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

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

Coaches: Nicolaers Martijn

Coaches: Gerard Pascal HEADCOACH

Coaches: Vansichem Deena

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

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

Heat: 3/12 Lane : 6 Athlete: HERMANS FéLICE **Q-time: 03:19:34**

PB (25m pool): 03:19.34 Bilzen 25/01/2026 **PB (50m pool):** no time **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:43.58		01:34.46		no time		03:19.34
		00:43.58		*00:50.88*				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 7: 200M FREESTYLE WOMEN 11+ Heat:4, starttime: 14:13

Heat: 4/12 Lane : 7 Athlete: GERARD LAURE **Q-time: 03:09:57**

PB (25m pool): 03:09.85 Bilzen 25/01/2026 **PB (50m pool):** no time **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:41.30		01:29.16		no time		03:09.85
		00:41.30		*00:47.86*				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 1/8 Lane : 5 Athlete: TAMER KARMA **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: ZPL

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

Heat: 3/8 Lane : 2 Athlete: JONGEN JADE **Q-time: 03:24:81**

PB (25m pool): no time **PB (50m pool):** 03:24.81 **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:2, starttime: 16:27

Heat: 2/8 Lane : 1 Athlete: JONGEN KENZI **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: