** 03:30.17 3500 Hasselt 24/11/2024 **PB (50m pool):** no time **SB:** no time

| | 25M | 50M | 75M | 100 | 125 | 150 | 175 | 200M |
|---|---|---|---|---|---|---|---|---|
| PB | | 00:48.14 | | 01:42.32 | | 02:37.66 | | 03:30.17 |
| | | *00:48.14* | | *00:54.18* | | *00:55.34* | | *00:52.51* |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . |

Coach feedback:

# Hasseltse 200m 2026: Session: 1: COACH evaluation sheet for TEAM: PZC

## Event number: 3: 200M BREASTSTROKE MEN 11+ — Heat:1, starttime: 09:40

**Heat: 1/9 Lane : 5 Athlete: VAN DE POLDER KOBE** — **Q-time: 99:99:99**

**PB (25m pool): 04:13.25 3500 Hasselt 24/11/2024** **PB (50m pool):** no time **SB:** no time

| | 25M | 50M | 75M | 100 | 125 | 150 | 175 | 200M |
|---|---|---|---|---|---|---|---|---|
| PB | | 00:56.86 | | 02:01.63 | | 03:07.70 | | 04:13.25 |
| | | *00:56.86* | | *01:04.77* | | *01:06.07* | | *01:05.55* |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . |

Coach feedback:

## Event number: 5: 200M MEDLEY WOMEN 11+ — Heat:5, starttime: 11:11

**Heat: 5/12 Lane : 5 Athlete: BEYLEMANS KATHO** — **Q-time: 03:01:28**

**PB (25m pool): 02:55.14 3500 Hasselt 24/11/2024** **PB (50m pool):** 03:00.23 **SB:** 03:03.94 Pelt 27/09/2026

| | 25M | 50M | 75M | 100 | 125 | 150 | 175 | 200M |
|---|---|---|---|---|---|---|---|---|
| PB | | 00:39.58 | | 01:25.23 | | 02:16.23 | | 02:55.14 |
| | | *00:39.58* | | *00:45.65* | | *00:51.00* | | *00:38.91* |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . |

Coach feedback:

## Event number: 5: 200M MEDLEY WOMEN 11+ — Heat:5, starttime: 11:11

**Heat: 5/12 Lane : 8 Athlete: THOMAS LYNE** — **Q-time: 03:07:78**

**PB (25m pool): 03:07.78 Pelt 27/09/2026** **PB (50m pool):** 03:29.47 **SB:** 03:07.78 Pelt 27/09/2026

| | 25M | 50M | 75M | 100 | 125 | 150 | 175 | 200M |
|---|---|---|---|---|---|---|---|---|
| PB | | 00:40.82 | | no time | | no time | | 03:07.78 |
| | | *00:40.82* | | | | | | |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . |

Coach feedback:

## Event number: 5: 200M MEDLEY WOMEN 11+ — Heat:6, starttime: 11:15

**Heat: 6/12 Lane : 8 Athlete: VANEESBECK EMMA** — **Q-time: 02:59:57**

**PB (25m pool): 02:56.88 Hasselt 04/10/2026** **PB (50m pool):** 03:05.98 **SB:** 02:56.88 Hasselt 04/10/2026

| | 25M | 50M | 75M | 100 | 125 | 150 | 175 | 200M |
|---|---|---|---|---|---|---|---|---|
| PB | | 00:40.72 | | 01:26.34 | | 02:17.76 | | 02:56.88 |
| | | *00:40.72* | | *00:45.62* | | *00:51.42* | | *00:39.12* |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . |

Coach feedback:

# Hasseltse 200m 2026: Session: 1: COACH evaluation sheet for TEAM: PZC

## Event number: 5: 200M MEDLEY WOMEN 11+ — Heat:7, starttime: 11:18

**Heat: 7/12 Lane : 5 Athlete: VLASSAKS LENA** — **Q-time: 02:50:52**

**PB (25m pool): 02:51.14 Mol 30/12/2023** — **PB (50m pool):** 02:50.52 **SB:** no time

| | 25M | 50M | 75M | 100 | 125 | 150 | 175 | 200M |
|---|---|---|---|---|---|---|---|---|
| PB | | no time | | no time | | no time | | 02:51.14 |
| | | *no time* | | | | | | |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . |

Coach feedback:

## Event number: 6: 200M MEDLEY MEN 11+ — Heat:1, starttime: 11:38

**Heat: 1/8 Lane : 5 Athlete: HAVERBEKE TUUR** — **Q-time: 03:36:80**

**PB (25m pool): 03:36.80 Pelt 27/09/2026** — **PB (50m pool):** no time **SB:** 03:36.80 Pelt 27/09/2026

| | 25M | 50M | 75M | 100 | 125 | 150 | 175 | 200M |
|---|---|---|---|---|---|---|---|---|
| PB | | 00:53.76 | | no time | | no time | | 03:36.80 |
| | | *00:53.76* | | | | | | |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . |

Coach feedback:

## Event number: 6: 200M MEDLEY MEN 11+ — Heat:2, starttime: 11:43

**Heat: 2/8 Lane : 3 Athlete: FRANSEN LUCIANO** — **Q-time: 03:10:05**

**PB (25m pool): 03:10.05 Hasselt 12/10/2025** — **PB (50m pool):** 03:18.88 **SB:** 03:11.66 Pelt 27/09/2026

| | 25M | 50M | 75M | 100 | 125 | 150 | 175 | 200M |
|---|---|---|---|---|---|---|---|---|
| PB | | 00:44.14 | | 01:31.74 | | 02:27.89 | | 03:10.05 |
| | | *00:44.14* | | *00:47.60* | | *00:56.15* | | *00:42.16* |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . |

Coach feedback:

## Event number: 6: 200M MEDLEY MEN 11+ — Heat:2, starttime: 11:43

**Heat: 2/8 Lane : 4 Athlete: VOSSEN NOAH** — **Q-time: 03:04:11**

**PB (25m pool): 03:01.11 Hasselt 04/10/2026** — **PB (50m pool):** 03:07.93 **SB:** 03:01.11 Hasselt 04/10/2026

| | 25M | 50M | 75M | 100 | 125 | 150 | 175 | 200M |
|---|---|---|---|---|---|---|---|---|
| PB | | 00:39.98 | | 01:26.91 | | 02:21.57 | | 03:01.11 |
| | | *00:39.98* | | *00:46.93* | | *00:54.66* | | *00:39.54* |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . |

Coach feedback:

# Hasseltse 200m 2026: Session: 1: COACH evaluation sheet for TEAM: PZC

## Event number: 6: 200M MEDLEY MEN 11+ — Heat:3, starttime: 11:47

**Heat: 3/8 Lane : 1 Athlete: MEYLAERS SEPPE** — **Q-time: 03:02:88**

**PB (25m pool): 03:00.04 Hasselt 04/10/2026** — **PB (50m pool):** 03:01.32 **SB:** 03:00.04 Hasselt 04/10/2026

| | 25M | 50M | 75M | 100 | 125 | 150 | 175 | 200M |
|---|---|---|---|---|---|---|---|---|
| PB | | 00:38.69 | | 01:28.36 | | 02:19.54 | | 03:00.04 |
| | | *00:38.69* | | *00:49.67* | | *00:51.18* | | *00:40.50* |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . |

Coach feedback:

## Event number: 6: 200M MEDLEY MEN 11+ — Heat:4, starttime: 11:50

**Heat: 4/8 Lane : 6 Athlete: BOLLEN WARRE** — **Q-time: 02:43:94**

**PB (25m pool): 02:40.97 Hasselt 04/10/2026** — **PB (50m pool):** 02:46.95 **SB:** 02:40.97 Hasselt 04/10/2026

| | 25M | 50M | 75M | 100 | 125 | 150 | 175 | 200M |
|---|---|---|---|---|---|---|---|---|
| PB | | 00:36.03 | | 01:17.31 | | 02:05.57 | | 02:40.97 |
| | | *00:36.03* | | *00:41.28* | | *00:48.26* | | *00:35.40* |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . |

Coach feedback:

## Event number: 6: 200M MEDLEY MEN 11+ — Heat:6, starttime: 11:57

**Heat: 6/8 Lane : 8 Athlete: FRANSEN DYLANO** — **Q-time: 02:30:74**

**PB (25m pool): 02:30.74 Pelt 27/09/2026** — **PB (50m pool):** 02:38.57 **SB:** 02:30.74 Pelt 27/09/2026

| | 25M | 50M | 75M | 100 | 125 | 150 | 175 | 200M |
|---|---|---|---|---|---|---|---|---|
| PB | | 00:31.23 | | no time | | no time | | 02:30.74 |
| | | *00:31.23* | | | | | | |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . |

Coach feedback: