

KZK laatste kans: Session: 2: COACH evaluation sheet for TEAM: OZEKA

Coachinfo: Warming up from: 13:00 untill 13:50. Teamleadmeeting @ 13:45 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: 4: 200M BUTTERFLY WOMEN 11+					Heat:1, starttime: 14:00
Heat: 1/1 Lane : 7 Athlete: VAN LIERDE ROOS					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: 7: 200M BACKSTROKE WOMEN 11+					Heat:1, starttime: 14:27
Heat: 1/4 Lane : 1 Athlete: VAN HOEY TESS					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: 7: 200M BACKSTROKE WOMEN 11+					Heat:1, starttime: 14:27
Heat: 1/4 Lane : 3 Athlete: RUYSSSEN MERYL LOUISE MINGLAN					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:

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Event number: 7: 200M BACKSTROKE WOMEN 11+					Heat:1, starttime: 14:27
Heat: 1/4 Lane : 6 Athlete: VAN DE WALLE NORA					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: 7: 200M BACKSTROKE WOMEN 11+					Heat:1, starttime: 14:27
Heat: 1/4 Lane : 8 Athlete: MAENHOUT FARAH					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: 7: 200M BACKSTROKE WOMEN 11+					Heat:2, starttime: 14:32
Heat: 2/4 Lane : 8 Athlete: DE KETELAERE FEBE					Q-time: 03:51:40
PB (50m pool): 03:51.40 La Louvi�re 25/05/2025 PB (25m pool): no time SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:55.88	01:57.12	02:55.68	03:51.40	
	00:55.88	01:01.24	00:58.56	00:55.72	
					

Coach feedback:

Event number: 8: 200M BACKSTROKE MEN 11+					Heat:2, starttime: 14:49
Heat: 2/7 Lane : 4 Athlete: VAN LIERDE DAAN					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:

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Event number: 8: 200M BACKSTROKE MEN 11+					Heat:3, starttime: 14:54
Heat: 3/7 Lane : 5 Athlete: HOEYMANS CEDRIC					Q-time: 03:26:94
PB (50m pool): 03:26.94 Lago Gent Rozebroeken 05/05/2024 PB (25m pool): 03:10.05 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	03:26.94	
	no time				
					

Coach feedback:

Event number: 8: 200M BACKSTROKE MEN 11+					Heat:5, starttime: 15:03
Heat: 5/7 Lane : 2 Athlete: BOONEN KAREL					Q-time: 02:51:83
PB (50m pool): 02:51.83 Antwerpen 20/04/2025 PB (25m pool): 02:41.52 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:39.58	01:23.39	02:07.66	02:51.83	
	00:39.58	00:43.81	00:44.27	00:44.17	
					

Coach feedback:

Event number: 8: 200M BACKSTROKE MEN 11+					Heat:5, starttime: 15:03
Heat: 5/7 Lane : 6 Athlete: VAN BRAECKEL SEPPE					Q-time: 02:49:36
PB (50m pool): no time PB (25m pool): 02:49.36 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: 9: 200M BREASTSTROKE WOMEN 11+					Heat:2, starttime: 15:19
Heat: 2/4 Lane : 7 Athlete: BERTE LISE					Q-time: 03:52:25
PB (50m pool): 03:52.25 MOUSCRON 29/05/2025 PB (25m pool): 04:04.78 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:50.14	01:49.04	02:50.16	03:52.25	
	00:50.14	00:58.90	01:01.12	01:02.09	
					

Coach feedback:

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Event number: 10: 200M BREASTSTROKE MEN 11+					Heat:1, starttime: 15:31
Heat: 1/4 Lane : 3 Athlete: VANDENABEELE ACHILLES					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: 10: 200M BREASTSTROKE MEN 11+					Heat:1, starttime: 15:31
Heat: 1/4 Lane : 4 Athlete: VAN NIEUWENHUYZE LUKAS					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: 11: 200M FREESTYLE WOMEN 11+					Heat:1, starttime: 15:57
Heat: 1/3 Lane : 1 Athlete: RUYSEN MERYL LOUISE MINGLAN					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: 11: 200M FREESTYLE WOMEN 11+					Heat:1, starttime: 15:57
Heat: 1/3 Lane : 2 Athlete: DE KETELAERE FEBE					Q-time: 03:19:47
PB (50m pool): 03:19.47 La Louvière 25/05/2025 PB (25m pool): no time SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:44.02	01:35.81	02:29.16	03:19.47	
	00:44.02	00:51.79	00:53.35	00:50.31	
					

Coach feedback:

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Event number: 11: 200M FREESTYLE WOMEN 11+					Heat:1, starttime: 15:57
Heat: 1/3 Lane : 6 Athlete: VAN HOEY TESS					Q-time: 03:04:78
PB (50m pool): no time PB (25m pool): 03:04.78 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: 11: 200M FREESTYLE WOMEN 11+					Heat:1, starttime: 15:57
Heat: 1/3 Lane : 7 Athlete: MAENHOUT FARAH					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: 12: 200M FREESTYLE MEN 11+					Heat:2, starttime: 16:11
Heat: 2/4 Lane : 6 Athlete: VANDENABEELE ACHILLES					Q-time: 02:35:42
PB (50m pool): 02:35.42 Antwerpen 13/07/2025 PB (25m pool): 02:37.91 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.60	01:13.37	01:55.33	02:35.42	
	00:33.60	00:39.77	00:41.96	00:40.09	
					

Coach feedback:

Event number: 13: 200M MEDLEY WOMEN 11+					Heat:2, starttime: 16:25
Heat: 2/6 Lane : 4 Athlete: BERTE LISE					Q-time: 03:23:85
PB (50m pool): no time PB (25m pool): 03:23.85 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:3, starttime: 16:29
Heat: 3/6 Lane : 1 Athlete: VAN DE WALLE NORA					Q-time: 03:11:80
PB (50m pool): no time PB (25m pool): 03:11.80 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 : 2 Athlete: VAN LIERDE ROOS					Q-time: 03:09:98
PB (50m pool): 03:09.98 Antwerpen 13/07/2025 PB (25m pool): 03:11.50 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:42.18	01:30.71	02:26.38	03:09.98	
	00:42.18	00:48.53	00:55.67	00:43.60	
					

Coach feedback:

Event number: 14: 200M MEDLEY MEN 11+					Heat:1, starttime: 16:43
Heat: 1/7 Lane : 5 Athlete: VAN LIERDE DAAN					Q-time: 03:38:46
PB (50m pool): 03:38.46 Antwerpen 13/07/2025 PB (25m pool): 03:46.53 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:54.80	01:47.64	02:51.56	03:38.46	
	00:54.80	00:52.84	01:03.92	00:46.90	
					

Coach feedback:

Event number: 14: 200M MEDLEY MEN 11+					Heat:2, starttime: 16:47
Heat: 2/7 Lane : 3 Athlete: HOEYMANS CEDRIC					Q-time: 03:16:02
PB (50m pool): 03:16.02 Antwerpen 13/07/2025 PB (25m pool): 03:11.27 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:44.99	01:35.02	02:32.06	03:16.02	
	00:44.99	00:50.03	00:57.04	00:43.96	
					

Coach feedback:

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Event number: 14: 200M MEDLEY MEN 11+					Heat:2, starttime: 16:47
Heat: 2/7 Lane : 5 Athlete: VAN NIEUWENHUYZE LUKAS					Q-time: 03:15:36
PB (50m pool): 03:15.36 Antwerpen 13/07/2025					PB (25m pool): 03:28.13 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:42.42	01:36.43	02:31.02	03:15.36	
	00:42.42	00:54.01	00:54.59	00:44.34	
					

Coach feedback:

Event number: 14: 200M MEDLEY MEN 11+					Heat:4, starttime: 16:55
Heat: 4/7 Lane : 4 Athlete: BOONEN KAREL					Q-time: 02:52:99
PB (50m pool): 02:52.99 Antwerpen 20/07/2025					PB (25m pool): 02:44.98 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:39.29	01:21.67	02:14.98	02:52.99	
	00:39.29	00:42.38	00:53.31	00:38.01	
					

Coach feedback:

Event number: 14: 200M MEDLEY MEN 11+					Heat:4, starttime: 16:55
Heat: 4/7 Lane : 8 Athlete: VAN BRAECKEL SEPPE					Q-time: 02:58:80
PB (50m pool): 02:58.80 Antwerpen 20/07/2025					PB (25m pool): 02:55.99 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:41.56	01:25.82	02:19.61	02:58.80	
	00:41.56	00:44.26	00:53.79	00:39.19	
					

Coach feedback: