

KZK laatste kans: Session: 2: COACH Evaluation sheet for TEAM: BZK

Coachinfo: Warming up from: 13:00 untill 13:50. Teamleadmeeting @ 13:45 The listed starttimes are indicative!

Coaches: Laforce Najama HEADCOACH

Coaches: De Meyere Nathalie

PB => Personal Best time

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

Event number: 4: 200M BUTTERFLY WOMEN 11+ Heat:1, starttime: 14:00

Heat: 1/1 Lane : 6 Athlete: DEWITTE ELISE Q-time: 03:32:04

PB (50m pool): no time PB (25m pool): 03:32.04 SB: no time

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	no time	
	no time				
					

Coach feedback:

Event number: 6: 200M MEDLEY MIXED 10-9 Heat:1, starttime: 14:14

Heat: 1/3 Lane : 3 Athlete: DEVOLDER ALICE 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	
PB	no time	no time	no time	no time	
	no time				
					

Coach feedback:

Event number: 6: 200M MEDLEY MIXED 10-9 Heat:3, starttime: 14:23

Heat: 3/3 Lane : 1 Athlete: DURAND JACK Q-time: 03:37:34

PB (50m pool): no time PB (25m pool): 03:37.34 SB: no time

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	no time	
	no time				
					

Coach feedback:

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Event number: 6: 200M MEDLEY MIXED 10-9					Heat:3, starttime: 14:23
Heat: 3/3 Lane : 2 Athlete: SCHRAMME ARTHUR					Q-time: 03:32:70
PB (50m pool): no time PB (25m pool): 03:32.70 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	no time	
	no time				
					

Coach feedback:

Event number: 6: 200M MEDLEY MIXED 10-9					Heat:3, starttime: 14:23
Heat: 3/3 Lane : 4 Athlete: CALLEWAERT ANTHE					Q-time: 03:10:58
PB (50m pool): no time PB (25m pool): 03:10.58 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	no time	
	no time				
					

Coach feedback:

Event number: 7: 200M BACKSTROKE WOMEN 11+					Heat:3, starttime: 14:37
Heat: 3/4 Lane : 7 Athlete: FILIMONOV VLADA					Q-time: 02:46:80
PB (50m pool): 02:46.80 Kortrijk 26/12/2024 PB (25m pool): 02:45.25 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:38.90	01:22.43	02:04.76	02:46.80	
	00:38.90	00:43.53	00:42.33	00:42.04	
					

Coach feedback:

Event number: 7: 200M BACKSTROKE WOMEN 11+					Heat:4, starttime: 14:41
Heat: 4/4 Lane : 1 Athlete: VANPOUCKE HANNE					Q-time: 02:37:07
PB (50m pool): 02:37.07 Antwerpen 13/07/2025 PB (25m pool): 02:31.50 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.72	01:16.54	01:56.91	02:37.07	
	00:36.72	00:39.82	00:40.37	00:40.16	
					

Coach feedback:

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Event number: 7: 200M BACKSTROKE WOMEN 11+					Heat:4, starttime: 14:41
Heat: 4/4 Lane : 4 Athlete: VANDERSCHRICK LAURA					Q-time: 02:19:11
PB (50m pool): 02:24.11 Antwerpen 03/03/2019					PB (25m pool): 02:20.66 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	02:24.11	
	no time				
					

Coach feedback:

Event number: 9: 200M BREASTSTROKE WOMEN 11+					Heat:4, starttime: 15:27
Heat: 4/4 Lane : 6 Athlete: ANDRIES FEBE					Q-time: 02:54:92
PB (50m pool): 02:54.92 Antwerpen 28/07/2024					PB (25m pool): 02:49.46 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	02:54.92	
	no time				
					

Coach feedback:

Event number: 10: 200M BREASTSTROKE MEN 11+					Heat:3, starttime: 15:39
Heat: 3/4 Lane : 7 Athlete: CALLEWAERT EBEN					Q-time: 03:10:25
PB (50m pool): 03:10.25 Kortrijk 26/12/2024					PB (25m pool): 03:01.23 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:43.39	01:32.00	02:21.68	03:10.25	
	00:43.39	00:48.61	00:49.68	00:48.57	
					

Coach feedback:

Event number: 11: 200M FREESTYLE WOMEN 11+					Heat:3, starttime: 16:04
Heat: 3/3 Lane : 3 Athlete: VANDERSCHRICK LAURA					Q-time: 02:17:66
PB (50m pool): 02:11.92 ANTWERPEN 30/07/2023					PB (25m pool): 02:09.75 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	02:11.92	
	no time				
					

Coach feedback:

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Event number: 13: 200M MEDLEY WOMEN 11+					Heat:1, starttime: 16:21
Heat: 1/6 Lane : 3 Athlete: VAN HULLE ENID					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	
PB	no time	no time	no time	no time	
	no time				
					

Coach feedback:

Event number: 13: 200M MEDLEY WOMEN 11+					Heat:3, starttime: 16:29
Heat: 3/6 Lane : 3 Athlete: SALEMBIER BABETTE					Q-time: 03:07:43
PB (50m pool): 03:07.43 Antwerpen 13/07/2025 PB (25m pool): 02:56.37 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:41.14	01:29.77	02:27.19	03:07.43	
	00:41.14	00:48.63	00:57.42	00:40.24	
					

Coach feedback:

Event number: 13: 200M MEDLEY WOMEN 11+					Heat:3, starttime: 16:29
Heat: 3/6 Lane : 4 Athlete: BEAUPREZ ELOISE					Q-time: 03:03:32
PB (50m pool): no time PB (25m pool): 03:03.32 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	no time	
	no time				
					

Coach feedback:

Event number: 13: 200M MEDLEY WOMEN 11+					Heat:3, starttime: 16:29
Heat: 3/6 Lane : 5 Athlete: LOCCUFIER FLEUR					Q-time: 03:05:73
PB (50m pool): no time PB (25m pool): 03:05.73 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	no time	
	no time				
					

Coach feedback:

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Event number: 13: 200M MEDLEY WOMEN 11+					Heat:4, starttime: 16:33
Heat: 4/6 Lane : 1 Athlete: VINTER LOUISE					Q-time: 03:01:47
PB (50m pool): no time PB (25m pool): 03:01.47 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	no time	
	no time				
					

Coach feedback:

Event number: 13: 200M MEDLEY WOMEN 11+					Heat:4, starttime: 16:33
Heat: 4/6 Lane : 3 Athlete: FILIMONOV VLADA					Q-time: 02:55:38
PB (50m pool): 02:55.38 Kortrijk 26/12/2024 PB (25m pool): 03:02.02 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:39.83	01:21.70	02:17.00	02:55.38	
	00:39.83	00:41.87	00:55.30	00:38.38	
					

Coach feedback:

Event number: 13: 200M MEDLEY WOMEN 11+					Heat:6, starttime: 16:39
Heat: 6/6 Lane : 1 Athlete: VANPOUCKE HANNE					Q-time: 02:41:05
PB (50m pool): 02:41.05 Antwerpen 13/07/2025 PB (25m pool): 02:36.68 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.85	01:15.23	02:04.27	02:41.05	
	00:34.85	00:40.38	00:49.04	00:36.78	
					

Coach feedback:

Event number: 13: 200M MEDLEY WOMEN 11+					Heat:6, starttime: 16:39
Heat: 6/6 Lane : 5 Athlete: ANDRIES FEBE					Q-time: 02:38:21
PB (50m pool): 02:38.21 Antwerpen 27/07/2025 PB (25m pool): 02:34.04 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.90	01:16.02	02:01.46	02:38.21	
	00:32.90	00:43.12	00:45.44	00:36.75	
					

Coach feedback:

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Event number: 14: 200M MEDLEY MEN 11+					Heat:1, starttime: 16:43
Heat: 1/7 Lane : 1 Athlete: DHONT THEODORE					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	
PB	no time	no time	no time	no time	
	no time				

Coach feedback:

Event number: 14: 200M MEDLEY MEN 11+					Heat:4, starttime: 16:55
Heat: 4/7 Lane : 1 Athlete: CALLEWAERT EBEN					Q-time: 02:56:61
PB (50m pool): 02:56.61 Kortrijk 26/12/2024 PB (25m pool): 03:00.42 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:40.19	01:28.67	02:16.47	02:56.61	
	00:40.19	00:48.48	00:47.80	00:40.14	

Coach feedback: