

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

Coachinfo: Warming up from: 09:00 untill 09:50. Teamleadmeeting @ 09:45 The listed starttimes are indicative!

Coaches: Wielfaert Wout HEADCOACH

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

Event number: 2: 400M FREESTYLE WOMEN 11-14							Heat:2, starttime: 10:39	
Heat: 2/7 Lane : 2 Athlete: DE KETELAERE FEBE							Q-time: 07:06:28	
PB (50m pool): 07:06.28 La Louvi�re 25/05/2025				PB (25m pool): 06:41.49SB: 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	01:40.97	no time	03:30.96	no time	05:21.24	no time	07:06.28
	<i>no time</i>							
								

Coach feedback:

Event number: 2: 400M FREESTYLE WOMEN 11-14							Heat:5, starttime: 11:01	
Heat: 5/7 Lane : 2 Athlete: VAN DE WALLE NORA							Q-time: 05:54:96	
PB (50m pool): no time			PB (25m pool): 05:54.96SB: 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:6, starttime: 11:07	
Heat: 6/7 Lane : 7 Athlete: VAN LIERDE ROOS							Q-time: 05:37:86	
PB (50m pool): no time			PB (25m pool): 05:37.86SB: 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:2, starttime: 11:28	
Heat: 2/7 Lane : 6 Athlete: VAN LIERDE DAAN							Q-time: 06:35:15	
PB (50m pool): no time			PB (25m pool): 06:35.15 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:3, starttime: 11:36	
Heat: 3/7 Lane : 2 Athlete: VAN NIEUWENHUYZE LUKAS							Q-time: 06:05:25	
PB (50m pool): no time			PB (25m pool): 06:34.09 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:4, starttime: 11:42	
Heat: 4/7 Lane : 7 Athlete: HOEYMANS CEDRIC							Q-time: 05:48:54	
PB (50m pool): 05:48.54 Wezenberg Topsportbad, Antwerp 18/09/2020 PB (25m pool): 05:49.82 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	01:21.20	no time	02:50.95	no time	no time	no time	05:48.54
	<i>no time</i>							
								

Coach feedback:

Event number: 3: 400M FREESTYLE MEN 11-14							Heat:5, starttime: 11:48	
Heat: 5/7 Lane : 2 Athlete: VAN BRAECKEL SEPPE							Q-time: 05:40:56	
PB (50m pool): 05:40.56 Wezenberg Topsportbad, Antwerp 18/09/2020 PB (25m pool): 05:36.01 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	no time	01:17.98	no time	02:46.95	no time	no time	no time	05:40.56
	<i>no time</i>							
								

Coach feedback:

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Event number: 3: 400M FREESTYLE MEN 11-14							Heat:6, starttime: 11:55	
Heat: 6/7 Lane : 5 Athlete: BOONEN KAREL							Q-time: 05:16:42	
PB (50m pool): 05:16.42 Antwerpen 20/07/2025 PB (25m pool): 05:09.13 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	00:34.25	01:12.73	01:53.46	02:34.11	03:15.34	03:56.03	04:36.87	05:16.42
	00:34.25	00:38.48	00:40.73	00:40.65	00:41.23	00:40.69	00:40.84	00:39.55
								

Coach feedback: