

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

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

Coaches: Planckaert Pieter

Coaches: Vanden Abeele Syl

Coaches: Vancamelbeke Pieter HEADCOACH

PB => Personal Best time

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

Event number: 2: 400M FREESTYLE WOMEN 11-14							Heat:3, starttime: 10:47	
Heat: 3/7 Lane : 6 Athlete: POPPE CéLESTE							Q-time: 06:17:90	
PB (50m pool): no time			PB (25m pool): 06:17.90SB: 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 : 3 Athlete: VANCAMELBEKE LOTTE							Q-time: 06:04:74	
PB (50m pool): 08:40.81 Kortrijk 14/05/2023			PB (25m pool): 06:04.74SB: 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	08:40.81
	<i>no time</i>							
								

Coach feedback:

Event number: 2: 400M FREESTYLE WOMEN 11-14							Heat:4, starttime: 10:54	
Heat: 4/7 Lane : 6 Athlete: DHUYVETTER EM							Q-time: 06:07:99	
PB (50m pool): 06:51.53 Kortrijk 26/12/2024				PB (25m pool): 06:07.99SB: 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	00:42.89	01:33.79	02:26.60	03:20.89	04:14.98	05:09.67	06:01.07	06:51.53
	00:42.89	00:50.90	00:52.81	00:54.29	00:54.09	00:54.69	00:51.40	00:50.46
								

Coach feedback:

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Event number: 2: 400M FREESTYLE WOMEN 11-14							Heat:6, starttime: 11:07	
Heat: 6/7 Lane : 2 Athlete: TUYTENS LAURE							Q-time: 05:32:87	
PB (50m pool): 05:50.43 Antwerpen 20/07/2025				PB (25m pool): 05:32.87 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	00:38.20	01:23.06	02:07.75	02:53.26	03:38.01	04:23.50	05:07.46	05:50.43
	00:38.20	00:44.86	00:44.69	00:45.51	00:44.75	00:45.49	00:43.96	00:42.97
								

Coach feedback:

Event number: 2: 400M FREESTYLE WOMEN 11-14							Heat:6, starttime: 11:07	
Heat: 6/7 Lane : 4 Athlete: HUYSENTRUYT FLORE-MARIE							Q-time: 05:22:57	
PB (50m pool): 05:58.97 Antwerpen 14/07/2024				PB (25m pool): 05:22.57 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	05:58.97
	<i>no time</i>							
								

Coach feedback:

Event number: 2: 400M FREESTYLE WOMEN 11-14							Heat:6, starttime: 11:07	
Heat: 6/7 Lane : 6 Athlete: CALLENS MARGAUX							Q-time: 05:31:78	
PB (50m pool): 06:35.67 Antwerpen 16/07/2023				PB (25m pool): 05:31.78SB: 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	no time	no time	no time	no time	no time	no time	no time	06:35.67
	<i>no time</i>							
								

Coach feedback:

Event number: 3: 400M FREESTYLE MEN 11-14							Heat:3, starttime: 11:36	
Heat: 3/7 Lane : 3 Athlete: SANDRA TUUR							Q-time: 06:01:22	
PB (50m pool): 06:31.54 Antwerp 26/01/2025				PB (25m pool): 06:01.22 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	00:44.54	01:34.23	02:27.86	03:18.71	04:09.56	04:59.65	05:49.34	06:31.54
	00:44.54	00:49.69	00:53.63	00:50.85	00:50.85	00:50.09	00:49.69	00:42.20
								

Coach feedback:

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Event number: 3: 400M FREESTYLE MEN 11-14							Heat:3, starttime: 11:36	
Heat: 3/7 Lane : 5 Athlete: ROIJERS REMI							Q-time: 05:59:14	
PB (50m pool): 06:22.88 Kortrijk 26/12/2024							PB (25m pool): 05:59.14 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	00:42.66	01:31.42	02:18.95	03:09.16	03:57.89	04:47.39	05:36.35	06:22.88
	00:42.66	00:48.76	00:47.53	00:50.21	00:48.73	00:49.50	00:48.96	00:46.53
								

Coach feedback:

Event number: 3: 400M FREESTYLE MEN 11-14							Heat:4, starttime: 11:42	
Heat: 4/7 Lane : 2 Athlete: DE BAERE ARNAUD							Q-time: 05:46:08	
PB (50m pool): 06:16.55 Kortrijk 26/12/2024							PB (25m pool): 05:46.08 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	00:41.17	01:27.84	02:16.15	03:04.88	03:54.54	04:44.89	05:33.90	06:16.55
	00:41.17	00:46.67	00:48.31	00:48.73	00:49.66	00:50.35	00:49.01	00:42.65
								

Coach feedback:

Event number: 3: 400M FREESTYLE MEN 11-14							Heat:6, starttime: 11:55	
Heat: 6/7 Lane : 3 Athlete: BOHIJN MILO							Q-time: 05:23:12	
PB (50m pool): 06:28.73 Kortrijk 26/12/2024							PB (25m pool): 05:23.12 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	00:40.43	01:29.87	02:20.60	03:11.85	04:03.23	04:53.06	05:42.52	06:28.73
	00:40.43	00:49.44	00:50.73	00:51.25	00:51.38	00:49.83	00:49.46	00:46.21
								

Coach feedback: