

PK LB W-Vlaanderen: Session: 3: COACH evaluation sheet for TEAM: KWZC

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

Coaches: Destoop Jens

Coaches: Desmet Lieven HEADCOACH

PB => Personal Best time

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

Event number: 20: 100M BUTTERFLY MEN 13+ Heat:4, starttime: 09:07

Heat: 4/6 Lane : 8 Athlete: BEEL NOAH Q-time: 01:13:47

PB (50m pool): 01:13.47 Antwerpen 13/07/2025 PB (25m pool): 01:12.28 SB: no time

	50 M	100 M	
PB	00:33.76	01:13.47	
	00:33.76	00:39.71	
	

Coach feedback:

Event number: 21: 100M BUTTERFLY WOMEN 13+ Heat:4, starttime: 09:19

Heat: 4/5 Lane : 8 Athlete: CARIS MARTHE Q-time: 01:15:10

PB (50m pool): 01:16.90 MOUSCRON 20/05/2024 PB (25m pool): 01:15.10 SB: no time

	50 M	100 M	
PB	no time	01:16.90	
	no time		
	

Coach feedback:

Event number: 21: 100M BUTTERFLY WOMEN 13+ Heat:5, starttime: 09:21

Heat: 5/5 Lane : 1 Athlete: BHIJA NOOR Q-time: 01:07:60

PB (50m pool): 01:09.55 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 01:07.60 SB: no time

	50 M	100 M	
PB	no time	01:09.55	
	no time		
	

Coach feedback:

PK LB W-Vlaanderen: Session: 3: COACH evaluation sheet for TEAM: KWZC

Event number: 26: 200M FREESTYLE WOMEN 13+				Heat:6, starttime: 10:30	
Heat: 6/6 Lane : 9 Athlete: CARIS MARTHE				Q-time: 02:15:90	
PB (50m pool): 02:19.19 Antwerp 28/01/2024			PB (25m pool): 02:14.58 SB: no time		
	50 M	100 M	150 M	200 M	
PB	no time	no time	no time	02:19.19	
	<i>no time</i>				
	

Coach feedback: