

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

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

Coaches: Debeuckelaere Sindy HEADCOACH

Coaches: Tieghem Kristof

Coaches: Lefever Elisa

Coaches: Lefever Valerie

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 : 3 Athlete: T JONCK MATHIJS							Q-time: 99:99:99	
PB (50m pool): no time			PB (25m pool): 07:17.44 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:2, starttime: 10:08	
Heat: 2/4 Lane : 6 Athlete: MOERMAN JASPER							Q-time: 99:99:99	
PB (50m pool): no time			PB (25m pool): 05:54.90 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 : 3 Athlete: DEMAREST JAYDA							Q-time: 06:41:55	
PB (50m pool): 06:41.55 Kortrijk 04/05/2025				PB (25m pool): 06:18.17 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	00:44.30	01:34.02	02:25.18	03:17.02	04:09.07	05:00.67	05:51.58	06:41.55
	00:44.30	00:49.72	00:51.16	00:51.84	00:52.05	00:51.60	00:50.91	00:49.97
								

Coach feedback:

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Event number: 1: 400M FREESTYLE MIXED 10-9							Heat:4, starttime: 10:24	
Heat: 4/4 Lane : 5 Athlete: DECAESTECKER OONA							Q-time: 06:24:66	
PB (50m pool): 06:24.66 Kortrijk 04/05/2025 PB (25m pool): 05:59.95 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	00:41.38	01:27.40	02:15.70	03:06.02	03:56.24	04:46.55	05:35.37	06:24.66
	00:41.38	00:46.02	00:48.30	00:50.32	00:50.22	00:50.31	00:48.82	00:49.29
								

Coach feedback: