

KZK laatste kans: Session: 1: COACH evaluation sheet for TEAM: IKZ

Coachinfo: Warming up from: 09:00 untill 09:50. Teamleadmeeting @ 09:45

The listed starttimes are indicative!

Coaches: Demeyere Linda HEADCOACH

Coaches: Vandeputte Debby

PB => Personal Best time

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

Event number: 1: 400M FREESTYLE MIXED 10-9 Heat:2, starttime: 10:08

Heat: 2/4 Lane : 4 Athlete: DIERKENS HENRI Q-time: 07:29:24

PB (50m pool): no time PB (25m pool): 07:29.24 SB: no time

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB	no time	no time	no time	no time	no time	no time	no time	no time
	no time							
								

Coach feedback:

Event number: 2: 400M FREESTYLE WOMEN 11-14 Heat:1, starttime: 10:32

Heat: 1/7 Lane : 4 Athlete: DECOUTERE EMMA Q-time: 99:99:99

PB (50m pool): no time PB (25m pool): no time SB: no time

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB	no time	no time	no time	no time	no time	no time	no time	no time
	no time							
								

Coach feedback:

Event number: 2: 400M FREESTYLE WOMEN 11-14 Heat:5, starttime: 11:01

Heat: 5/7 Lane : 4 Athlete: DE WEVER MAUD Q-time: 05:38:15

PB (50m pool): 05:38.15 Kortrijk 04/05/2025 PB (25m pool): 05:24.45 SB: no time

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB	00:37.76	01:19.87	02:02.89	02:46.26	03:30.05	04:14.45	04:57.05	05:38.15
	00:37.76	00:42.11	00:43.02	00:43.37	00:43.79	00:44.40	00:42.60	00:41.10
								

Coach feedback:

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Event number: 2: 400M FREESTYLE WOMEN 11-14							Heat:7, starttime: 11:13	
Heat: 7/7 Lane : 2 Athlete: NOPPE PAULINE							Q-time: 05:18:49	
PB (50m pool): 05:18.49 Kortrijk 04/05/2025				PB (25m pool): 05:08.63SB: no time				
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB	00:35.67	01:16.83	01:58.09	02:39.02	03:20.38	04:01.03	04:40.62	05:18.49
	00:35.67	00:41.16	00:41.26	00:40.93	00:41.36	00:40.65	00:39.59	00:37.87
								

Coach feedback:

Event number: 2: 400M FREESTYLE WOMEN 11-14							Heat:7, starttime: 11:13	
Heat: 7/7 Lane : 4 Athlete: SCHACHT HANNE							Q-time: 04:58:28	
PB (50m pool): 04:58.28 Antwerpen 20/07/2025				PB (25m pool): 04:55.33SB: no time				
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB	00:32.85	01:09.59	01:47.34	02:25.74	03:04.04	03:42.63	04:21.16	04:58.28
	00:32.85	00:36.74	00:37.75	00:38.40	00:38.30	00:38.59	00:38.53	00:37.12
								

Coach feedback:

Event number: 2: 400M FREESTYLE WOMEN 11-14							Heat:7, starttime: 11:13	
Heat: 7/7 Lane : 6 Athlete: VERSTRAETE LINDE							Q-time: 05:09:90	
PB (50m pool): 05:09.90 Antwerp 26/01/2025				PB (25m pool): 04:55.67 SB: no time				
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB	00:35.11	01:13.88	01:53.95	02:33.69	03:12.95	03:52.57	04:31.81	05:09.90
	00:35.11	00:38.77	00:40.07	00:39.74	00:39.26	00:39.62	00:39.24	00:38.09
								

Coach feedback:

Event number: 3: 400M FREESTYLE MEN 11-14							Heat:1, starttime: 11:20	
Heat: 1/7 Lane : 2 Athlete: DEGEZELLE LEON							Q-time: 99:99:99	
PB (50m pool): no time			PB (25m pool): no time SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB	no time	no time	no time	no time	no time	no time	no time	no time
	no time							
								

Coach feedback:

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Event number: 3: 400M FREESTYLE MEN 11-14							Heat:1, starttime: 11:20	
Heat: 1/7 Lane : 4 Athlete: VANBRABANT ESBEN							Q-time: 07:06:51	
PB (50m pool): 07:06.51 Antwerp 28/01/2024				PB (25m pool): 05:50.94 SB: no time				
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB	no time	no time	no time	no time	no time	no time	no time	07:06.51
	no time							
								

Coach feedback:

Event number: 3: 400M FREESTYLE MEN 11-14							Heat:1, starttime: 11:20	
Heat: 1/7 Lane : 6 Athlete: CARDINAEI MILAN							Q-time: 99:99:99	
PB (50m pool): no time			PB (25m pool): no time SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB	no time	no time	no time	no time	no time	no time	no time	no time
	no time							
								

Coach feedback:

Event number: 3: 400M FREESTYLE MEN 11-14							Heat:4, starttime: 11:42	
Heat: 4/7 Lane : 5 Athlete: STEEN REMI							Q-time: 05:42:77	
PB (50m pool): no time			PB (25m pool): 05:42.77 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB	no time	no time	no time	no time	no time	no time	no time	no time
	no time							
								

Coach feedback:

Event number: 3: 400M FREESTYLE MEN 11-14							Heat:5, starttime: 11:48	
Heat: 5/7 Lane : 7 Athlete: SINNESAEI CASPER							Q-time: 05:41:51	
PB (50m pool): no time			PB (25m pool): 05:41.51 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB	no time	no time	no time	no time	no time	no time	no time	no time
	no time							
								

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Event number: 3: 400M FREESTYLE MEN 11-14							Heat:6, starttime: 11:55	
Heat: 6/7 Lane : 7 Athlete: VANDEPUTTE JORBE							Q-time: 05:28:18	
PB (50m pool): 05:28.18 Antwerpen 20/07/2025 PB (25m pool): 05:17.41 SB: no time								
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB	00:37.68	01:19.40	02:02.53	02:45.04	03:27.81	04:09.40	04:51.12	05:28.18
	00:37.68	00:41.72	00:43.13	00:42.51	00:42.77	00:41.59	00:41.72	00:37.06
								

Coach feedback: