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

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

Coaches: Oyague Myriam HEADCOACH

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

Event number: 7: 200M FREESTYLE WOMEN 11+ Heat:2, starttime: 14:04

Heat: 2/12 Lane : 1 Athlete: WALSCHOT ALICYA **Q-time: 99:99:99**

PB (25m pool): 03:05.85 Pelt 27/09/2026 **PB (50m pool):** no time **SB:** 03:05.85 Pelt 27/09/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:41.08		01:28.78		no time		03:05.85
		00:41.08		*00:47.70*				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 7: 200M FREESTYLE WOMEN 11+ Heat:2, starttime: 14:04

Heat: 2/12 Lane : 8 Athlete: FRANSSEN KATRIJN **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: 7: 200M FREESTYLE WOMEN 11+ Heat:6, starttime: 14:20

Heat: 6/12 Lane : 6 Athlete: PAULUSSEN SABINE **Q-time: 02:43:72**

PB (25m pool): 02:43.72 Mol 29/12/2024 **PB (50m pool):** no time **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:38.65		01:19.86		02:02.78		02:43.72
		00:38.65		*00:41.21*		*00:42.92*		*00:40.94*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

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

Heat: 2/11 Lane : 3 Athlete: VANDEWAL NOAH — **Q-time: 03:51:04**

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: 10: 200M BUTTERFLY MEN 11+ — Heat:1, starttime: 15:40

Heat: 1/2 Lane : 4 Athlete: DUBOIS MELS — **Q-time: 03:29:05**

PB (25m pool): 03:29.05 Bree 16/02/2025 **PB (50m pool):** no time **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:43.60		01:36.30		no time		03:29.05
		00:43.60		*00:52.70*				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 11: 200M BACKSTROKE WOMEN 11+ — Heat:1, starttime: 15:48

Heat: 1/8 Lane : 4 Athlete: PAULUSSEN SABINE — **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: 11: 200M BACKSTROKE WOMEN 11+ — Heat:2, starttime: 15:53

Heat: 2/8 Lane : 5 Athlete: FRANSSEN KATRIJN — **Q-time: 99:99:99**

PB (25m pool): 03:28.75 Beringen 08/02/2026 **PB (50m pool):** no time **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:48.55		01:42.22		no time		03:28.75
		00:48.55		*00:53.67*				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

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

Heat: 3/8 Lane : 7 Athlete: WALSCHOT ALICYA — **Q-time: 03:29:13**

PB (25m pool): 03:29.13 Beringen 08/02/2026 **PB (50m pool):** no time **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:50.47		01:43.96		no time		03:29.13
		00:50.47		*00:53.49*				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 12: 200M BACKSTROKE MEN 11+ — Heat:2, starttime: 16:27

Heat: 2/8 Lane : 7 Athlete: VANDEWAL NOAH — **Q-time: 03:53:74**

PB (25m pool): 03:53.74 Beringen 08/02/2026 **PB (50m pool):** no time **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:56.53		01:56.39		no time		03:53.74
		00:56.53		*00:59.86*				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 12: 200M BACKSTROKE MEN 11+ — Heat:3, starttime: 16:32

Heat: 3/8 Lane : 2 Athlete: DUBOIS MELS — **Q-time: 03:09:59**

PB (25m pool): no time **PB (50m pool):** 03:09.59 **SB:** no time

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

Coach feedback: