

200M KST: Session: 1: COACH evaluation sheet for TEAM: MZVA

Coachinfo: Warming up from: 13:00 untill 13:55. Teamleadmeeting @

The listed starttimes are indicative!

Coaches: BRACKE ZITA HEADCOACH

PB => Personal Best time

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

Event number: 1: 200M MEDLEY MIXED 9-10							Heat:1, starttime: 14:00	
Heat: 1/1 Lane : 3 Athlete: SILLIS LUNA							Q-time: 99:99:99	
PB (25m pool): no time			PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		no time		no time		no time
	no time							
								

Coach feedback:

Event number: 2: 200M MEDLEY WOMEN 11+							Heat:1, starttime: 14:03	
Heat: 1/8 Lane : 3 Athlete: SEN YASEMIN							Q-time: 99:99:99	
PB (25m pool): no time			PB (50m pool): no time			SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		no time		no time		no time
	no time							
								

Coach feedback:

Event number: 2: 200M MEDLEY WOMEN 11+							Heat:2, starttime: 14:07	
Heat: 2/8 Lane : 1 Athlete: EL OUF MALAK							Q-time: 99:99:99	
PB (25m pool): no time			PB (50m pool): no time			SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		no time		no time		no time
	no time							
								

Coach feedback:

200M KST: Session: 1: COACH evaluation sheet for TEAM: MZVA

Event number: 2: 200M MEDLEY WOMEN 11+							Heat:2, starttime: 14:07	
Heat: 2/8 Lane : 3 Athlete: AMZOUR LINA							Q-time: 99:99:99	
PB (25m pool): 02:52.55 Mol 15/10/2023				PB (50m pool): no time SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		no time		no time		02:52.55
	no time							
								

Coach feedback:

Event number: 3: 200M MEDLEY MEN 11+							Heat:1, starttime: 14:33	
Heat: 1/6 Lane : 1 Athlete: GOXHAJ ANIEL							Q-time: 99:99:99	
PB (25m pool): no time				PB (50m pool): no time SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		no time		no time		no time
	no time							
								

Coach feedback:

Event number: 3: 200M MEDLEY MEN 11+							Heat:2, starttime: 14:37	
Heat: 2/6 Lane : 1 Athlete: DECLERCQ MICK							Q-time: 99:99:99	
PB (25m pool): 02:46.57 Parklaan 58, Turnhout 24/03/2024				PB (50m pool): no time SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		no time		no time		02:46.57
	no time							
								

Coach feedback:

Event number: 3: 200M MEDLEY MEN 11+							Heat:2, starttime: 14:37	
Heat: 2/6 Lane : 6 Athlete: MOREELS MAURO							Q-time: 99:99:99	
PB (25m pool): no time				PB (50m pool): no time SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		no time		no time		no time
	no time							
								

Coach feedback:

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Event number: 10: 200M FREESTYLE MIXED 9-10							Heat:1, starttime: 16:17	
Heat: 1/1 Lane : 5 Athlete: VAN BAARLE EMMA							Q-time: 99:99:99	
PB (25m pool): no time			PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		no time		no time		no time
	no time							
								

Coach feedback:

Event number: 11: 200M FREESTYLE WOMEN 11+							Heat:1, starttime: 16:22	
Heat: 1/7 Lane : 3 Athlete: AMZOUR LINA							Q-time: 99:99:99	
PB (25m pool): 02:22.66 LEUVEN 05/05/2024			PB (50m pool): 02:22.29SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		no time		no time		02:22.66
	no time							
								

Coach feedback:

Event number: 11: 200M FREESTYLE WOMEN 11+							Heat:3, starttime: 16:29	
Heat: 3/7 Lane : 5 Athlete: SEN YASEMIN							Q-time: 99:99:99	
PB (25m pool): 02:45.26 Kalmthout 25/02/2024			PB (50m pool): no time SB: 02:45.63 Kalmthout 08/02/2026					
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		no time		no time		02:45.26
	no time							
								

Coach feedback:

Event number: 11: 200M FREESTYLE WOMEN 11+							Heat:3, starttime: 16:29	
Heat: 3/7 Lane : 6 Athlete: EL OUF MALAK							Q-time: 99:99:99	
PB (25m pool): 03:19.69 Kalmthout 08/02/2026			PB (50m pool): 03:53.62SB: 03:19.69 Kalmthout 08/02/2026					
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:42.66		01:34.59		no time		03:19.69
	00:42.66		00:51.93					
								

Coach feedback:

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Event number: 12: 200M FREESTYLE MEN 11+							Heat:1, starttime: 16:47	
Heat: 1/6 Lane : 3 Athlete: GOXHAJ ANIEL							Q-time: 99:99:99	
PB (25m pool): 03:02.88 Kalmthout 08/02/2026				PB (50m pool): no time SB: 03:02.88 Kalmthout 08/02/2026				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:38.68		01:26.66		no time		03:02.88
	00:38.68		00:47.98					
								

Coach feedback:

Event number: 12: 200M FREESTYLE MEN 11+							Heat:3, starttime: 16:54	
Heat: 3/6 Lane : 5 Athlete: MOREELS MAURO							Q-time: 99:99:99	
PB (25m pool): 02:48.56 Kalmthout 08/02/2026				PB (50m pool): no time SB: 02:48.56 Kalmthout 08/02/2026				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:35.10		01:16.77		no time		02:48.56
	00:35.10		00:41.67					
								

Coach feedback:

Event number: 12: 200M FREESTYLE MEN 11+							Heat:3, starttime: 16:54	
Heat: 3/6 Lane : 6 Athlete: DECLERCQ MICK							Q-time: 99:99:99	
PB (25m pool): no time			PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		no time		no time		no time
	no time							
								

Coach feedback: