

# PK LB W-Vlaanderen: Session: 1: COACH evaluation sheet for TEAM: KZK

Coachinfo: Warming up from: 08:00 until 08:50. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Duck Chantal

Coaches: Dewulf Bart HEADCOACH

Coaches: Christiaens Marloes

PB => Personal Best time

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

**Event number: 1: 100M BREASTSTROKE WOMEN 11+ Heat:5, starttime: 09:10**

**Heat: 5/11 Lane : 4 Athlete: ZEPHIRIN ASTRID Q-time: 01:39:24**

**PB (50m pool): 01:40.69 Antwerpen 13/07/2025 PB (25m pool): 01:39.24 SB: no time**

	<b>50 M</b>	<b>100 M</b>	
<b>PB</b>	00:47.87	01:40.69	
	00:47.87	00:52.82	
	.....	.....	

Coach feedback:

**Event number: 1: 100M BREASTSTROKE WOMEN 11+ Heat:6, starttime: 09:13**

**Heat: 6/11 Lane : 7 Athlete: LEMAHIEU LUCIE Q-time: 01:37:61**

**PB (50m pool): 01:37.61 Antwerpen 13/07/2025 PB (25m pool): 01:39.27 SB: no time**

	<b>50 M</b>	<b>100 M</b>	
<b>PB</b>	00:45.83	01:37.61	
	00:45.83	00:51.78	
	.....	.....	

Coach feedback:

**Event number: 1: 100M BREASTSTROKE WOMEN 11+ Heat:7, starttime: 09:15**

**Heat: 7/11 Lane : 0 Athlete: VERVENNE LOUISA Q-time: 01:33:52**

**PB (50m pool): 01:35.75 Wezenberg 04/01/2026 PB (25m pool): 01:33.52 SB: 01:35.75 Wezenberg 04/01/2026**

	<b>50 M</b>	<b>100 M</b>	
<b>PB</b>	00:45.14	01:35.75	
	00:45.14	00:50.61	
	.....	.....	

Coach feedback:

# PK LB W-Vlaanderen: Session: 1: COACH evaluation sheet for TEAM: KZK

<b>Event number: 1: 100M BREASTSTROKE WOMEN 11+</b>		<b>Heat:7, starttime: 09:15</b>	
<b>Heat: 7/11 Lane : 4 Athlete: DESODT FELIEN</b>		<b>Q-time: 01:31:25</b>	
PB (50m pool): 01:36.14 Antwerp 02/02/2025		PB (25m pool): 01:31.25 SB: no time	
	<b>50 M</b>	<b>100 M</b>	
PB	00:45.13	01:36.14	
	<i>00:45.13</i>	<i>00:51.01</i>	
	.....	.....	

Coach feedback:

<b>Event number: 1: 100M BREASTSTROKE WOMEN 11+</b>		<b>Heat:9, starttime: 09:20</b>	
<b>Heat: 9/11 Lane : 1 Athlete: LEMAHIEU LIESE</b>		<b>Q-time: 01:28:01</b>	
PB (50m pool): 01:28.01 Antwerpen 13/07/2025		PB (25m pool): no time SB: no time	
	<b>50 M</b>	<b>100 M</b>	
PB	00:41.57	01:28.01	
	<i>00:41.57</i>	<i>00:46.44</i>	
	.....	.....	

Coach feedback:

<b>Event number: 1: 100M BREASTSTROKE WOMEN 11+</b>		<b>Heat:9, starttime: 09:20</b>	
<b>Heat: 9/11 Lane : 2 Athlete: SANDRA EVA</b>		<b>Q-time: 01:27:30</b>	
PB (50m pool): 01:24.37 Antwerpen 28/07/2024		PB (25m pool): 01:20.72 SB: no time	
	<b>50 M</b>	<b>100 M</b>	
PB	no time	01:24.37	
	<i>no time</i>		
	.....	.....	

Coach feedback:

<b>Event number: 1: 100M BREASTSTROKE WOMEN 11+</b>		<b>Heat:10, starttime: 09:22</b>	
<b>Heat: 10/11 Lane : 3 Athlete: ROMBAUT CéLINE</b>		<b>Q-time: 01:23:83</b>	
PB (50m pool): 01:25.59 Antwerpen 20/07/2025		PB (25m pool): 01:23.83 SB: 01:26.78 Wezenberg 04/01/2026	
	<b>50 M</b>	<b>100 M</b>	
PB	00:40.45	01:25.59	
	<i>00:40.45</i>	<i>00:45.14</i>	
	.....	.....	

Coach feedback:

# PK LB W-Vlaanderen: Session: 1: COACH evaluation sheet for TEAM: KZK

<b>Event number: 1: 100M BREASTSTROKE WOMEN 11+</b>		<b>Heat:10, starttime: 09:22</b>	
<b>Heat: 10/11 Lane : 4 Athlete: FEYS FARAH</b>		<b>Q-time: 01:23:15</b>	
PB (50m pool): 01:27.01 Kortrijk 16/02/2025		PB (25m pool): 01:23.15 SB: no time	
	<b>50 M</b>	<b>100 M</b>	
PB	00:41.60	01:27.01	
	00:41.60	00:45.41	
	.....	.....	

Coach feedback:

<b>Event number: 2: 100M BREASTSTROKE MEN 13+</b>		<b>Heat:2, starttime: 09:29</b>	
<b>Heat: 2/6 Lane : 4 Athlete: VYNCKE SEPPE</b>		<b>Q-time: 01:28:39</b>	
PB (50m pool): 01:28.39 Kortrijk 04/05/2025		PB (25m pool): 01:25.55 SB: no time	
	<b>50 M</b>	<b>100 M</b>	
PB	00:41.49	01:28.39	
	00:41.49	00:46.90	
	.....	.....	

Coach feedback:

<b>Event number: 2: 100M BREASTSTROKE MEN 13+</b>		<b>Heat:3, starttime: 09:31</b>	
<b>Heat: 3/6 Lane : 4 Athlete: VANDEMAELE JACOB</b>		<b>Q-time: 01:23:99</b>	
PB (50m pool): 01:23.99 Wezenberg 03/01/2026		PB (25m pool): 01:27.47 SB: 01:23.99 Wezenberg 03/01/2026	
	<b>50 M</b>	<b>100 M</b>	
PB	00:39.53	01:23.99	
	00:39.53	00:44.46	
	.....	.....	

Coach feedback:

<b>Event number: 2: 100M BREASTSTROKE MEN 13+</b>		<b>Heat:3, starttime: 09:31</b>	
<b>Heat: 3/6 Lane : 8 Athlete: VANDEMAELE EGON</b>		<b>Q-time: 01:26:82</b>	
PB (50m pool): 01:30.36 Antwerpen 20/07/2025		PB (25m pool): 01:26.82 SB: 01:30.38 Wezenberg 04/01/2026	
	<b>50 M</b>	<b>100 M</b>	
PB	00:42.71	01:30.36	
	00:42.71	00:47.65	
	.....	.....	

Coach feedback:

# PK LB W-Vlaanderen: Session: 1: COACH evaluation sheet for TEAM: KZK

<b>Event number: 2: 100M BREASTSTROKE MEN 13+</b>		<b>Heat:5, starttime: 09:35</b>	
<b>Heat: 5/6 Lane : 5 Athlete: DECUPERE ALEX</b>		<b>Q-time: 01:15:72</b>	
PB (50m pool): 01:21.16 Wezenberg 03/01/2026		PB (25m pool): 01:15.72 SB: 01:21.16 Wezenberg 03/01/2026	
	<b>50 M</b>	<b>100 M</b>	
PB	00:38.10	01:21.16	
	00:38.10	00:43.06	
	.....	.....	

Coach feedback:

<b>Event number: 2: 100M BREASTSTROKE MEN 13+</b>		<b>Heat:5, starttime: 09:35</b>	
<b>Heat: 5/6 Lane : 9 Athlete: VANNESTE DAAN</b>		<b>Q-time: 01:19:06</b>	
PB (50m pool): 01:25.19 Antwerpen 20/07/2025		PB (25m pool): 01:19.06 SB: 01:25.36 Wezenberg 04/01/2026	
	<b>50 M</b>	<b>100 M</b>	
PB	00:40.57	01:25.19	
	00:40.57	00:44.62	
	.....	.....	

Coach feedback:

<b>Event number: 2: 100M BREASTSTROKE MEN 13+</b>		<b>Heat:6, starttime: 09:37</b>	
<b>Heat: 6/6 Lane : 5 Athlete: VERELZEN ROBBE</b>		<b>Q-time: 01:08:11</b>	
PB (50m pool): 01:08.11 Antwerpen 27/07/2025		PB (25m pool): 01:06.16 SB: no time	
	<b>50 M</b>	<b>100 M</b>	
PB	00:31.52	01:08.11	
	00:31.52	00:36.59	
	.....	.....	

Coach feedback:

<b>Event number: 3: 50M BACKSTROKE WOMEN 13+</b>		<b>Heat:1, starttime: 09:40</b>	
<b>Heat: 1/4 Lane : 7 Athlete: DECUPERE LAURENCE</b>		<b>Q-time: 00:41:60</b>	
PB (50m pool): 00:40.79 Brugge 02/03/2024		PB (25m pool): 00:39.99 SB: no time	
	<b>50 M</b>		
PB	00:40.79		
	00:40.79		
	.....		

Coach feedback:

# PK LB W-Vlaanderen: Session: 1: COACH evaluation sheet for TEAM: KZK

<b>Event number: 3: 50M BACKSTROKE WOMEN 13+</b>		<b>Heat:4, starttime: 09:45</b>
<b>Heat: 4/4 Lane : 5 Athlete: DECOUTERE IMANI</b>		<b>Q-time: 00:30:92</b>
PB (50m pool): 00:31.50 Antwerpen 27/07/2025 PB (25m pool): 00:30.92 SB: no time		
	<b>5 0 M</b>	
PB	00:31.50	
	00:31.50	
	.....	

Coach feedback:

<b>Event number: 4: 50M BACKSTROKE MEN 13+</b>		<b>Heat:2, starttime: 09:49</b>
<b>Heat: 2/6 Lane : 8 Athlete: OLSZEWSKI MAXIME</b>		<b>Q-time: 00:41:66</b>
PB (50m pool): 00:41.66 Kortrijk 04/05/2025 PB (25m pool): 00:43.07 SB: no time		
	<b>5 0 M</b>	
PB	00:41.66	
	00:41.66	
	.....	

Coach feedback:

<b>Event number: 4: 50M BACKSTROKE MEN 13+</b>		<b>Heat:4, starttime: 09:52</b>
<b>Heat: 4/6 Lane : 5 Athlete: FEYS JONAH</b>		<b>Q-time: 00:32:49</b>
PB (50m pool): 00:32.49 Brugge 23/02/2025 PB (25m pool): 00:31.59 SB: no time		
	<b>5 0 M</b>	
PB	00:32.49	
	00:32.49	
	.....	

Coach feedback:

<b>Event number: 4: 50M BACKSTROKE MEN 13+</b>		<b>Heat:4, starttime: 09:52</b>
<b>Heat: 4/6 Lane : 7 Athlete: DE BAL LUCAS</b>		<b>Q-time: 00:33:36</b>
PB (50m pool): 00:37.73 Kortrijk 04/05/2025 PB (25m pool): 00:33.36 SB: no time		
	<b>5 0 M</b>	
PB	00:37.73	
	00:37.73	
	.....	

Coach feedback:

# PK LB W-Vlaanderen: Session: 1: COACH evaluation sheet for TEAM: KZK

<b>Event number: 4: 50M BACKSTROKE MEN 13+</b>		<b>Heat:4, starttime: 09:52</b>
<b>Heat: 4/6 Lane : 9 Athlete: THUYLIE VIC</b>		<b>Q-time: 00:34:33</b>
PB (50m pool): 00:34.33 Antwerpen 13/07/2025 PB (25m pool): 00:36.58 SB: no time		
	<b>5 0 M</b>	
PB	00:34.33	
	00:34.33	
	.....	

Coach feedback:

<b>Event number: 4: 50M BACKSTROKE MEN 13+</b>		<b>Heat:5, starttime: 09:54</b>
<b>Heat: 5/6 Lane : 8 Athlete: DEBRUYNE HANNES</b>		<b>Q-time: 00:31:36</b>
PB (50m pool): 00:31.36 Wezenberg 03/01/2026 PB (25m pool): no time SB: 00:31.36 Wezenberg 03/01/2026		
	<b>5 0 M</b>	
PB	00:31.36	
	00:31.36	
	.....	

Coach feedback:

<b>Event number: 5: 50M BUTTERFLY WOMEN 11+</b>		<b>Heat:7, starttime: 10:06</b>
<b>Heat: 7/8 Lane : 8 Athlete: SANDRA EVA</b>		<b>Q-time: 00:32:88</b>
PB (50m pool): 00:31.98 Antwerpen 28/07/2024 PB (25m pool): 00:33.24 SB: no time		
	<b>5 0 M</b>	
PB	00:31.98	
	00:31.98	
	.....	

Coach feedback:

<b>Event number: 5: 50M BUTTERFLY WOMEN 11+</b>		<b>Heat:7, starttime: 10:06</b>
<b>Heat: 7/8 Lane : 9 Athlete: CAUS FLOOR</b>		<b>Q-time: 00:33:21</b>
PB (50m pool): 00:33.21 Antwerpen 13/07/2025 PB (25m pool): 00:32.98 SB: no time		
	<b>5 0 M</b>	
PB	00:33.21	
	00:33.21	
	.....	

Coach feedback:

# PK LB W-Vlaanderen: Session: 1: COACH evaluation sheet for TEAM: KZK

<b>Event number: 5: 50M BUTTERFLY WOMEN 11+</b>		<b>Heat:8, starttime: 10:07</b>
<b>Heat: 8/8 Lane : 6 Athlete: DECOUTERE IMANI</b>		<b>Q-time: 00:29:99</b>
PB (50m pool): 00:30.28 Antwerpen 27/04/2025		PB (25m pool): 00:29.99 SB: no time
	<b>5 0 M</b>	
PB	00:30.28	
	00:30.28	
	.....	

Coach feedback:

<b>Event number: 5: 50M BUTTERFLY WOMEN 11+</b>		<b>Heat:8, starttime: 10:07</b>
<b>Heat: 8/8 Lane : 9 Athlete: CHRISTIAENS JUTTA</b>		<b>Q-time: 00:30:74</b>
PB (50m pool): 00:30.74 Antwerpen 27/07/2025		PB (25m pool): 00:30.27 SB: no time
	<b>5 0 M</b>	
PB	00:30.74	
	00:30.74	
	.....	

Coach feedback:

<b>Event number: 6: 50M BUTTERFLY MEN 13+</b>		<b>Heat:2, starttime: 10:10</b>
<b>Heat: 2/5 Lane : 1 Athlete: VYNCKE SEPPE</b>		<b>Q-time: 00:33:73</b>
PB (50m pool): 00:33.73 Antwerp 02/02/2025		PB (25m pool): no time SB: no time
	<b>5 0 M</b>	
PB	00:33.73	
	00:33.73	
	.....	

Coach feedback:

<b>Event number: 6: 50M BUTTERFLY MEN 13+</b>		<b>Heat:2, starttime: 10:10</b>
<b>Heat: 2/5 Lane : 6 Athlete: VANDEMAELE JACOB</b>		<b>Q-time: 00:32:73</b>
PB (50m pool): 00:32.73 Brugge 23/02/2025		PB (25m pool): 00:40.61 SB: no time
	<b>5 0 M</b>	
PB	00:32.73	
	00:32.73	
	.....	

Coach feedback:

# PK LB W-Vlaanderen: Session: 1: COACH evaluation sheet for TEAM: KZK

<b>Event number: 6: 50M BUTTERFLY MEN 13+</b>		<b>Heat:3, starttime: 10:11</b>
<b>Heat: 3/5 Lane : 0 Athlete: DECUPERE ALEX</b>		<b>Q-time: 00:31:13</b>
PB (50m pool): 00:31.13 Kortrijk 04/05/2025 PB (25m pool): 00:30.95 SB: no time		
	<b>5 0 M</b>	
PB	00:31.13	
	00:31.13	
	.....	

Coach feedback:

<b>Event number: 6: 50M BUTTERFLY MEN 13+</b>		<b>Heat:3, starttime: 10:11</b>
<b>Heat: 3/5 Lane : 4 Athlete: PICEU SEPPE</b>		<b>Q-time: 00:29:78</b>
PB (50m pool): 00:35.15 Wezenberg Antwerpen 07/01/2024 PB (25m pool): 00:29.78 SB: no time		
	<b>5 0 M</b>	
PB	00:35.15	
	00:35.15	
	.....	

Coach feedback:

<b>Event number: 6: 50M BUTTERFLY MEN 13+</b>		<b>Heat:4, starttime: 10:13</b>
<b>Heat: 4/5 Lane : 8 Athlete: DELRUE REMI</b>		<b>Q-time: 00:29:56</b>
PB (50m pool): 00:29.56 Kortrijk 04/05/2025 PB (25m pool): 00:30.13 SB: no time		
	<b>5 0 M</b>	
PB	00:29.56	
	00:29.56	
	.....	

Coach feedback:

<b>Event number: 6: 50M BUTTERFLY MEN 13+</b>		<b>Heat:5, starttime: 10:14</b>
<b>Heat: 5/5 Lane : 5 Athlete: CHRISTIAENS STIJN</b>		<b>Q-time: 00:27:04</b>
PB (50m pool): 00:27.04 Antwerpen 27/07/2025 PB (25m pool): 00:29.66 SB: no time		
	<b>5 0 M</b>	
PB	00:27.04	
	00:27.04	
	.....	

Coach feedback:

# PK LB W-Vlaanderen: Session: 1: COACH evaluation sheet for TEAM: KZK

<b>Event number: 6: 50M BUTTERFLY MEN 13+</b>		<b>Heat:5, starttime: 10:14</b>
<b>Heat: 5/5 Lane : 7 Athlete: FEYS JONAH</b>		<b>Q-time: 00:27:42</b>
PB (50m pool): 00:29.66 Brugge 23/02/2025		PB (25m pool): 00:27.42 SB: no time
	<b>50 M</b>	
PB	00:29.66	
	00:29.66	
	.....	

Coach feedback:

<b>Event number: 6: 50M BUTTERFLY MEN 13+</b>		<b>Heat:5, starttime: 10:14</b>
<b>Heat: 5/5 Lane : 8 Athlete: VERELZEN ROBBE</b>		<b>Q-time: 00:27:70</b>
PB (50m pool): 00:28.57 Lago Rozebroeken Gent 05/03/2023		PB (25m pool): 00:27.70 SB: no time
	<b>50 M</b>	
PB	00:28.57	
	00:28.57	
	.....	

Coach feedback:

<b>Event number: 7: 400M FREESTYLE WOMEN 13+</b>							<b>Heat:1, starttime: 10:15</b>	
<b>Heat: 1/4 Lane : 4 Athlete: VERVENNE LOUISA</b>							<b>Q-time: 05:41:69</b>	
PB (50m pool): 06:42.99 Kortrijk 26/12/2024							PB (25m pool): 05:41.69 SB: no time	
	<b>50 M</b>	<b>100 M</b>	<b>150 M</b>	<b>200 M</b>	<b>250 M</b>	<b>300 M</b>	<b>350 M</b>	<b>400 M</b>
PB	00:39.44	01:29.70	02:20.92	03:15.47	04:06.94	05:01.81	05:53.59	06:42.99
	00:39.44	00:50.26	00:51.22	00:54.55	00:51.47	00:54.87	00:51.78	00:49.40
	.....	.....	.....	.....	.....	.....	.....	.....

Coach feedback:

<b>Event number: 7: 400M FREESTYLE WOMEN 13+</b>							<b>Heat:2, starttime: 10:22</b>	
<b>Heat: 2/4 Lane : 9 Athlete: DUMORTIER ELISE</b>							<b>Q-time: 05:38:73</b>	
PB (50m pool): 05:38.73 Kortrijk 26/12/2025							PB (25m pool): 06:15.18 SB: 05:38.73 Kortrijk 26/12/2025	
	<b>50 M</b>	<b>100 M</b>	<b>150 M</b>	<b>200 M</b>	<b>250 M</b>	<b>300 M</b>	<b>350 M</b>	<b>400 M</b>
PB	00:37.04	01:19.49	02:02.58	02:46.40	03:30.39	04:14.36	04:58.79	05:38.73
	00:37.04	00:42.45	00:43.09	00:43.82	00:43.99	00:43.97	00:44.43	00:39.94
	.....	.....	.....	.....	.....	.....	.....	.....

Coach feedback:

# PK LB W-Vlaanderen: Session: 1: COACH evaluation sheet for TEAM: KZK

<b>Event number: 7: 400M FREESTYLE WOMEN 13+</b>							<b>Heat:3, starttime: 10:28</b>	
<b>Heat: 3/4 Lane : 2 Athlete: FEYS FARAH</b>							<b>Q-time: 04:57:24</b>	
PB (50m pool): 05:00.99 Kortrijk 26/12/2024				PB (25m pool): 04:59.89 SB: no time				
	<b>50 M</b>	<b>100 M</b>	<b>150 M</b>	<b>200 M</b>	<b>250 M</b>	<b>300 M</b>	<b>350 M</b>	<b>400 M</b>
PB	00:32.59	01:10.10	01:49.17	02:28.53	03:07.91	03:46.85	04:24.62	05:00.99
	00:32.59	00:37.51	00:39.07	00:39.36	00:39.38	00:38.94	00:37.77	00:36.37
	.....	.....	.....	.....	.....	.....	.....	.....

Coach feedback:

<b>Event number: 7: 400M FREESTYLE WOMEN 13+</b>							<b>Heat:3, starttime: 10:28</b>	
<b>Heat: 3/4 Lane : 4 Athlete: DECUPERE LAURENCE</b>							<b>Q-time: 04:55:11</b>	
PB (50m pool): 05:08.83 Antwerpen 20/07/2025				PB (25m pool): 04:55.11 SB: no time				
	<b>50 M</b>	<b>100 M</b>	<b>150 M</b>	<b>200 M</b>	<b>250 M</b>	<b>300 M</b>	<b>350 M</b>	<b>400 M</b>
PB	00:35.18	01:13.58	01:52.92	02:32.12	03:12.07	03:51.83	04:31.11	05:08.83
	00:35.18	00:38.40	00:39.34	00:39.20	00:39.95	00:39.76	00:39.28	00:37.72
	.....	.....	.....	.....	.....	.....	.....	.....

Coach feedback:

<b>Event number: 7: 400M FREESTYLE WOMEN 13+</b>							<b>Heat:3, starttime: 10:28</b>	
<b>Heat: 3/4 Lane : 7 Athlete: VERMAUT CELINE</b>							<b>Q-time: 04:57:93</b>	
PB (50m pool): 04:59.01 Kortrijk 04/05/2025				PB (25m pool): 05:01.19 SB: no time				
	<b>50 M</b>	<b>100 M</b>	<b>150 M</b>	<b>200 M</b>	<b>250 M</b>	<b>300 M</b>	<b>350 M</b>	<b>400 M</b>
PB	00:32.70	01:09.13	01:46.53	02:25.16	03:03.83	03:42.98	04:21.51	04:59.01
	00:32.70	00:36.43	00:37.40	00:38.63	00:38.67	00:39.15	00:38.53	00:37.50
	.....	.....	.....	.....	.....	.....	.....	.....

Coach feedback:

<b>Event number: 8: 400M FREESTYLE MEN 13+</b>							<b>Heat:2, starttime: 10:47</b>	
<b>Heat: 2/5 Lane : 5 Athlete: OLSZEWSKI MAXIME</b>							<b>Q-time: 05:04:03</b>	
PB (50m pool): 05:04.03 Kortrijk 26/12/2025				PB (25m pool): 05:04.38 SB: 05:04.03 Kortrijk 26/12/2025				
	<b>50 M</b>	<b>100 M</b>	<b>150 M</b>	<b>200 M</b>	<b>250 M</b>	<b>300 M</b>	<b>350 M</b>	<b>400 M</b>
PB	00:33.24	01:10.26	01:50.02	02:29.32	03:09.52	03:48.85	04:27.84	05:04.03
	00:33.24	00:37.02	00:39.76	00:39.30	00:40.20	00:39.33	00:38.99	00:36.19
	.....	.....	.....	.....	.....	.....	.....	.....

Coach feedback:

# PK LB W-Vlaanderen: Session: 1: COACH evaluation sheet for TEAM: KZK

<b>Event number: 8: 400M FREESTYLE MEN 13+</b>							<b>Heat:4, starttime: 10:58</b>	
<b>Heat: 4/5 Lane : 9 Athlete: THUYLIE VIC</b>							<b>Q-time: 04:45:33</b>	
PB (50m pool): 04:49.25 Kortrijk 26/12/2025				PB (25m pool): 04:45.33 SB: 04:49.25 Kortrijk 26/12/2025				
	<b>50 M</b>	<b>100 M</b>	<b>150 M</b>	<b>200 M</b>	<b>250 M</b>	<b>300 M</b>	<b>350 M</b>	<b>400 M</b>
PB	00:32.47	01:08.10	01:44.92	02:22.22	03:00.03	03:37.05	04:14.44	04:49.25
	00:32.47	00:35.63	00:36.82	00:37.30	00:37.81	00:37.02	00:37.39	00:34.81
	.....	.....	.....	.....	.....	.....	.....	.....

Coach feedback:

<b>Event number: 9: 4x100M MEDLEY WOMEN 11+</b>							<b>Heat:1, starttime: 11:29</b>	
<b>Heat: 1/2 Lane : 5 Athlete: TEAM KZK 1</b>							<b>Q-time: 05:38:15</b>	
PB (50m pool):			PB (25m pool):		SB:			
	<b>50 M</b>	<b>100 M</b>	<b>150 M</b>	<b>200 M</b>	<b>250 M</b>	<b>300 M</b>	<b>350 M</b>	<b>400 M</b>
PB								
	.....	.....	.....	.....	.....	.....	.....	.....

Coach feedback:

<b>Event number: 9: 4x100M MEDLEY WOMEN 11+</b>							<b>Heat:2, starttime: 11:36</b>	
<b>Heat: 2/2 Lane : 3 Athlete: TEAM KZK 2</b>							<b>Q-time: 04:48:17</b>	
PB (50m pool):			PB (25m pool):		SB:			
	<b>50 M</b>	<b>100 M</b>	<b>150 M</b>	<b>200 M</b>	<b>250 M</b>	<b>300 M</b>	<b>350 M</b>	<b>400 M</b>
PB								
	.....	.....	.....	.....	.....	.....	.....	.....

Coach feedback: