

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

Coachinfo: Warming up from: 13:00 untill 13:50. Teamleadmeeting @ 13:45 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: 5: 200M BUTTERFLY MEN 11+					Heat:1, starttime: 14:05
Heat: 1/2 Lane : 4 Athlete: VAN BRABANT BENJAMIN					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:1, starttime: 14:14
Heat: 1/3 Lane : 5 Athlete: T´JONCK MATHIJS					Q-time: 99:99:99
PB (50m pool): no time		PB (25m pool): 03:52.62 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 : 5 Athlete: MOERMAN JASPER					Q-time: 03:13:67
PB (50m pool): 03:13.67 Zwembad Brigitte Becue 30/05/2025		PB (25m pool): 03:03.59 SB: no time			
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:47.54	01:36.03	02:29.23	03:13.67	
	00:47.54	00:48.49	00:53.20	00:44.44	
					

Coach feedback:

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

Event number: 6: 200M MEDLEY MIXED 10-9					Heat:3, starttime: 14:23
Heat: 3/3 Lane : 6 Athlete: DECAESTECKER OONA					Q-time: 03:23:15
PB (50m pool): 03:23.15 Kortrijk 04/05/2025					PB (25m pool): 03:19.17 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:48.67	01:39.72	02:37.42	03:23.15	
	00:48.67	00:51.05	00:57.70	00:45.73	
					

Coach feedback:

Event number: 6: 200M MEDLEY MIXED 10-9					Heat:3, starttime: 14:23
Heat: 3/3 Lane : 7 Athlete: DEMAREST JAYDA					Q-time: 03:37:24
PB (50m pool): 03:37.24 Kortrijk 04/05/2025					PB (25m pool): 03:34.67 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:54.69	01:49.16	02:49.73	03:37.24	
	00:54.69	00:54.47	01:00.57	00:47.51	
					

Coach feedback:

Event number: 7: 200M BACKSTROKE WOMEN 11+					Heat:3, starttime: 14:37
Heat: 3/4 Lane : 4 Athlete: DELPORTE ELLE					Q-time: 02:41:20
PB (50m pool): 02:41.20 Antwerp 26/01/2025					PB (25m pool): 02:32.47 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:38.07	01:19.36	02:01.84	02:41.20	
	00:38.07	00:41.29	00:42.48	00:39.36	
					

Coach feedback:

Event number: 7: 200M BACKSTROKE WOMEN 11+					Heat:3, starttime: 14:37
Heat: 3/4 Lane : 8 Athlete: VANDAMME BRITT					Q-time: 02:57:96
PB (50m pool): 02:57.96 Kortrijk 04/05/2025					PB (25m pool): 02:57.55 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:44.09	01:29.23	02:15.20	02:57.96	
	00:44.09	00:45.14	00:45.97	00:42.76	
					

Coach feedback:

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

Event number: 7: 200M BACKSTROKE WOMEN 11+					Heat:4, starttime: 14:41
Heat: 4/4 Lane : 5 Athlete: MIGOM LOBKE					Q-time: 02:30:74
PB (50m pool): 02:30.74 Antwerpen 27/07/2025					PB (25m pool): 02:22.96 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:35.01	01:13.46	01:52.50	02:30.74	
	00:35.01	00:38.45	00:39.04	00:38.24	
					

Coach feedback:

Event number: 7: 200M BACKSTROKE WOMEN 11+					Heat:4, starttime: 14:41
Heat: 4/4 Lane : 8 Athlete: NOTREDAME INE					Q-time: 02:37:92
PB (50m pool): 02:37.92 Antwerpen 27/07/2025					PB (25m pool): 02:28.58 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.76	01:18.08	01:58.70	02:37.92	
	00:36.76	00:41.32	00:40.62	00:39.22	
					

Coach feedback:

Event number: 8: 200M BACKSTROKE MEN 11+					Heat:2, starttime: 14:49
Heat: 2/7 Lane : 7 Athlete: THYVELEN RUNE					Q-time: 99:99:99
PB (50m pool): no time					PB (25m pool): 03:10.40 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: 8: 200M BACKSTROKE MEN 11+					Heat:7, starttime: 15:11
Heat: 7/7 Lane : 3 Athlete: PLOVIE FLYNN					Q-time: 02:19:92
PB (50m pool): 02:19.92 Antwerpen 27/07/2025					PB (25m pool): 02:18.86 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.41	01:08.03	01:44.40	02:19.92	
	00:32.41	00:35.62	00:36.37	00:35.52	
					

Coach feedback:

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

Event number: 8: 200M BACKSTROKE MEN 11+					Heat:7, starttime: 15:11
Heat: 7/7 Lane : 4 Athlete: DE CRAEMER CAS					Q-time: 02:12:56
PB (50m pool): 02:12.56 Antwerpen 27/07/2025					PB (25m pool): 02:05.45 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:30.65	01:05.55	01:40.43	02:12.56	
	00:30.65	00:34.90	00:34.88	00:32.13	
					

Coach feedback:

Event number: 8: 200M BACKSTROKE MEN 11+					Heat:7, starttime: 15:11
Heat: 7/7 Lane : 7 Athlete: EECKHOUT SIEBEN					Q-time: 02:21:19
PB (50m pool): 02:21.19 Antwerpen 28/07/2024					PB (25m pool): 02:15.55 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	02:21.19	
	no time				
					

Coach feedback:

Event number: 9: 200M BREASTSTROKE WOMEN 11+					Heat:3, starttime: 15:23
Heat: 3/4 Lane : 5 Athlete: CASTELEYN YANA					Q-time: 03:09:60
PB (50m pool): 03:09.60 Antwerp 26/01/2025					PB (25m pool): 03:04.51 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:43.28	01:32.11	02:21.95	03:09.60	
	00:43.28	00:48.83	00:49.84	00:47.65	
					

Coach feedback:

Event number: 9: 200M BREASTSTROKE WOMEN 11+					Heat:3, starttime: 15:23
Heat: 3/4 Lane : 8 Athlete: GHEKIERE JUNE					Q-time: 03:22:34
PB (50m pool): 03:22.34 Kortrijk 04/05/2025					PB (25m pool): 03:05.10 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:45.84	01:38.25	02:30.47	03:22.34	
	00:45.84	00:52.41	00:52.22	00:51.87	
					

Coach feedback:

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Event number: 9: 200M BREASTSTROKE WOMEN 11+					Heat:4, starttime: 15:27
Heat: 4/4 Lane : 2 Athlete: DEMUYNCK MARGOT					Q-time: 02:55:83
PB (50m pool): 02:55.83 Antwerpen 27/07/2025					PB (25m pool): 02:48.53 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:39.97	01:25.17	02:10.86	02:55.83	
	00:39.97	00:45.20	00:45.69	00:44.97	
					

Coach feedback:

Event number: 9: 200M BREASTSTROKE WOMEN 11+					Heat:4, starttime: 15:27
Heat: 4/4 Lane : 3 Athlete: BOUTTELEGIER ANAÏS					Q-time: 02:53:37
PB (50m pool): 02:53.37 Antwerpen 28/07/2024					PB (25m pool): 02:51.70 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	02:53.37	
	no time				
					

Coach feedback:

Event number: 9: 200M BREASTSTROKE WOMEN 11+					Heat:4, starttime: 15:27
Heat: 4/4 Lane : 4 Athlete: DEMAREST HAILEY					Q-time: 02:52:30
PB (50m pool): 02:52.30 Antwerpen 20/07/2025					PB (25m pool): 02:50.75 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:39.02	01:22.75	02:07.63	02:52.30	
	00:39.02	00:43.73	00:44.88	00:44.67	
					

Coach feedback:

Event number: 9: 200M BREASTSTROKE WOMEN 11+					Heat:4, starttime: 15:27
Heat: 4/4 Lane : 7 Athlete: THYVELEN LISE					Q-time: 03:04:02
PB (50m pool): 03:04.02 Antwerpen 14/07/2024					PB (25m pool): 02:56.40 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	03:04.02	
	no time				
					

Coach feedback:

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Event number: 10: 200M BREASTSTROKE MEN 11+					Heat:1, starttime: 15:31
Heat: 1/4 Lane : 2 Athlete: VERGAUWE MARTIJN					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:2, starttime: 15:35
Heat: 2/4 Lane : 2 Athlete: STAELEN QUINTEN					Q-time: 03:28:34
PB (50m pool): 03:28.34 Kortrijk 26/12/2024 PB (25m pool): 03:21.04 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:45.96	01:39.81	02:34.77	03:28.34	
	00:45.96	00:53.85	00:54.96	00:53.57	
					

Coach feedback:

Event number: 10: 200M BREASTSTROKE MEN 11+					Heat:3, starttime: 15:39
Heat: 3/4 Lane : 4 Athlete: DE GRYSE HAMZA					Q-time: 03:01:04
PB (50m pool): 03:01.04 Kortrijk 26/12/2024 PB (25m pool): 02:50.01 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:40.98	01:25.72	02:12.98	03:01.04	
	00:40.98	00:44.74	00:47.26	00:48.06	
					

Coach feedback:

Event number: 10: 200M BREASTSTROKE MEN 11+					Heat:3, starttime: 15:39
Heat: 3/4 Lane : 6 Athlete: DEJAEGHERE MICHIEL					Q-time: 03:07:08
PB (50m pool): 03:07.08 Kortrijk 04/05/2025 PB (25m pool): 03:04.26 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:43.49	01:33.17	02:22.47	03:07.08	
	00:43.49	00:49.68	00:49.30	00:44.61	
					

Coach feedback:

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Event number: 10: 200M BREASTSTROKE MEN 11+					Heat:4, starttime: 15:43
Heat: 4/4 Lane : 4 Athlete: DELPORTE NIO					Q-time: 02:36:19
PB (50m pool): 02:36.19 Antwerp 09/02/2025					PB (25m pool): 02:29.83 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.90	01:15.23	01:56.15	02:36.19	
	00:34.90	00:40.33	00:40.92	00:40.04	
					

Coach feedback:

Event number: 11: 200M FREESTYLE WOMEN 11+					Heat:2, starttime: 16:01
Heat: 2/3 Lane : 8 Athlete: VANDAMME BRITT					Q-time: 02:42:79
PB (50m pool): 02:42.79 Antwerpen 13/07/2025					PB (25m pool): 02:34.18 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:38.91	01:20.92	02:02.97	02:42.79	
	00:38.91	00:42.01	00:42.05	00:39.82	
					

Coach feedback:

Event number: 11: 200M FREESTYLE WOMEN 11+					Heat:3, starttime: 16:04
Heat: 3/3 Lane : 4 Athlete: MIGOM LOBKE					Q-time: 02:13:87
PB (50m pool): 02:13.87 Antwerp 09/02/2025					PB (25m pool): 02:11.26 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:30.03	01:03.60	01:39.09	02:13.87	
	00:30.03	00:33.57	00:35.49	00:34.78	
					

Coach feedback:

Event number: 11: 200M FREESTYLE WOMEN 11+					Heat:3, starttime: 16:04
Heat: 3/3 Lane : 7 Athlete: NOTREDAME INE					Q-time: 02:22:26
PB (50m pool): 02:22.26 Kortrijk 26/12/2024					PB (25m pool): 02:15.05 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.48	01:09.48	01:46.21	02:22.26	
	00:33.48	00:36.00	00:36.73	00:36.05	
					

Coach feedback:

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

Event number: 12: 200M FREESTYLE MEN 11+					Heat:1, starttime: 16:07
Heat: 1/4 Lane : 2 Athlete: VERGAUWE MARTIJN					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:1, starttime: 16:07
Heat: 1/4 Lane : 5 Athlete: THYVELEN RUNE					Q-time: 03:28:51
PB (50m pool): 03:28.51 Lago Kortrijk Weide 28/04/2024			PB (25m pool): 03:07.59 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	03:28.51	
	no time				
					

Coach feedback:

Event number: 12: 200M FREESTYLE MEN 11+					Heat:2, starttime: 16:11
Heat: 2/4 Lane : 5 Athlete: DEJAEGHERE MICHIEL					Q-time: 02:26:85
PB (50m pool): 02:26.85 Kortrijk 04/05/2025			PB (25m pool): 02:19.84 SB: no time		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.61	01:10.63	01:50.56	02:26.85	
	00:32.61	00:38.02	00:39.93	00:36.29	
					

Coach feedback:

Event number: 12: 200M FREESTYLE MEN 11+					Heat:3, starttime: 16:15
Heat: 3/4 Lane : 7 Athlete: DE GRUYSE HAMZA					Q-time: 02:18:45
PB (50m pool): 02:18.45 Kortrijk 04/05/2025			PB (25m pool): 02:13.77 SB: no time		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:31.07	01:06.45	01:42.56	02:18.45	
	00:31.07	00:35.38	00:36.11	00:35.89	
					

Coach feedback:

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

Event number: 12: 200M FREESTYLE MEN 11+					Heat:4, starttime: 16:17
Heat: 4/4 Lane : 3 Athlete: DE CRAEMER CAS					Q-time: 02:07:23
PB (50m pool): 02:07.23 Antwerp 09/02/2025					PB (25m pool): 01:58.16 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:28.90	01:01.67	01:34.77	02:07.23	
	00:28.90	00:32.77	00:33.10	00:32.46	
					

Coach feedback:

Event number: 12: 200M FREESTYLE MEN 11+					Heat:4, starttime: 16:17
Heat: 4/4 Lane : 6 Athlete: EECKHOUT SIEBEN					Q-time: 02:08:42
PB (50m pool): 02:08.42 Kortrijk 26/12/2024					PB (25m pool): 02:03.34 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:29.10	01:01.46	01:35.08	02:08.42	
	00:29.10	00:32.36	00:33.62	00:33.34	
					

Coach feedback:

Event number: 13: 200M MEDLEY WOMEN 11+					Heat:4, starttime: 16:33
Heat: 4/6 Lane : 2 Athlete: GHEKIERE JUNE					Q-time: 02:59:26
PB (50m pool): 02:59.26 Antwerpen 20/07/2025					PB (25m pool): 02:49.26 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:42.30	01:27.77	02:18.07	02:59.26	
	00:42.30	00:45.47	00:50.30	00:41.19	
					

Coach feedback:

Event number: 13: 200M MEDLEY WOMEN 11+					Heat:5, starttime: 16:36
Heat: 5/6 Lane : 2 Athlete: THYVELEN LISE					Q-time: 02:47:23
PB (50m pool): 02:47.23 Antwerpen 13/07/2025					PB (25m pool): 02:41.51 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.85	01:19.21	02:07.33	02:47.23	
	00:34.85	00:44.36	00:48.12	00:39.90	
					

Coach feedback:

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

Event number: 13: 200M MEDLEY WOMEN 11+					Heat:5, starttime: 16:36
Heat: 5/6 Lane : 3 Athlete: CASTELEYN YANA					Q-time: 02:46:09
PB (50m pool): 02:46.09 Antwerpen 20/07/2025					PB (25m pool): 02:44.79 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.61	01:21.59	02:09.26	02:46.09	
	00:36.61	00:44.98	00:47.67	00:36.83	
					

Coach feedback:

Event number: 13: 200M MEDLEY WOMEN 11+					Heat:5, starttime: 16:36
Heat: 5/6 Lane : 5 Athlete: DEMAREST HAILEY					Q-time: 02:45:95
PB (50m pool): 02:45.95 Zwembad Brigitte Becue 30/05/2025					PB (25m pool): 02:39.76 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.82	01:22.41	02:06.78	02:45.95	
	00:36.82	00:45.59	00:44.37	00:39.17	
					

Coach feedback:

Event number: 13: 200M MEDLEY WOMEN 11+					Heat:6, starttime: 16:39
Heat: 6/6 Lane : 2 Athlete: BOUTTELEGIER ANAÏS					Q-time: 02:39:58
PB (50m pool): 02:39.58 Zwembad Brigitte Becue 30/05/2025					PB (25m pool): 02:36.49 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:35.06	01:17.17	02:02.11	02:39.58	
	00:35.06	00:42.11	00:44.94	00:37.47	
					

Coach feedback:

Event number: 13: 200M MEDLEY WOMEN 11+					Heat:6, starttime: 16:39
Heat: 6/6 Lane : 6 Athlete: DELPORTE ELLE					Q-time: 02:39:29
PB (50m pool): 02:39.29 Antwerpen 20/07/2025					PB (25m pool): 02:39.59 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:35.36	01:16.06	02:02.88	02:39.29	
	00:35.36	00:40.70	00:46.82	00:36.41	
					

Coach feedback:

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Event number: 13: 200M MEDLEY WOMEN 11+					Heat:6, starttime: 16:39
Heat: 6/6 Lane : 8 Athlete: DEMUYNCK MARGOT					Q-time: 02:42:48
PB (50m pool): 02:42.48 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 02:37.43 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.61	01:19.56	02:05.45	02:42.48	
	00:34.61	00:44.95	00:45.89	00:37.03	
					

Coach feedback:

Event number: 14: 200M MEDLEY MEN 11+					Heat:2, starttime: 16:47
Heat: 2/7 Lane : 4 Athlete: STAELEN QUINTEN					Q-time: 03:14:99
PB (50m pool): 03:14.99 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 02:51.89 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:44.06	01:34.87	02:31.02	03:14.99	
	00:44.06	00:50.81	00:56.15	00:43.97	
					

Coach feedback:

Event number: 14: 200M MEDLEY MEN 11+					Heat:4, starttime: 16:55
Heat: 4/7 Lane : 2 Athlete: VAN BRABANT BENJAMIN					Q-time: 02:55:41
PB (50m pool): 02:55.41 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 02:39.28 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:38.32	01:24.36	02:14.88	02:55.41	
	00:38.32	00:46.04	00:50.52	00:40.53	
					

Coach feedback:

Event number: 14: 200M MEDLEY MEN 11+					Heat:6, starttime: 17:02
Heat: 6/7 Lane : 5 Athlete: PLOVIE FLYNN					Q-time: 02:28:45
PB (50m pool): 02:28.45 Antwerpen 27/07/2025 PB (25m pool): 02:24.76 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:31.10	01:07.60	01:53.12	02:28.45	
	00:31.10	00:36.50	00:45.52	00:35.33	
					

Coach feedback:

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Event number: 14: 200M MEDLEY MEN 11+					Heat:7, starttime: 17:05
Heat: 7/7 Lane : 8 Athlete: DELPORTE NIO					Q-time: 02:26:45
PB (50m pool): 02:26.45 Antwerp 09/02/2025					PB (25m pool): 02:17.74 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.41	01:10.75	01:52.71	02:26.45	
	00:32.41	00:38.34	00:41.96	00:33.74	
					

Coach feedback: