

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

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

Coaches: DE SAEDELEER Jodie HEADCOACH

PB => Personal Best time

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

Event number: 21: 100M BUTTERFLY WOMEN 13+ Heat:2, starttime: 09:15

Heat: 2/5 Lane : 7 Athlete: VERPLANCKE MARA Q-time: 01:30:98

PB (50m pool): 01:37.69 Kortrijk 04/05/2025 PB (25m pool): 01:30.98 SB: no time

	5 0 M	1 0 0 M
PB	00:44.79	01:37.69
	<i>00:44.79</i>	<i>00:52.90</i>

Coach feedback:

Event number: 21: 100M BUTTERFLY WOMEN 13+ Heat:3, starttime: 09:17

Heat: 3/5 Lane : 9 Athlete: VANDEN BAVIERE MARGO Q-time: 01:22:05

PB (50m pool): 01:22.05 Antwerp 02/02/2025 PB (25m pool): 01:21.41 SB: no time

	5 0 M	1 0 0 M
PB	00:37.50	01:22.05
	<i>00:37.50</i>	<i>00:44.55</i>

Coach feedback:

Event number: 22: 50M BUTTERFLY MEN 11-12 Heat:1, starttime: 09:24

Heat: 1/5 Lane : 4 Athlete: DHONDT MATTHIAS Q-time: 99:99:99

PB (50m pool): no time PB (25m pool): no time SB: no time

	5 0 M
PB	no time
	<i>no time</i>

Coach feedback:

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Event number: 22: 50M BUTTERFLY MEN 11-12		Heat:3, starttime: 09:27
Heat: 3/5 Lane : 0 Athlete: VERPLANCKE BALDER		Q-time: 00:49:49
PB (50m pool): no time		PB (25m pool): 00:49.49 SB: no time
	5 0 M	
PB	no time	
	<i>no time</i>	
	

Coach feedback:

Event number: 22: 50M BUTTERFLY MEN 11-12		Heat:4, starttime: 09:28
Heat: 4/5 Lane : 1 Athlete: VANMAELSAEKE LEON		Q-time: 00:41:91
PB (50m pool): 00:47.97 Brugge 15/03/2025		PB (25m pool): 00:41.91 SB: no time
	5 0 M	
PB	00:47.97	
	<i>00:47.97</i>	
	

Coach feedback:

Event number: 22: 50M BUTTERFLY MEN 11-12		Heat:4, starttime: 09:28
Heat: 4/5 Lane : 2 Athlete: WENES FAUSTO		Q-time: 00:41:15
PB (50m pool): 00:43.19 Antwerp 26/01/2025		PB (25m pool): 00:41.15 SB: no time
	5 0 M	
PB	00:43.19	
	<i>00:43.19</i>	
	

Coach feedback:

Event number: 22: 50M BUTTERFLY MEN 11-12		Heat:4, starttime: 09:28
Heat: 4/5 Lane : 3 Athlete: DECOCK NAND		Q-time: 00:41:01
PB (50m pool): 00:44.45 Brugge 15/03/2025		PB (25m pool): 00:41.01 SB: no time
	5 0 M	
PB	00:44.45	
	<i>00:44.45</i>	
	

Coach feedback:

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Event number: 22: 50M BUTTERFLY MEN 11-12		Heat:4, starttime: 09:28
Heat: 4/5 Lane : 8 Athlete: POOT RUBE		Q-time: 00:42:09
PB (50m pool): 00:44.44 Antwerp 26/01/2025		PB (25m pool): 00:42.09 SB: no time
	5 0 M	
PB	00:44.44	
	00:44.44	
	

Coach feedback:

Event number: 23: 200M BACKSTROKE WOMEN 13+				Heat:1, starttime: 09:31
Heat: 1/4 Lane : 5 Athlete: VERPLANCKE MARA				Q-time: 03:03:66
PB (50m pool): no time		PB (25m pool): 03:03.66 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: 24: 200M BACKSTROKE MEN 13+				Heat:3, starttime: 09:56
Heat: 3/4 Lane : 0 Athlete: PENEZ BEAU				Q-time: 02:33:39
PB (50m pool): 02:38.41 Antwerpen 13/07/2025		PB (25m pool): 02:33.39 SB: no time		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M
PB	00:36.99	01:17.10	01:58.26	02:38.41
	00:36.99	00:40.11	00:41.16	00:40.15

Coach feedback:

Event number: 25: 100M FREESTYLE MEN 11-12		Heat:1, starttime: 10:03
Heat: 1/5 Lane : 5 Athlete: VERPLANCKE BALDER		Q-time: 01:34:26
PB (50m pool): 01:34.26 Antwerpen 13/07/2025		PB (25m pool): 01:39.50 SB: no time
	5 0 M	1 0 0 M
PB	00:43.80	01:34.26
	00:43.80	00:50.46

Coach feedback:

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Event number: 25: 100M FREESTYLE MEN 11-12		Heat:1, starttime: 10:03	
Heat: 1/5 Lane : 9 Athlete: DHONDT MATTHIAS		Q-time: 99:99:99	
PB (50m pool): no time		PB (25m pool): no time SB: no time	
	50 M	100 M	
PB	no time	no time	
	<i>no time</i>		
	

Coach feedback:

Event number: 25: 100M FREESTYLE MEN 11-12		Heat:3, starttime: 10:07	
Heat: 3/5 Lane : 2 Athlete: POOT RUBE		Q-time: 01:19:96	
PB (50m pool): 01:21.64 Antwerpen 13/07/2025		PB (25m pool): 01:19.96 SB: no time	
	50 M	100 M	
PB	00:38.94	01:21.64	
	<i>00:38.94</i>	<i>00:42.70</i>	
	

Coach feedback:

Event number: 25: 100M FREESTYLE MEN 11-12		Heat:3, starttime: 10:07	
Heat: 3/5 Lane : 9 Athlete: WENES FAUSTO		Q-time: 01:21:64	
PB (50m pool): 01:24.06 Antwerpen 13/07/2025		PB (25m pool): 01:21.64 SB: no time	
	50 M	100 M	
PB	00:38.84	01:24.06	
	<i>00:38.84</i>	<i>00:45.22</i>	
	

Coach feedback:

Event number: 25: 100M FREESTYLE MEN 11-12		Heat:4, starttime: 10:09	
Heat: 4/5 Lane : 0 Athlete: DECOCK NAND		Q-time: 01:18:65	
PB (50m pool): 01:23.88 Antwerpen 13/07/2025		PB (25m pool): 01:18.65 SB: no time	
	50 M	100 M	
PB	00:39.75	01:23.88	
	<i>00:39.75</i>	<i>00:44.13</i>	
	

Coach feedback:

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Event number: 25: 100M FREESTYLE MEN 11-12			Heat:4, starttime: 10:09		
Heat: 4/5 Lane : 8 Athlete: VANMAELSAEKE LEON			Q-time: 01:18:39		
PB (50m pool): 01:37.00 Kortrijk 16/02/2025			PB (25m pool): 01:18.39 SB: no time		
	50 M	100 M			
PB	00:44.79	01:37.00			
	00:44.79	00:52.21			
			

Coach feedback:

Event number: 26: 200M FREESTYLE WOMEN 13+					Heat:4, starttime: 10:24
Heat: 4/6 Lane : 5 Athlete: VANDEN BAVIERE MARGO					Q-time: 02:22:65
PB (50m pool): 02:29.88 Antwerpen 13/07/2025			PB (25m pool): 02:22.65 SB: no time		
	50 M	100 M	150 M	200 M	
PB	00:33.74	01:11.72	01:50.97	02:29.88	
	00:33.74	00:37.98	00:39.25	00:38.91	
	

Coach feedback:

Event number: 27: 200M FREESTYLE MEN 13+					Heat:2, starttime: 10:37
Heat: 2/8 Lane : 1 Athlete: TANGHE BATIS					Q-time: 02:40:22
PB (50m pool): 02:42.21 Antwerpen 13/07/2025			PB (25m pool): 02:40.22 SB: no time		
	50 M	100 M	150 M	200 M	
PB	00:36.37	01:19.29	02:02.02	02:42.21	
	00:36.37	00:42.92	00:42.73	00:40.19	
	

Coach feedback:

Event number: 27: 200M FREESTYLE MEN 13+					Heat:3, starttime: 10:41
Heat: 3/8 Lane : 9 Athlete: RIGOLE MAURO					Q-time: 02:32:36
PB (50m pool): 02:38.35 Antwerpen 13/07/2025			PB (25m pool): 02:32.36 SB: no time		
	50 M	100 M	150 M	200 M	
PB	00:36.98	01:18.41	01:59.60	02:38.35	
	00:36.98	00:41.43	00:41.19	00:38.75	
	

Coach feedback:

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Event number: 28: 400M MEDLEY WOMEN 13+							Heat:1, starttime: 10:59	
Heat: 1/2 Lane : 3 Athlete: VERPLANCKE MARA							Q-time: 06:54:61	
PB (50m pool): no time			PB (25m pool): 06:54.61 SB: no time					
	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	no time	no time	no time	no time	no time	no time	no time	no time
	<i>no time</i>							

Coach feedback: