Hasseltse 200m 2026: Session: 2: COACH evaluation sheet for TEAM: HZS

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

Coaches: Mulkers Lander HEADCOACH

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

Event number: 7: 200M FREESTYLE WOMEN 11+ Heat:1, starttime: 14:00

Heat: 1/12 Lane : 6 Athlete: SOUVLERIS ANNA **Q-time: 99:99:99**

PB (25m pool): 02:55.25 3500 Hasselt 24/11/2024 **PB (50m pool):** no time **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:40.56		01:26.33		02:11.97		02:55.25
		00:40.56		*00:45.77*		*00:45.64*		*00:43.28*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 7: 200M FREESTYLE WOMEN 11+ Heat:3, starttime: 14:08

Heat: 3/12 Lane : 2 Athlete: LIZIN NEL **Q-time: 03:27:14**

PB (25m pool): no time **PB (50m pool):** 03:27.14 **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: 7: 200M FREESTYLE WOMEN 11+ Heat:3, starttime: 14:08

Heat: 3/12 Lane : 4 Athlete: DANIELS LOTTE **Q-time: 03:13:91**

PB (25m pool): 03:13.91 Bilzen 25/01/2026 **PB (50m pool):** 03:19.26 **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:41.11		01:31.74		no time		03:13.91
		00:41.11		*00:50.63*				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Hasseltse 200m 2026: Session: 2: COACH evaluation sheet for TEAM: HZS

Event number: 7: 200M FREESTYLE WOMEN 11+ — Heat:3, starttime: 14:08

Heat: 3/12 Lane : 5 Athlete: POELMANS JULIE — **Q-time: 03:14:21**

PB (25m pool): no time **PB (50m pool):** 03:14.21 **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: 7: 200M FREESTYLE WOMEN 11+ — Heat:3, starttime: 14:08

Heat: 3/12 Lane : 7 Athlete: TAIBI AYA — **Q-time: 03:41:61**

PB (25m pool): 03:41.61 Bilzen 25/01/2026 **PB (50m pool):** no time **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:46.69		01:44.29		no time		03:41.61
		00:46.69		*00:57.60*				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 7: 200M FREESTYLE WOMEN 11+ — Heat:5, starttime: 14:16

Heat: 5/12 Lane : 3 Athlete: LENAERTS JULIA — **Q-time: 02:53:16**

PB (25m pool): 03:01.98 3500 Hasselt 23/11/2025 **PB (50m pool):** 02:53.16 **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:41.37		01:27.91		02:17.56		03:01.98
		00:41.37		*00:46.54*		*00:49.65*		*00:44.42*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 7: 200M FREESTYLE WOMEN 11+ — Heat:6, starttime: 14:20

Heat: 6/12 Lane : 7 Athlete: VAN GUYSE ADA — **Q-time: 02:45:83**

PB (25m pool): 03:13.53 3500 Hasselt 24/11/2024 **PB (50m pool):** 02:45.83 **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:43.62		01:32.55		02:23.98		03:13.53
		00:43.62		*00:48.93*		*00:51.43*		*00:49.55*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Hasseltse 200m 2026: Session: 2: COACH evaluation sheet for TEAM: HZS

Event number: 7: 200M FREESTYLE WOMEN 11+ — Heat:6, starttime: 14:20

Heat: 6/12 Lane : 8 Athlete: PUT TYANA — **Q-time: 02:49:46**

PB (25m pool): 03:07.19 Hasselt 04/05/2025 — **PB (50m pool):** 02:49.46 **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:41.17		01:30.23		02:20.03		03:07.19
		00:41.17		*00:49.06*		*00:49.80*		*00:47.16*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 7: 200M FREESTYLE WOMEN 11+ — Heat:7, starttime: 14:23

Heat: 7/12 Lane : 4 Athlete: DESAIR ANNA-LOUISE — **Q-time: 02:36:24**

PB (25m pool): 02:36.24 Hasselt 04/10/2026 — **PB (50m pool):** 02:44.50 **SB:** 02:36.24 Hasselt 04/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:35.97		01:15.10		01:55.86		02:36.24
		00:35.97		*00:39.13*		*00:40.76*		*00:40.38*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 7: 200M FREESTYLE WOMEN 11+ — Heat:8, starttime: 14:26

Heat: 8/12 Lane : 2 Athlete: VANDER MEER AMBER — **Q-time: 02:32:14**

PB (25m pool): 02:32.14 3500 Hasselt 23/11/2025 — **PB (50m pool):** 02:33.69 **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:35.85		01:14.86		01:54.62		02:32.14
		00:35.85		*00:39.01*		*00:39.76*		*00:37.52*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 7: 200M FREESTYLE WOMEN 11+ — Heat:9, starttime: 14:29

Heat: 9/12 Lane : 8 Athlete: SOUVLERIS SOFIA — **Q-time: 02:30:55**

PB (25m pool): 02:25.22 Diksmuide 19/11/2023 — **PB (50m pool):** 02:28.00 **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		no time		no time		no time		02:25.22
		no time						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Hasseltse 200m 2026: Session: 2: COACH evaluation sheet for TEAM: HZS

Event number: 7: 200M FREESTYLE WOMEN 11+ — Heat:11, starttime: 14:35

Heat: 11/12 Lane : 2 Athlete: BEUNCKENS TESS — **Q-time: 02:19:62**

PB (25m pool): 02:19.62 Hasselt 04/10/2026 — **PB (50m pool):** 02:21.08 **SB:** 02:19.62 Hasselt 04/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:31.98		01:06.73		01:42.96		02:19.62
		00:31.98		*00:34.75*		*00:36.23*		*00:36.66*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 7: 200M FREESTYLE WOMEN 11+ — Heat:12, starttime: 14:38

Heat: 12/12 Lane : 6 Athlete: SARGESJAN NALA — **Q-time: 02:12:84**

PB (25m pool): 02:12.84 Hasselt 04/10/2026 — **PB (50m pool):** 02:16.80 **SB:** 02:12.84 Hasselt 04/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:30.83		01:04.05		01:38.52		02:12.84
		00:30.83		*00:33.22*		*00:34.47*		*00:34.32*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 8: 200M FREESTYLE MEN 11+ — Heat:2, starttime: 14:46

Heat: 2/11 Lane : 1 Athlete: VANGROOTLOON BERRE — **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: 8: 200M FREESTYLE MEN 11+ — Heat:2, starttime: 14:46

Heat: 2/11 Lane : 2 Athlete: MATHIJS CORNEEL — **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:

Hasseltse 200m 2026: Session: 2: COACH evaluation sheet for TEAM: HZS

Event number: 8: 200M FREESTYLE MEN 11+ — Heat:3, starttime: 14:50

Heat: 3/11 Lane : 2 Athlete: BRUNINX VICTOR — **Q-time: 03:18:41**

PB (25m pool): 03:18.41 Bilzen 25/01/2026 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:40.84		01:30.40		no time		03:18.41
		00:40.84		*00:49.56*				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 8: 200M FREESTYLE MEN 11+ — Heat:4, starttime: 14:54

Heat: 4/11 Lane : 4 Athlete: SPREUWERS LEI — **Q-time: 02:51:55**

PB (25m pool): 02:51.55 Pelt 27/09/2026 **PB (50m pool):** 03:06.89 **SB:** 02:51.55 Pelt 27/09/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:37.11		01:21.03		no time		02:51.55
		00:37.11		*00:43.92*				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 8: 200M FREESTYLE MEN 11+ — Heat:5, starttime: 14:58

Heat: 5/11 Lane : 2 Athlete: BRUNINX LEON — **Q-time: 02:49:16**

PB (25m pool): 02:49.16 3500 Hasselt 23/11/2025 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:40.25		01:24.39		02:09.65		02:49.16
		00:40.25		*00:44.14*		*00:45.26*		*00:39.51*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 8: 200M FREESTYLE MEN 11+ — Heat:5, starttime: 14:58

Heat: 5/11 Lane : 8 Athlete: KNAEPEN GUUS-JAN — **Q-time: 02:51:14**

PB (25m pool): 02:51.55 3500 Hasselt 23/11/2025 **PB (50m pool):** 02:51.14 **SB:** no time

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:37.70		01:24.11		02:08.71		02:51.55
		00:37.70		*00:46.41*		*00:44.60*		*00:42.84*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Hasseltse 200m 2026: Session: 2: COACH evaluation sheet for TEAM: HZS

Event number: 8: 200M FREESTYLE MEN 11+ — Heat:6, starttime: 15:01

Heat: 6/11 Lane : 3 Athlete: HOUSEN ILYA — **Q-time: 02:32:05**

PB (25m pool): 02:44.64 3500 Hasselt 24/11/2024 **PB (50m pool):** 02:32.05 **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:35.39		01:17.21		02:01.80		02:44.64
		00:35.39		*00:41.82*		*00:44.59*		*00:42.84*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 8: 200M FREESTYLE MEN 11+ — Heat:8, starttime: 15:07

Heat: 8/11 Lane : 5 Athlete: HAUBEN THOMAS — **Q-time: 02:13:58**

PB (25m pool): 02:13.58 Hasselt 12/10/2025 **PB (50m pool):** 02:21.98 **SB:** 02:14.08 Hasselt 04/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:30.94		01:05.14		01:40.53		02:13.58
		00:30.94		*00:34.20*		*00:35.39*		*00:33.05*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 8: 200M FREESTYLE MEN 11+ — Heat:10, starttime: 15:13

Heat: 10/11 Lane : 2 Athlete: VANOPPEN MATHIAS — **Q-time: 02:07:02**

PB (25m pool): 02:07.02 3500 Hasselt 23/11/2025 **PB (50m pool):** 02:15.41 **SB:** 02:09.09 Hasselt 04/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:28.79		01:01.09		01:34.53		02:07.02
		00:28.79		*00:32.30*		*00:33.44*		*00:32.49*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 8: 200M FREESTYLE MEN 11+ — Heat:11, starttime: 15:15

Heat: 11/11 Lane : 4 Athlete: VANGROOTLOON JEF — **Q-time: 01:53:64**

PB (25m pool): 01:53.64 Hasselt 04/10/2026 **PB (50m pool):** 01:56.00 **SB:** 01:53.64 Hasselt 04/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:26.40		00:55.36		01:24.50		01:53.64
		00:26.40		*00:28.96*		*00:29.14*		*00:29.14*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Hasseltse 200m 2026: Session: 2: COACH evaluation sheet for TEAM: HZS

Event number: 8: 200M FREESTYLE MEN 11+ — Heat:11, starttime: 15:15

Heat: 11/11 Lane : 6 Athlete: VANDEPOEL QUINTEN — **Q-time: 02:01:25**

PB (25m pool): 02:01.25 3500 Hasselt 23/11/2025 **PB (50m pool):** 02:04.50 **SB:** 02:03.51 Hasselt 04/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:28.31		00:58.87		01:30.37		02:01.25
		00:28.31		*00:30.56*		*00:31.50*		*00:30.88*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 9: 200M BUTTERFLY WOMEN 11+ — Heat:1, starttime: 15:28

Heat: 1/3 Lane : 1 Athlete: THEWISSEN MIRTHE — **Q-time: 99:99:99**

PB (25m pool): 02:50.57 3500 Hasselt 24/11/2024 **PB (50m pool):** no time **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:37.12		01:20.61		02:05.85		02:50.57
		00:37.12		*00:43.49*		*00:45.24*		*00:44.72*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 9: 200M BUTTERFLY WOMEN 11+ — Heat:2, starttime: 15:32

Heat: 2/3 Lane : 1 Athlete: CLAESSENS ISA-BEAU — **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: 9: 200M BUTTERFLY WOMEN 11+ — Heat:2, starttime: 15:32

Heat: 2/3 Lane : 4 Athlete: GERETS ANNELIEN — **Q-time: 03:24:07**

PB (25m pool): 03:24.07 3500 Hasselt 23/11/2025 **PB (50m pool):** 03:26.17 **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:44.48		01:37.10		02:30.40		03:24.07
		00:44.48		*00:52.62*		*00:53.30*		*00:53.67*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Hasseltse 200m 2026: Session: 2: COACH evaluation sheet for TEAM: HZS

Event number: 9: 200M BUTTERFLY WOMEN 11+ Heat:2, starttime: 15:32

Heat: 2/3 Lane : 8 Athlete: FRANSSEN LYNA **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: 9: 200M BUTTERFLY WOMEN 11+ Heat:3, starttime: 15:36

Heat: 3/3 Lane : 2 Athlete: COPERMANS SAM **Q-time: 02:48:28**

PB (25m pool): 02:48.28 Hasselt 04/05/2025 **PB (50m pool):** 03:01.50 **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:37.60		01:21.56		02:05.66		02:48.28
		00:37.60		*00:43.96*		*00:44.10*		*00:42.62*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 9: 200M BUTTERFLY WOMEN 11+ Heat:3, starttime: 15:36

Heat: 3/3 Lane : 5 Athlete: VERLEYSEN NOA **Q-time: 02:40:28**

PB (25m pool): 02:47.82 3500 Hasselt 23/11/2025 **PB (50m pool):** 02:40.28 **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:36.69		01:19.26		02:03.65		02:47.82
		00:36.69		*00:42.57*		*00:44.39*		*00:44.17*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 11: 200M BACKSTROKE WOMEN 11+ Heat:3, starttime: 15:58

Heat: 3/8 Lane : 6 Athlete: PUT TYANA **Q-time: 03:15:51**

PB (25m pool): 03:19.63 Hasselt 04/05/2025 **PB (50m pool):** 03:15.51 **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:48.39		01:40.20		02:31.15		03:19.63
		00:48.39		*00:51.81*		*00:50.95*		*00:48.48*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Hasseltse 200m 2026: Session: 2: COACH evaluation sheet for TEAM: HZS

Event number: 11: 200M BACKSTROKE WOMEN 11+ Heat:4, starttime: 16:03

Heat: 4/8 Lane : 2 Athlete: DESAIR ANNA-LOUISE **Q-time: 02:51:70**

PB (25m pool): 02:51.70 Hasselt 04/10/2026 **PB (50m pool):** 02:55.55 **SB:** 02:51.70 Hasselt 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:41.71		01:25.73		02:09.51		02:51.70
		00:41.71		*00:44.02*		*00:43.78*		*00:42.19*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 11: 200M BACKSTROKE WOMEN 11+ Heat:4, starttime: 16:03

Heat: 4/8 Lane : 3 Athlete: VANDER MEER NOOR **Q-time: 02:47:92**

PB (25m pool): 02:47.92 Hasselt 04/10/2026 **PB (50m pool):** 02:53.39 **SB:** 02:47.92 Hasselt 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:39.53		01:22.00		02:05.29		02:47.92
		00:39.53		*00:42.47*		*00:43.29*		*00:42.63*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 11: 200M BACKSTROKE WOMEN 11+ Heat:4, starttime: 16:03

Heat: 4/8 Lane : 7 Athlete: BEVERNAGE TRIX **Q-time: 02:54:79**

PB (25m pool): 02:54.79 Beringen 08/02/2026 **PB (50m pool):** 02:59.85 **SB:** no time

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:42.04		01:26.77		no time		02:54.79
		00:42.04		*00:44.73*				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 11: 200M BACKSTROKE WOMEN 11+ Heat:4, starttime: 16:03

Heat: 4/8 Lane : 8 Athlete: VAN GUYSE ADA **Q-time: 02:57:22**

PB (25m pool): 02:57.22 Beringen 08/02/2026 **PB (50m pool):** 03:04.65 **SB:** no time

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:42.04		01:27.16		no time		02:57.22
		00:42.04		*00:45.12*				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Hasseltse 200m 2026: Session: 2: COACH evaluation sheet for TEAM: HZS

Event number: 11: 200M BACKSTROKE WOMEN 11+ Heat:5, starttime: 16:07

Heat: 5/8 Lane : 8 Athlete: VANIERSCHOT LINA **Q-time: 02:45:66**

PB (25m pool): 02:45.66 Beringen 08/02/2026 **PB (50m pool):** 02:47.94 **SB:** no time

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:39.11		01:21.42		no time		02:45.66
		00:39.11		*00:42.31*				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 11: 200M BACKSTROKE WOMEN 11+ Heat:7, starttime: 16:15

Heat: 7/8 Lane : 4 Athlete: BEUNCKENS TESS **Q-time: 02:34:48**

PB (25m pool): 02:34.48 Temse 17/11/2025 **PB (50m pool):** 02:40.62 **SB:** 02:38.41 Hasselt 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:36.55		01:15.29		01:55.05		02:34.48
		00:36.55		*00:38.74*		*00:39.76*		*00:39.43*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 11: 200M BACKSTROKE WOMEN 11+ Heat:7, starttime: 16:15

Heat: 7/8 Lane : 6 Athlete: SARGESJAN NALA **Q-time: 02:38:90**

PB (25m pool): 02:38.90 Temse 17/11/2025 **PB (50m pool):** 02:44.15 **SB:** no time

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:36.94		01:16.88		01:57.90		02:38.90
		00:36.94		*00:39.94*		*00:41.02*		*00:41.00*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 11: 200M BACKSTROKE WOMEN 11+ Heat:8, starttime: 16:18

Heat: 8/8 Lane : 3 Athlete: VANIERSCHOT ELLA **Q-time: 02:29:32**

PB (25m pool): 02:29.32 Hasselt 12/10/2025 **PB (50m pool):** 02:34.09 **SB:** 02:31.04 Hasselt 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:35.89		01:14.13		01:52.81		02:29.32
		00:35.89		*00:38.24*		*00:38.68*		*00:36.51*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Hasseltse 200m 2026: Session: 2: COACH evaluation sheet for TEAM: HZS

Event number: 12: 200M BACKSTROKE MEN 11+ Heat:6, starttime: 16:43

Heat: 6/8 Lane : 2 Athlete: VANOPPEN MATHIAS **Q-time: 02:27:25**

PB (25m pool): 02:27.25 3500 Hasselt 23/11/2025 **PB (50m pool):** 02:33.50 **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:34.22		01:10.90		01:48.73		02:27.25
		00:34.22		*00:36.68*		*00:37.83*		*00:38.52*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 12: 200M BACKSTROKE MEN 11+ Heat:7, starttime: 16:47

Heat: 7/8 Lane : 5 Athlete: VANGROOTLOON JEF **Q-time: 02:23:89**

PB (25m pool): 02:20.23 3500 Hasselt 24/11/2024 **PB (50m pool):** 02:23.89 **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:32.84		01:08.59		01:45.08		02:20.23
		00:32.84		*00:35.75*		*00:36.49*		*00:35.15*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback: