

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

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

The listed starttimes are indicative!

Coaches: Van Biervliet Kristof HEADCOACH

Coaches: Herreman Kurt

PB => Personal Best time

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

Event number: 1: 400M FREESTYLE MIXED 10-9 Heat:1, starttime: 10:00

Heat: 1/4 Lane : 5 Athlete: RAMON NOORE							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: 1: 400M FREESTYLE MIXED 10-9 Heat:3, starttime: 10:17

Heat: 3/4 Lane : 2 Athlete: LAGACIE RENEE							Q-time: 07:07:50	
PB (50m pool): no time			PB (25m pool): 07:07.50 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	no time	no time	no time	no time	no time	no time	no time	no time
	<i>no time</i>							
								

Coach feedback:

Event number: 1: 400M FREESTYLE MIXED 10-9 Heat:3, starttime: 10:17

Heat: 3/4 Lane : 6 Athlete: RAMON SIEBE							Q-time: 06:48:49	
PB (50m pool): no time			PB (25m pool): 06:48.49SB: 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	no time	no time	no time	no time	no time	no time	no time
	<i>no time</i>							
								

Coach feedback:

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

Event number: 1: 400M FREESTYLE MIXED 10-9							Heat:3, starttime: 10:17	
Heat: 3/4 Lane : 7 Athlete: LAGACIE THIBAUT							Q-time: 07:11:78	
PB (50m pool): 07:11.78 Kortrijk 04/05/2025				PB (25m pool): 06:23.79SB: 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	00:45.04	01:40.92	02:36.74	03:34.09	04:29.96	05:29.00	06:25.21	07:11.78
	00:45.04	00:55.88	00:55.82	00:57.35	00:55.87	00:59.04	00:56.21	00:46.57
								

Coach feedback:

Event number: 1: 400M FREESTYLE MIXED 10-9							Heat:4, starttime: 10:24	
Heat: 4/4 Lane : 2 Athlete: GALLE ELIAS							Q-time: 06:26:09	
PB (50m pool): no time			PB (25m pool): 06:26.09SB: 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: 1: 400M FREESTYLE MIXED 10-9							Heat:4, starttime: 10:24	
Heat: 4/4 Lane : 3 Athlete: BEKAERT LAURA							Q-time: 06:25:93	
PB (50m pool): no time			PB (25m pool): 06:25.93SB: 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:3, starttime: 10:47	
Heat: 3/7 Lane : 2 Athlete: HEYTENS JORIEN							Q-time: 06:25:06	
PB (50m pool): no time			PB (25m pool): 06:25.06SB: 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 : 4 Athlete: DEFEVER AUWKE							Q-time: 06:13:80	
PB (50m pool): 07:36.72 Kortrijk 14/05/2023				PB (25m pool): 06:13.80SB: 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	07:36.72
	no time							
								

Coach feedback:

Event number: 2: 400M FREESTYLE WOMEN 11-14							Heat:4, starttime: 10:54	
Heat: 4/7 Lane : 4 Athlete: BOLLAERT AMÉLIE							Q-time: 06:01:88	
PB (50m pool): 06:01.88 Kortrijk 04/05/2025				PB (25m pool): 05:53.71 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	00:40.52	01:26.39	02:12.86	03:00.26	03:46.36	04:32.58	05:18.13	06:01.88
	00:40.52	00:45.87	00:46.47	00:47.40	00:46.10	00:46.22	00:45.55	00:43.75
								

Coach feedback:

Event number: 2: 400M FREESTYLE WOMEN 11-14							Heat:4, starttime: 10:54	
Heat: 4/7 Lane : 7 Athlete: TACK CATALEYA							Q-time: 06:11:56	
PB (50m pool): no time			PB (25m pool): 06:11.56 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:7, starttime: 11:13	
Heat: 7/7 Lane : 3 Athlete: LAGACIE AXELLE							Q-time: 05:06:89	
PB (50m pool): 05:06.89 Antwerpen 20/07/2025				PB (25m pool): 05:04.95SB: 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	00:34.10	01:12.10	01:51.10	02:30.03	03:09.53	03:49.61	04:29.81	05:06.89
	00:34.10	00:38.00	00:39.00	00:38.93	00:39.50	00:40.08	00:40.20	00:37.08
								

Coach feedback:

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Event number: 2: 400M FREESTYLE WOMEN 11-14							Heat:7, starttime: 11:13	
Heat: 7/7 Lane : 5 Athlete: DRUWEL NORA							Q-time: 05:03:79	
PB (50m pool): 05:03.79 Antwerpen 20/07/2025							PB (25m pool): 04:58.33 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	00:34.14	01:11.95	01:50.97	02:29.63	03:08.65	03:47.61	04:26.63	05:03.79
	00:34.14	00:37.81	00:39.02	00:38.66	00:39.02	00:38.96	00:39.02	00:37.16
								

Coach feedback:

Event number: 3: 400M FREESTYLE MEN 11-14							Heat:2, starttime: 11:28	
Heat: 2/7 Lane : 3 Athlete: VERBELEN FINN							Q-time: 06:18:88	
PB (50m pool): 06:18.88 Kortrijk 26/12/2024							PB (25m pool): 05:38.67 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	00:41.23	01:28.94	02:16.94	03:06.03	03:54.93	04:44.97	05:32.64	06:18.88
	00:41.23	00:47.71	00:48.00	00:49.09	00:48.90	00:50.04	00:47.67	00:46.24
								

Coach feedback:

Event number: 3: 400M FREESTYLE MEN 11-14							Heat:3, starttime: 11:36	
Heat: 3/7 Lane : 4 Athlete: LANDUYT MARCEL							Q-time: 05:57:43	
PB (50m pool): no time							PB (25m pool): 05:57.43 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:3, starttime: 11:36	
Heat: 3/7 Lane : 7 Athlete: MAES JASPER							Q-time: 06:07:19	
PB (50m pool): 06:07.19 Kortrijk 26/12/2024							PB (25m pool): 05:39.47 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	00:39.40	01:25.15	02:12.57	03:00.85	03:48.56	04:36.99	05:22.36	06:07.19
	00:39.40	00:45.75	00:47.42	00:48.28	00:47.71	00:48.43	00:45.37	00:44.83
								

Coach feedback:

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Event number: 3: 400M FREESTYLE MEN 11-14							Heat:4, starttime: 11:42	
Heat: 4/7 Lane : 3 Athlete: WILLEMS KORBEN							Q-time: 05:44:57	
PB (50m pool): no time			PB (25m pool): 05:44.57 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 : 4 Athlete: VANHEE TIBE							Q-time: 05:32:32	
PB (50m pool): 05:32.32 Antwerpen 20/07/2025				PB (25m pool): 05:28.82SB: 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	00:37.50	01:19.49	02:02.76	02:45.34	03:28.24	04:11.44	04:52.33	05:32.32
	00:37.50	00:41.99	00:43.27	00:42.58	00:42.90	00:43.20	00:40.89	00:39.99
								

Coach feedback:

Event number: 3: 400M FREESTYLE MEN 11-14							Heat:6, starttime: 11:55	
Heat: 6/7 Lane : 4 Athlete: DEMASURE YORDI							Q-time: 05:14:63	
PB (50m pool): 05:14.63 Kortrijk 04/05/2025				PB (25m pool): 05:03.91SB: 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	00:36.94	01:16.03	01:56.05	02:36.27	03:16.73	03:56.48	04:36.39	05:14.63
	00:36.94	00:39.09	00:40.02	00:40.22	00:40.46	00:39.75	00:39.91	00:38.24
								

Coach feedback:

Event number: 3: 400M FREESTYLE MEN 11-14							Heat:7, starttime: 12:01	
Heat: 7/7 Lane : 3 Athlete: BAEYENS WARRE							Q-time: 04:38:64	
PB (50m pool): 04:38.64 Antwerpen 20/07/2025				PB (25m pool): 04:29.03SB: 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	00:31.47	01:06.31	01:41.66	02:17.16	02:53.16	03:28.98	04:04.06	04:38.64
	00:31.47	00:34.84	00:35.35	00:35.50	00:36.00	00:35.82	00:35.08	00:34.58
								

Coach feedback:

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Event number: 3: 400M FREESTYLE MEN 11-14							Heat:7, starttime: 12:01	
Heat: 7/7 Lane : 4 Athlete: BAERT MIEL							Q-time: 04:33:88	
PB (50m pool): 04:33.88 Antwerpen 20/07/2025				PB (25m pool): 04:28.72 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	00:30.13	01:04.50	01:39.24	02:14.20	02:48.99	03:24.56	04:00.38	04:33.88
	00:30.13	00:34.37	00:34.74	00:34.96	00:34.79	00:35.57	00:35.82	00:33.50
								

Coach feedback:

Event number: 3: 400M FREESTYLE MEN 11-14							Heat:7, starttime: 12:01	
Heat: 7/7 Lane : 5 Athlete: VANVYAENE MATTHYS							Q-time: 04:34:91	
PB (50m pool): 04:34.91 Antwerpen 20/07/2025				PB (25m pool): 04:24.78SB: 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	00:30.20	01:05.56	01:41.76	02:17.40	02:53.31	03:28.87	04:03.88	04:34.91
	00:30.20	00:35.36	00:36.20	00:35.64	00:35.91	00:35.56	00:35.01	00:31.03
								

Coach feedback: