

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

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

Coaches: Mabbe Andy

Coaches: Demeyere Kristof HEADCOACH

Coaches: Veys Lies

Coaches: Spincemaille Laura

Coaches: Planckaert Pieter

Coaches: Vanden Abeele Syl

Coaches: Heyligen Bert

PB => Personal Best time

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

Event number: 1: 100M BREASTSTROKE WOMEN 11+ Heat:2, starttime: 09:03

Heat: 2/11 Lane : 5 Athlete: VANDENBULCKE FELI Q-time: 01:53:56

PB (50m pool): 02:04.70 Kortrijk 16/02/2025 PB (25m pool): 01:53.56 SB: no time

	50 M	100 M	
PB	01:00.18	02:04.70	
	01:00.18	01:04.52	
	

Coach feedback:

Event number: 1: 100M BREASTSTROKE WOMEN 11+ Heat:3, starttime: 09:05

Heat: 3/11 Lane : 4 Athlete: BREDA MAUD Q-time: 01:47:49

PB (50m pool): 01:53.91 Kortrijk 16/02/2025 PB (25m pool): 01:47.49 SB: no time

	50 M	100 M	
PB	00:55.37	01:53.91	
	00:55.37	00:58.54	
	

Coach feedback:

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

Heat: 6/11 Lane : 0 Athlete: VANCAMELBEKE LOTTE Q-time: 01:38:88

PB (50m pool): 01:43.12 Antwerpen 20/07/2025 PB (25m pool): 01:38.88 SB: no time

	50 M	100 M	
PB	00:48.82	01:43.12	
	00:48.82	00:54.30	
	

Coach feedback:

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

Event number: 1: 100M BREASTSTROKE WOMEN 11+		Heat:6, starttime: 09:13	
Heat: 6/11 Lane : 6 Athlete: TUYTENS LAURE		Q-time: 01:36:22	
PB (50m pool): 01:40.75 Antwerpen 20/07/2025		PB (25m pool): 01:36.22 SB: no time	
	5 0 M	1 0 0 M	
PB	00:48.23	01:40.75	
	00:48.23	00:52.52	
	

Coach feedback:

Event number: 1: 100M BREASTSTROKE WOMEN 11+		Heat:6, starttime: 09:13	
Heat: 6/11 Lane : 8 Athlete: DHUYVETTER EM		Q-time: 01:38:00	
PB (50m pool): 01:42.12 Antwerpen 13/07/2025		PB (25m pool): 01:38.00 SB: no time	
	5 0 M	1 0 0 M	
PB	00:50.74	01:42.12	
	00:50.74	00:51.38	
	

Coach feedback:

Event number: 1: 100M BREASTSTROKE WOMEN 11+		Heat:7, starttime: 09:15	
Heat: 7/11 Lane : 2 Athlete: VANDEMAELE ELLIE		Q-time: 01:32:98	
PB (50m pool): 01:33.53 Seraing 26/01/2025		PB (25m pool): 01:31.39 SB: no time	
	5 0 M	1 0 0 M	
PB	00:46.21	01:33.53	
	00:46.21	00:47.32	
	

Coach feedback:

Event number: 1: 100M BREASTSTROKE WOMEN 11+		Heat:7, starttime: 09:15	
Heat: 7/11 Lane : 5 Athlete: POPPE CÉLESTE		Q-time: 01:31:90	
PB (50m pool): 01:37.33 Antwerpen 13/07/2025		PB (25m pool): 01:31.90 SB: no time	
	5 0 M	1 0 0 M	
PB	00:45.63	01:37.33	
	00:45.63	00:51.70	
	

Coach feedback:

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

Event number: 1: 100M BREASTSTROKE WOMEN 11+		Heat:9, starttime: 09:20	
Heat: 9/11 Lane : 7 Athlete: BONASSI HÉLÈNE		Q-time: 01:27:34	
PB (50m pool): 01:35.74 Kortrijk 16/02/2025		PB (25m pool): 01:27.34 SB: no time	
	50 M	100 M	
PB	00:45.80	01:35.74	
	00:45.80	00:49.94	
	

Coach feedback:

Event number: 1: 100M BREASTSTROKE WOMEN 11+		Heat:10, starttime: 09:22	
Heat: 10/11 Lane : 2 Athlete: CASIER CAMILLE		Q-time: 01:24:60	
PB (50m pool): 01:27.35 Antwerpen 13/07/2025		PB (25m pool): 01:24.60 SB: no time	
	50 M	100 M	
PB	00:40.94	01:27.35	
	00:40.94	00:46.41	
	

Coach feedback:

Event number: 1: 100M BREASTSTROKE WOMEN 11+		Heat:11, starttime: 09:24	
Heat: 11/11 Lane : 6 Athlete: LIBBRECHT ZOë		Q-time: 01:20:02	
PB (50m pool): no time		PB (25m pool): 01:20.02 SB: no time	
	50 M	100 M	
PB	no time	no time	
	no time		
	

Coach feedback:

Event number: 2: 100M BREASTSTROKE MEN 13+		Heat:1, starttime: 09:26	
Heat: 1/6 Lane : 2 Athlete: VANDEPUTTE RUBE		Q-time: 01:45:09	
PB (50m pool): 01:57.29 Kortrijk 16/02/2025		PB (25m pool): 01:45.09 SB: no time	
	50 M	100 M	
PB	00:56.20	01:57.29	
	00:56.20	01:01.09	
	

Coach feedback:

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Event number: 2: 100M BREASTSTROKE MEN 13+		Heat:2, starttime: 09:29	
Heat: 2/6 Lane : 1 Athlete: MOENENS MATTEO		Q-time: 01:34:88	
PB (50m pool): 01:35.39 Antwerpen 13/07/2025		PB (25m pool): 01:34.88 SB: no time	
	50 M	100 M	
PB	00:45.30	01:35.39	
	<i>00:45.30</i>	<i>00:50.09</i>	
	

Coach feedback:

Event number: 2: 100M BREASTSTROKE MEN 13+		Heat:2, starttime: 09:29	
Heat: 2/6 Lane : 6 Athlete: HEYLIGEN FELL		Q-time: 01:30:90	
PB (50m pool): 01:37.59 Antwerpen 13/07/2025		PB (25m pool): 01:30.90 SB: no time	
	50 M	100 M	
PB	00:45.08	01:37.59	
	<i>00:45.08</i>	<i>00:52.51</i>	
	

Coach feedback:

Event number: 2: 100M BREASTSTROKE MEN 13+		Heat:2, starttime: 09:29	
Heat: 2/6 Lane : 8 Athlete: VANLERBERGHE MATTHIAS		Q-time: 01:35:55	
PB (50m pool): 01:38.95 Antwerpen 13/07/2025		PB (25m pool): 01:35.55 SB: no time	
	50 M	100 M	
PB	00:46.76	01:38.95	
	<i>00:46.76</i>	<i>00:52.19</i>	
	

Coach feedback:

Event number: 2: 100M BREASTSTROKE MEN 13+		Heat:3, starttime: 09:31	
Heat: 3/6 Lane : 3 Athlete: HEYLIGEN LUTZ		Q-time: 01:24:84	
PB (50m pool): 01:28.57 Antwerpen 13/07/2025		PB (25m pool): 01:24.84 SB: no time	
	50 M	100 M	
PB	00:40.74	01:28.57	
	<i>00:40.74</i>	<i>00:47.83</i>	
	

Coach feedback:

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Event number: 2: 100M BREASTSTROKE MEN 13+		Heat:3, starttime: 09:31	
Heat: 3/6 Lane : 6 Athlete: BOHIJN MILO		Q-time: 01:25:76	
PB (50m pool): 01:34.22 Antwerpen 20/07/2025		PB (25m pool): 01:25.76 SB: no time	
	50 M	100 M	
PB	00:45.68	01:34.22	
	00:45.68	00:48.54	
	

Coach feedback:

Event number: 2: 100M BREASTSTROKE MEN 13+		Heat:3, starttime: 09:31	
Heat: 3/6 Lane : 7 Athlete: RéADY SEPPE		Q-time: 01:25:85	
PB (50m pool): 01:26.33 Antwerpen 13/07/2025		PB (25m pool): 01:25.85 SB: no time	
	50 M	100 M	
PB	00:41.79	01:26.33	
	00:41.79	00:44.54	
	

Coach feedback:

Event number: 2: 100M BREASTSTROKE MEN 13+		Heat:5, starttime: 09:35	
Heat: 5/6 Lane : 0 Athlete: BALCAEN SANDER		Q-time: 01:18:23	
PB (50m pool): 01:29.82 Izegem 22/06/2024		PB (25m pool): 01:18.23 SB: no time	
	50 M	100 M	
PB	no time	01:29.82	
	no time		
	

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN 13+		Heat:1, starttime: 09:40	
Heat: 1/4 Lane : 1 Athlete: BLEUZé DAKOTA		Q-time: 00:42:51	
PB (50m pool): 00:47.42 Lago Kortrijk Weide 28/04/2024		PB (25m pool): 00:42.51 SB: no time	
	50 M		
PB	00:47.42		
	00:47.42		
		

Coach feedback:

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Event number: 3: 50M BACKSTROKE WOMEN 13+		Heat:1, starttime: 09:40
Heat: 1/4 Lane : 4 Athlete: CALLENS MARGAUX		Q-time: 00:39:57
PB (50m pool): 00:41.77 Seraing 26/01/2025		PB (25m pool): 00:39.24 SB: no time
	50 M	
PB	00:41.77	
	00:41.77	
	

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN 13+		Heat:2, starttime: 09:41
Heat: 2/4 Lane : 0 Athlete: HUYSENTRUYT FLORE-MARIE		Q-time: 00:38:85
PB (50m pool): 00:41.70 Seraing 26/01/2025		PB (25m pool): 00:38.85 SB: no time
	50 M	
PB	00:41.70	
	00:41.70	
	

Coach feedback:

Event number: 4: 50M BACKSTROKE MEN 13+		Heat:2, starttime: 09:49
Heat: 2/6 Lane : 3 Athlete: BOHIJN MILO		Q-time: 00:38:44
PB (50m pool): 00:47.07 Izegem 22/06/2024		PB (25m pool): 00:38.44 SB: no time
	50 M	
PB	00:47.07	
	00:47.07	
	

Coach feedback:

Event number: 4: 50M BACKSTROKE MEN 13+		Heat:2, starttime: 09:49
Heat: 2/6 Lane : 5 Athlete: DE BAERE ARNAUD		Q-time: 00:38:18
PB (50m pool): no time		PB (25m pool): 00:38.18 SB: no time
	50 M	
PB	no time	
	no time	
	

Coach feedback:

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Event number: 4: 50M BACKSTROKE MEN 13+		Heat:3, starttime: 09:50
Heat: 3/6 Lane : 7 Athlete: RéADY SEPPE		Q-time: 00:36:38
PB (50m pool): 00:42.61 Seraing 28/01/2024		PB (25m pool): 00:36.38 SB: no time
	5 0 M	
PB	00:42.61	
	00:42.61	
	

Coach feedback:

Event number: 4: 50M BACKSTROKE MEN 13+		Heat:3, starttime: 09:50
Heat: 3/6 Lane : 9 Athlete: VANLERBERGHE MATTHIAS		Q-time: 00:37:88
PB (50m pool): 00:40.25 Seraing 26/01/2025		PB (25m pool): 00:37.88 SB: no time
	5 0 M	
PB	00:40.25	
	00:40.25	
	

Coach feedback:

Event number: 4: 50M BACKSTROKE MEN 13+		Heat:5, starttime: 09:54
Heat: 5/6 Lane : 4 Athlete: BALCAEN SANDER		Q-time: 00:30:37
PB (50m pool): 00:37.32 Lago Kortrijk Weide 28/04/2024		PB (25m pool): 00:30.37 SB: no time
	5 0 M	
PB	00:37.32	
	00:37.32	
	

Coach feedback:

Event number: 4: 50M BACKSTROKE MEN 13+		Heat:5, starttime: 09:54
Heat: 5/6 Lane : 7 Athlete: VERFAILLIE THOMAS		Q-time: 00:31:12
PB (50m pool): 00:32.65 Antwerpen 13/07/2025		PB (25m pool): 00:31.12 SB: no time
	5 0 M	
PB	00:32.65	
	00:32.65	
	

Coach feedback:

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Event number: 4: 50M BACKSTROKE MEN 13+		Heat:6, starttime: 09:56
Heat: 6/6 Lane : 9 Athlete: BEUNENS ILIAN		Q-time: 00:30:37
PB (50m pool): 00:31.54 Kortrijk 04/05/2025		PB (25m pool): 00:30.37 SB: no time
	5 0 M	
PB	00:31.54	
	00:31.54	
	

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11+		Heat:2, starttime: 09:59
Heat: 2/8 Lane : 0 Athlete: BREDA MAUD		Q-time: 00:56:69
PB (50m pool): no time		PB (25m pool): 00:56.69 SB: no time
	5 0 M	
PB	no time	
	no time	
	

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11+		Heat:3, starttime: 10:00
Heat: 3/8 Lane : 2 Athlete: VANDENBULCKE FELI		Q-time: 00:44:17
PB (50m pool): no time		PB (25m pool): 00:44.17 SB: no time
	5 0 M	
PB	no time	
	no time	
	

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11+		Heat:4, starttime: 10:02
Heat: 4/8 Lane : 2 Athlete: VANCAMELBEKE LOTTE		Q-time: 00:41:40
PB (50m pool): 00:46.56 Antwerp 02/02/2025		PB (25m pool): 00:41.40 SB: no time
	5 0 M	
PB	00:46.56	
	00:46.56	
	

Coach feedback:

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

Event number: 5: 50M BUTTERFLY WOMEN 11+		Heat:4, starttime: 10:02
Heat: 4/8 Lane : 3 Athlete: CALLENS MARGAUX		Q-time: 00:41:31
PB (50m pool): 00:45.65 Lago Kortrijk Weide 28/04/2024 PB (25m pool): 00:41.31 SB: no time		
	5 0 M	
PB	00:45.65	
	<i>00:45.65</i>	
	

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11+		Heat:5, starttime: 10:03
Heat: 5/8 Lane : 0 Athlete: DHUYVETTER EM		Q-time: 00:39:59
PB (50m pool): 00:47.64 Antwerp 02/02/2025 PB (25m pool): 00:39.59 SB: no time		
	5 0 M	
PB	00:47.64	
	<i>00:47.64</i>	
	

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11+		Heat:5, starttime: 10:03
Heat: 5/8 Lane : 7 Athlete: TUYTENS LAURE		Q-time: 00:38:72
PB (50m pool): 00:44.64 Antwerp 26/01/2025 PB (25m pool): 00:38.72 SB: no time		
	5 0 M	
PB	00:44.64	
	<i>00:44.64</i>	
	

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11+		Heat:5, starttime: 10:03
Heat: 5/8 Lane : 9 Athlete: POPPE CéLESTE		Q-time: 00:40:01
PB (50m pool): no time PB (25m pool): 00:40.01 SB: no time		
	5 0 M	
PB	no time	
	<i>no time</i>	
	

Coach feedback:

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

Event number: 5: 50M BUTTERFLY WOMEN 11+		Heat:6, starttime: 10:05
Heat: 6/8 Lane : 5 Athlete: CASIER CAMILLE		Q-time: 00:33:50
PB (50m pool): 00:34.74 Antwerpen 13/07/2025		PB (25m pool): 00:33.50 SB: no time
	5 0 M	
PB	00:34.74	
	00:34.74	
	

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11+		Heat:6, starttime: 10:05
Heat: 6/8 Lane : 9 Athlete: VANDEMAELE ELLIE		Q-time: 00:38:06
PB (50m pool): 00:39.20 Seraing 26/01/2025		PB (25m pool): 00:38.06 SB: no time
	5 0 M	
PB	00:39.20	
	00:39.20	
	

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11+		Heat:8, starttime: 10:07
Heat: 8/8 Lane : 0 Athlete: PARMENTIER LORE		Q-time: 00:30:71
PB (50m pool): 00:29.09 Antwerpen 28/07/2024		PB (25m pool): 00:30.01 SB: no time
	5 0 M	
PB	00:29.09	
	00:29.09	
	

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11+		Heat:8, starttime: 10:07
Heat: 8/8 Lane : 7 Athlete: LIBBRECHT ZOë		Q-time: 00:30:46
PB (50m pool): no time		PB (25m pool): 00:30.46 SB: no time
	5 0 M	
PB	no time	
	no time	
	

Coach feedback:

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

Event number: 6: 50M BUTTERFLY MEN 13+		Heat:1, starttime: 10:09
Heat: 1/5 Lane : 7 Athlete: DE BAERE ARNAUD		Q-time: 00:39:74
PB (50m pool): 00:45.23 Antwerp 02/02/2025		PB (25m pool): 00:39.74 SB: no time
	5 0 M	
PB	00:45.23	
	00:45.23	
	

Coach feedback:

Event number: 6: 50M BUTTERFLY MEN 13+		Heat:1, starttime: 10:09
Heat: 1/5 Lane : 8 Athlete: VANDEPUTTE RUBE		Q-time: 00:48:92
PB (50m pool): no time		PB (25m pool): 00:48.92 SB: no time
	5 0 M	
PB	no time	
	no time	
	

Coach feedback:

Event number: 6: 50M BUTTERFLY MEN 13+		Heat:2, starttime: 10:10
Heat: 2/5 Lane : 5 Athlete: VERFAILLIE THOMAS		Q-time: 00:32:13
PB (50m pool): 00:33.17 Brugge 15/03/2025		PB (25m pool): 00:32.13 SB: no time
	5 0 M	
PB	00:33.17	
	00:33.17	
	

Coach feedback:

Event number: 6: 50M BUTTERFLY MEN 13+		Heat:2, starttime: 10:10
Heat: 2/5 Lane : 7 Athlete: HEYLIGEN LUTZ		Q-time: 00:32:84
PB (50m pool): no time		PB (25m pool): 00:32.84 SB: no time
	5 0 M	
PB	no time	
	no time	
	

Coach feedback:

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

Event number: 6: 50M BUTTERFLY MEN 13+		Heat:2, starttime: 10:10
Heat: 2/5 Lane : 9 Athlete: MOENENS MATTEO		Q-time: 00:35:00
PB (50m pool): 00:36.01 Brugge 23/02/2025		PB (25m pool): 00:35.00 SB: no time
	5 0 M	
PB	00:36.01	
	00:36.01	
	

Coach feedback:

Event number: 6: 50M BUTTERFLY MEN 13+		Heat:4, starttime: 10:13
Heat: 4/5 Lane : 0 Athlete: MEERT TOMAS		Q-time: 00:29:70
PB (50m pool): 00:30.73 Antwerpen 14/07/2024		PB (25m pool): 00:29.70 SB: no time
	5 0 M	
PB	00:30.73	
	00:30.73	
	

Coach feedback:

Event number: 6: 50M BUTTERFLY MEN 13+		Heat:4, starttime: 10:13
Heat: 4/5 Lane : 3 Athlete: DEMEYERE LARS		Q-time: 00:28:57
PB (50m pool): 00:48.58 Kortrijk 01/05/2022		PB (25m pool): 00:28.57 SB: no time
	5 0 M	
PB	00:48.58	
	00:48.58	
	

Coach feedback:

Event number: 6: 50M BUTTERFLY MEN 13+		Heat:5, starttime: 10:14
Heat: 5/5 Lane : 3 Athlete: BEUNENS ILIAN		Q-time: 00:27:16
PB (50m pool): 00:29.22 Brugge 15/03/2025		PB (25m pool): 00:27.16 SB: no time
	5 0 M	
PB	00:29.22	
	00:29.22	
	

Coach feedback:

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Event number: 7: 400M FREESTYLE WOMEN 13+							Heat:1, starttime: 10:15	
Heat: 1/4 Lane : 5 Athlete: BLEUZé DAKOTA							Q-time: 06:07:08	
PB (50m pool): 06:47.89 Kortrijk 26/12/2024				PB (25m pool): 06:07.08 SB: no time				
	50 M	100 M	150 M	200 M	250 M	300 M	350 M	400 M
PB	00:44.66	01:37.37	02:30.65	03:24.56	04:17.59	05:11.22	06:02.55	06:47.89
	00:44.66	00:52.71	00:53.28	00:53.91	00:53.03	00:53.63	00:51.33	00:45.34

Coach feedback:

Event number: 7: 400M FREESTYLE WOMEN 13+							Heat:2, starttime: 10:22	
Heat: 2/4 Lane : 1 Athlete: HUYSENTRUYT FLORE-MARIE							Q-time: 05:22:57	
PB (50m pool): 05:27.56 Kortrijk 26/12/2025				PB (25m pool): 05:22.57 SB: 05:27.56 Kortrijk 26/12/2025				
	50 M	100 M	150 M	200 M	250 M	300 M	350 M	400 M
PB	00:36.98	01:17.83	02:00.04	02:42.45	03:25.17	04:07.29	04:49.18	05:27.56
	00:36.98	00:40.85	00:42.21	00:42.41	00:42.72	00:42.12	00:41.89	00:38.38

Coach feedback:

Event number: 7: 400M FREESTYLE WOMEN 13+							Heat:3, starttime: 10:28	
Heat: 3/4 Lane : 3 Athlete: BONASSI HÉLÈNE							Q-time: 04:55:81	
PB (50m pool): 05:05.91 Antwerpen 20/07/2025				PB (25m pool): 04:55.81 SB: no time				
	50 M	100 M	150 M	200 M	250 M	300 M	350 M	400 M
PB	00:33.79	01:11.69	01:51.28	02:30.71	03:09.88	03:49.58	04:28.59	05:05.91
	00:33.79	00:37.90	00:39.59	00:39.43	00:39.17	00:39.70	00:39.01	00:37.32

Coach feedback:

Event number: 8: 400M FREESTYLE MEN 13+							Heat:1, starttime: 10:40	
Heat: 1/5 Lane : 3 Athlete: HEYLIGEN FELL							Q-time: 05:38:33	
PB (50m pool): 06:00.96 Kortrijk 26/12/2024				PB (25m pool): 05:38.33 SB: no time				
	50 M	100 M	150 M	200 M	250 M	300 M	350 M	400 M
PB	00:38.59	01:22.61	02:09.85	02:56.35	03:43.00	04:30.20	05:17.95	06:00.96
	00:38.59	00:44.02	00:47.24	00:46.50	00:46.65	00:47.20	00:47.75	00:43.01

Coach feedback:

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Event number: 8: 400M FREESTYLE MEN 13+							Heat:1, starttime: 10:40	
Heat: 1/5 Lane : 8 Athlete: VANLERBERGHE MATTHIAS							Q-time: 05:52:45	
PB (50m pool): 06:41.99 Kortrijk 14/05/2023				PB (25m pool): 05:52.45 SB: no time				
	50 M	100 M	150 M	200 M	250 M	300 M	350 M	400 M
PB	no time	no time	no time	no time	no time	no time	no time	06:41.99
	<i>no time</i>							

Coach feedback:

Event number: 8: 400M FREESTYLE MEN 13+							Heat:4, starttime: 10:58	
Heat: 4/5 Lane : 1 Athlete: DEMEYERE LARS							Q-time: 04:38:31	
PB (50m pool): 04:43.02 Antwerpen 20/07/2025				PB (25m pool): 04:35.84 SB: no time				
	50 M	100 M	150 M	200 M	250 M	300 M	350 M	400 M
PB	00:31.99	01:08.10	01:44.09	02:20.89	02:57.53	03:33.83	04:09.78	04:43.02
	<i>00:31.99</i>	<i>00:36.11</i>	<i>00:35.99</i>	<i>00:36.80</i>	<i>00:36.64</i>	<i>00:36.30</i>	<i>00:35.95</i>	<i>00:33.24</i>

Coach feedback:

Event number: 8: 400M FREESTYLE MEN 13+							Heat:4, starttime: 10:58	
Heat: 4/5 Lane : 6 Athlete: HUYSENTRUYT FERRE-LOUIS							Q-time: 04:35:88	
PB (50m pool): 04:49.49 Aalst 28/06/2025				PB (25m pool): 04:35.88 SB: no time				
	50 M	100 M	150 M	200 M	250 M	300 M	350 M	400 M
PB	00:33.21	01:09.69	01:46.55	02:23.58	03:00.23	03:37.64	04:14.68	04:49.49
	<i>00:33.21</i>	<i>00:36.48</i>	<i>00:36.86</i>	<i>00:37.03</i>	<i>00:36.65</i>	<i>00:37.41</i>	<i>00:37.04</i>	<i>00:34.81</i>

Coach feedback:

Event number: 8: 400M FREESTYLE MEN 13+							Heat:4, starttime: 10:58	
Heat: 4/5 Lane : 7 Athlete: BALCAEN SANDER							Q-time: 04:37:39	
PB (50m pool): 04:52.28 Antwerp 26/01/2025				PB (25m pool): 04:37.39 SB: no time				
	50 M	100 M	150 M	200 M	250 M	300 M	350 M	400 M
PB	00:32.09	01:08.90	01:46.07	02:22.94	03:00.65	03:38.69	04:16.25	04:52.28
	<i>00:32.09</i>	<i>00:36.81</i>	<i>00:37.17</i>	<i>00:36.87</i>	<i>00:37.71</i>	<i>00:38.04</i>	<i>00:37.56</i>	<i>00:36.03</i>

Coach feedback:

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

Event number: 9: 4x100M MEDLEY WOMEN 11+							Heat:1, starttime: 11:29	
Heat: 1/2 Lane : 6 Athlete: TEAM UZKZ 1							Q-time: 99:99:99	
PB (50m pool):			PB (25m pool):			SB:		
	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								

Coach feedback: