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

Coachinfo: Warming up from: 13:00 untill 13:50. 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.**

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

Heat: 5/12 Lane : 6 Athlete: THOMAS LYNE **Q-time: 02:53:30**

PB (25m pool): 02:53.30 3500 Hasselt 23/11/2025 **PB (50m pool):** 02:58.22 **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:39.81		01:25.20		02:10.73		02:53.30
		00:39.81		*00:45.39*		*00:45.53*		*00:42.57*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 7/12 Lane : 5 Athlete: BEYLEMANS KATHO **Q-time: 02:38:05**

PB (25m pool): 02:30.90 Bilzen 14/01/2024 **PB (50m pool):** 02:36.28 **SB:** 02:42.21 Hasselt 04/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		no time		no time		no time		02:30.90
		no time						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 7/12 Lane : 7 Athlete: VANEESBECK EMMA **Q-time: 02:40:18**

PB (25m pool): 02:40.18 3500 Hasselt 23/11/2025 **PB (50m pool):** 03:29.71 **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:37.91		01:19.86		02:01.23		02:40.18
		00:37.91		*00:41.95*		*00:41.37*		*00:38.95*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

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

Heat: 8/12 Lane : 7 Athlete: VLASSAKS LENA — **Q-time: 02:34:37**

PB (25m pool): 02:28.89 Pelt 06/10/2024 — **PB (50m pool):** 02:29.48 **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		no time		no time		no time		02:28.89
	no time							
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 7: 200M FREESTYLE WOMEN 11+ — Heat:10, starttime: 14:32

Heat: 10/12 Lane : 2 Athlete: BOLLEN GITTE — **Q-time: 02:23:32**

PB (25m pool): 02:23.32 Temse 17/11/2025 — **PB (50m pool):** 02:25.68 **SB:** 02:24.08 Hasselt 04/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:32.68		01:09.51		01:47.68		02:23.32
	00:32.68		*00:36.83*		*00:38.17*		*00:35.64*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 11/12 Lane : 6 Athlete: MAES LEONIE — **Q-time: 02:18:98**

PB (25m pool): 02:18.98 Temse 17/11/2025 — **PB (50m pool):** 02:22.18 **SB:** 02:24.11 Pelt 27/09/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:31.77		01:06.92		01:43.48		02:18.98
	00:31.77		*00:35.15*		*00:36.56*		*00:35.50*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 11/12 Lane : 8 Athlete: MAES HELENE — **Q-time: 02:21:24**

PB (25m pool): 02:19.25 3500 Hasselt 24/11/2024 — **PB (50m pool):** 02:21.88 **SB:** 02:21.49 Hasselt 04/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:32.56		01:08.21		01:44.62		02:19.25
	00:32.56		*00:35.65*		*00:36.41*		*00:34.63*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

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

Heat: 3/11 Lane : 1 Athlete: HAVERBEKE TUUR — **Q-time: 03:29:15**

PB (25m pool): 03:29.15 Bilzen 25/01/2026 **PB (50m pool):** no time **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:45.88		01:41.15		no time		03:29.15
		00:45.88		*00:55.27*				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 4/11 Lane : 1 Athlete: MEYLAERS SEPPE — **Q-time: 02:59:06**

PB (25m pool): 02:59.06 Hasselt 12/10/2025 **PB (50m pool):** 02:53.45 **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:42.13		01:27.88		02:13.86		02:59.06
		00:42.13		*00:45.75*		*00:45.98*		*00:45.20*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 5/11 Lane : 6 Athlete: FRANSEN LUCIANO — **Q-time: 02:45:18**

PB (25m pool): 02:39.97 Hasselt 04/10/2026 **PB (50m pool):** 02:43.11 **SB:** 02:39.97 Hasselt 04/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:36.80		01:17.97		02:00.22		02:39.97
		00:36.80		*00:41.17*		*00:42.25*		*00:39.75*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 8: 200M FREESTYLE MEN 11+ — Heat:9, starttime: 15:10

Heat: 9/11 Lane : 5 Athlete: FRANSEN DYLANO — **Q-time: 02:08:19**

PB (25m pool): 02:07.49 Hasselt 04/10/2026 **PB (50m pool):** 02:13.67 **SB:** 02:07.49 Hasselt 04/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:30.12		01:02.97		01:36.15		02:07.49
		00:30.12		*00:32.85*		*00:33.18*		*00:31.34*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

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

Heat: 11/11 Lane : 7 Athlete: BEISHUIZEN TOM — **Q-time: 02:02:77**

PB (25m pool): 02:02.77 Hasselt 12/10/2025 — **PB (50m pool):** 02:08.91 **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:28.20		00:59.99		01:32.66		02:02.77
	00:28.20		*00:31.79*		*00:32.67*		*00:30.11*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 11: 200M BACKSTROKE WOMEN 11+ — Heat:2, starttime: 15:53

Heat: 2/8 Lane : 2 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: 11: 200M BACKSTROKE WOMEN 11+ — Heat:4, starttime: 16:03

Heat: 4/8 Lane : 1 Athlete: VLASSAKS ROSALIE — **Q-time: 02:54:83**

PB (25m pool): 02:53.42 3500 Hasselt 24/11/2024 — **PB (50m pool):** 02:54.83 **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:43.34		01:28.01		02:12.29		02:53.42
	00:43.34		*00:44.67*		*00:44.28*		*00:41.13*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 11: 200M BACKSTROKE WOMEN 11+ — Heat:6, starttime: 16:11

Heat: 6/8 Lane : 2 Athlete: MAES LEONIE — **Q-time: 02:43:14**

PB (25m pool): 02:43.14 3500 Hasselt 23/11/2025 — **PB (50m pool):** 02:50.99 **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:38.26		01:19.29		02:01.86		02:43.14
	00:38.26		*00:41.03*		*00:42.57*		*00:41.28*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Event number: 11: 200M BACKSTROKE WOMEN 11+ — Heat:6, starttime: 16:11

Heat: 6/8 Lane : 4 Athlete: MAES HELENE — **Q-time: 02:42:24**

PB (25m pool): 02:38.94 3500 Hasselt 24/11/2024 **PB (50m pool):** 02:46.31 **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:37.33		01:17.85		01:58.97		02:38.94
		00:37.33		*00:40.52*		*00:41.12*		*00:39.97*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 12: 200M BACKSTROKE MEN 11+ — Heat:1, starttime: 16:22

Heat: 1/8 Lane : 5 Athlete: VOSSEN NOAH — **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: 12: 200M BACKSTROKE MEN 11+ — Heat:3, starttime: 16:32

Heat: 3/8 Lane : 5 Athlete: BOLLEN WARRE — **Q-time: 02:53:24**

PB (25m pool): 02:53.24 Beringen 16/03/2025 **PB (50m pool):** 02:47.00 **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:41.54		01:27.14		no time		02:53.24
		00:41.54		*00:45.60*				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 3/8 Lane : 7 Athlete: VAN DE POLDER KOBE — **Q-time: 03:09:84**

PB (25m pool): 03:01.80 Hasselt 04/10/2026 **PB (50m pool):** 03:07.37 **SB:** 03:01.80 Hasselt 04/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:43.03		01:29.48		02:16.22		03:01.80
		00:43.03		*00:46.45*		*00:46.74*		*00:45.58*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

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

Heat: 7/8 Lane : 6 Athlete: BEISHUIZEN TOM **Q-time: 02:24:50**

PB (25m pool): 02:15.63 Hasselt 04/10/2026 **PB (50m pool):** 02:24.50 **SB:** 02:15.63 Hasselt 04/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:31.57		01:06.16		01:41.98		02:15.63
		00:31.57		*00:34.59*		*00:35.82*		*00:33.65*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback: