

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

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

The listed starttimes are indicative!

Coaches: Marquillie Martine HEADCOACH

PB => Personal Best time

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

Event number: 1: 400M FREESTYLE MIXED 10-9							Heat:4, starttime: 10:24	
Heat: 4/4 Lane : 7 Athlete: CALLEWAERT JEF							Q-time: 06:34:40	
PB (50m pool): 06:34.40 Kortrijk 26/12/2024				PB (25m pool): 05:58.32SB: 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	00:41.94	01:31.85	02:22.14	03:12.72	04:02.94	04:56.46	05:47.47	06:34.40
	00:41.94	00:49.91	00:50.29	00:50.58	00:50.22	00:53.52	00:51.01	00:46.93
								

Coach feedback:

Event number: 2: 400M FREESTYLE WOMEN 11-14							Heat:2, starttime: 10:39	
Heat: 2/7 Lane : 3 Athlete: VERVENNE MATHILDA							Q-time: 06:49:34	
PB (50m pool): no time			PB (25m pool): 06:49.34 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:2, starttime: 10:39	
Heat: 2/7 Lane : 5 Athlete: VANDENBERGHE CHARLOTTE							Q-time: 06:48:69	
PB (50m pool): no time			PB (25m pool): 06:48.69 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: 2: 400M FREESTYLE WOMEN 11-14							Heat:3, starttime: 10:47	
Heat: 3/7 Lane : 5 Athlete: DUMORTIER ELISE							Q-time: 06:15:18	
PB (50m pool): no time			PB (25m pool): 06:15.18 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
	<i>no time</i>							
								

Coach feedback:

Event number: 2: 400M FREESTYLE WOMEN 11-14							Heat:4, starttime: 10:54	
Heat: 4/7 Lane : 2 Athlete: ZEPHIRIN ASTRID							Q-time: 06:10:84	
PB (50m pool): 06:10.84 Kortrijk 26/12/2024			PB (25m pool): 05:31.50 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	00:39.43	01:27.14	02:15.66	03:04.49	03:52.78	04:41.57	05:28.13	06:10.84
	00:39.43	00:47.71	00:48.52	00:48.83	00:48.29	00:48.79	00:46.56	00:42.71
								

Coach feedback:

Event number: 2: 400M FREESTYLE WOMEN 11-14							Heat:4, starttime: 10:54	
Heat: 4/7 Lane : 5 Athlete: LEMAHIEU LUCIE							Q-time: 06:02:14	
PB (50m pool): no time			PB (25m pool): 06:02.14 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
	<i>no time</i>							
								

Coach feedback:

Event number: 2: 400M FREESTYLE WOMEN 11-14							Heat:5, starttime: 11:01	
Heat: 5/7 Lane : 3 Athlete: LEMAHIEU LIESE							Q-time: 05:44:89	
PB (50m pool): no time			PB (25m pool): 05:44.89 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
	<i>no time</i>							
								

Coach feedback:

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Event number: 2: 400M FREESTYLE WOMEN 11-14							Heat:6, starttime: 11:07	
Heat: 6/7 Lane : 3 Athlete: ROMBAUT CÉLINE							Q-time: 05:28:92	
PB (50m pool): 05:28.92 Kortrijk 26/12/2024				PB (25m pool): 05:13.68 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	00:38.76	01:20.08	02:02.26	02:44.96	03:27.06	04:09.10	04:50.82	05:28.92
	00:38.76	00:41.32	00:42.18	00:42.70	00:42.10	00:42.04	00:41.72	00:38.10
								

Coach feedback:

Event number: 3: 400M FREESTYLE MEN 11-14							Heat:2, starttime: 11:28	
Heat: 2/7 Lane : 2 Athlete: DECONINCK LUCA							Q-time: 06:42:71	
PB (50m pool): no time			PB (25m pool): 06:42.71 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
	<i>no time</i>							
								

Coach feedback:

Event number: 3: 400M FREESTYLE MEN 11-14							Heat:2, starttime: 11:28	
Heat: 2/7 Lane : 4 Athlete: VICTOR MILO							Q-time: 06:12:26	
PB (50m pool): no time			PB (25m pool): 06:12.26 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:2, starttime: 11:28	
Heat: 2/7 Lane : 5 Athlete: DECOCK CERIEL							Q-time: 06:18:27	
PB (50m pool): no time			PB (25m pool): 06:18.27 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
	<i>no time</i>							
								

Coach feedback:

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Event number: 3: 400M FREESTYLE MEN 11-14							Heat:3, starttime: 11:36	
Heat: 3/7 Lane : 6 Athlete: VANCRAEYNES JULES							Q-time: 06:04:02	
PB (50m pool): no time			PB (25m pool): 06:04.02 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 : 6 Athlete: VICTOR SAM							Q-time: 05:44:68	
PB (50m pool): 05:44.68 Kortrijk 04/05/2025			PB (25m pool): 05:21.38 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	00:38.01	01:20.49	02:04.65	02:48.80	03:33.52	04:18.07	05:02.24	05:44.68
	00:38.01	00:42.48	00:44.16	00:44.15	00:44.72	00:44.55	00:44.17	00:42.44
								

Coach feedback:

Event number: 3: 400M FREESTYLE MEN 11-14							Heat:5, starttime: 11:48	
Heat: 5/7 Lane : 3 Athlete: OLSZEWSKI MAXIME							Q-time: 05:35:57	
PB (50m pool): 05:35.57 Kortrijk 04/05/2025			PB (25m pool): 05:04.38 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	00:36.37	01:19.09	02:05.02	02:48.44	03:30.91	04:12.93	04:57.09	05:35.57
	00:36.37	00:42.72	00:45.93	00:43.42	00:42.47	00:42.02	00:44.16	00:38.48
								

Coach feedback:

Event number: 3: 400M FREESTYLE MEN 11-14							Heat:6, starttime: 11:55	
Heat: 6/7 Lane : 2 Athlete: PROVOOST WARRE							Q-time: 05:25:17	
PB (50m pool): no time			PB (25m pool): 05:25.17 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:6, starttime: 11:55	
Heat: 6/7 Lane : 6 Athlete: GOEMAERE CYRIEL							Q-time: 05:24:92	
PB (50m pool): 05:24.92 Antwerp 26/01/2025				PB (25m pool): 05:15.20SB: 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	00:36.21	01:17.03	01:59.11	02:40.63	03:22.84	04:05.52	04:46.53	05:24.92
	00:36.21	00:40.82	00:42.08	00:41.52	00:42.21	00:42.68	00:41.01	00:38.39
								

Coach feedback:

Event number: 3: 400M FREESTYLE MEN 11-14							Heat:7, starttime: 12:01	
Heat: 7/7 Lane : 2 Athlete: THUYLIE VIC							Q-time: 05:01:23	
PB (50m pool): 05:01.23 Kortrijk 04/05/2025				PB (25m pool): 04:45.33 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	00:33.92	01:11.48	01:50.44	02:29.43	03:08.50	03:46.95	04:25.50	05:01.23
	00:33.92	00:37.56	00:38.96	00:38.99	00:39.07	00:38.45	00:38.55	00:35.73
								

Coach feedback:

Event number: 3: 400M FREESTYLE MEN 11-14							Heat:7, starttime: 12:01	
Heat: 7/7 Lane : 6 Athlete: VANNESTE DAAN							Q-time: 04:54:09	
PB (50m pool): 04:54.09 Antwerpen 27/04/2025				PB (25m pool): 04:47.01 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	00:33.21	01:09.72	01:47.66	02:25.42	03:03.37	03:41.05	04:19.16	04:54.09
	00:33.21	00:36.51	00:37.94	00:37.76	00:37.95	00:37.68	00:38.11	00:34.93
								

Coach feedback:

Event number: 3: 400M FREESTYLE MEN 11-14							Heat:7, starttime: 12:01	
Heat: 7/7 Lane : 7 Athlete: VANDEMAELE EGON							Q-time: 05:04:75	
PB (50m pool): 05:04.75 Antwerpen 20/07/2025				PB (25m pool): 05:40.77 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	00:34.65	01:12.70	01:51.79	02:31.11	03:10.64	03:50.16	04:27.69	05:04.75
	00:34.65	00:38.05	00:39.09	00:39.32	00:39.53	00:39.52	00:37.53	00:37.06
								

Coach feedback: