

PK LB W-Vlaanderen: Session: 4: COACH Evaluation sheet for TEAM: BZK

Coachinfo: Warming up from: 13:00 until 13:50. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Maene Stefaan HEADCOACH

Coaches: Vandecandelaere Ann

Coaches: Vanpoucke Liesbeth

PB => Personal Best time

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

Event number: 30: 100M BREASTSTROKE MEN 11-12 **Heat:1, starttime: 14:00**

Heat: 1/5 Lane : 2 Athlete: SCHRAMME ARTHUR **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	
PB	no time	no time	
	<i>no time</i>		
	

Coach feedback:

Event number: 30: 100M BREASTSTROKE MEN 11-12 **Heat:1, starttime: 14:00**

Heat: 1/5 Lane : 5 Athlete: DURAND JACK **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	
PB	no time	no time	
	<i>no time</i>		
	

Coach feedback:

Event number: 30: 100M BREASTSTROKE MEN 11-12 **Heat:5, starttime: 14:10**

Heat: 5/5 Lane : 7 Athlete: VERSTRAETE HENRI **Q-time: 01:35:45**

PB (50m pool): no time **PB (25m pool): 01:35.45** **SB: no time**

	5 0 M	1 0 0 M	
PB	no time	no time	
	<i>no time</i>		
	

Coach feedback:

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Event number: 32: 50M FREESTYLE WOMEN 13+		Heat:2, starttime: 14:22	
Heat: 2/4 Lane : 2 Athlete: EECKHOUT FLOOR		Q-time: 00:30:82	
PB (50m pool): 00:31.04 Antwerpen 14/07/2024		PB (25m pool): 00:30.82 SB: no time	
	50 M		
PB	00:31.04		
	00:31.04		
		

Coach feedback:

Event number: 32: 50M FREESTYLE WOMEN 13+		Heat:2, starttime: 14:22	
Heat: 2/4 Lane : 8 Athlete: DE LAERE GISÈLE		Q-time: 00:31:91	
PB (50m pool): 00:31.91 Antwerp 02/02/2025		PB (25m pool): 00:31.13 SB: no time	
	50 M		
PB	00:31.91		
	00:31.91		
		

Coach feedback:

Event number: 33: 200M BREASTSTROKE MEN 13+				Heat:2, starttime: 14:30	
Heat: 2/3 Lane : 1 Athlete: CALLEWAERT EBEN				Q-time: 03:01:23	
PB (50m pool): 03:03.93 Kortrijk 26/12/2025				PB (25m pool): 03:01.23 SB: 03:03.93 Kortrijk 26/12/2025	
	50 M	100 M	150 M	200 M	
PB	00:41.40	01:28.67	02:16.04	03:03.93	
	00:41.40	00:47.27	00:47.37	00:47.89	
	

Coach feedback:

Event number: 34: 200M BREASTSTROKE WOMEN 13+				Heat:3, starttime: 14:46	
Heat: 3/3 Lane : 7 Athlete: ANDRIES FEBE				Q-time: 02:57:46	
PB (50m pool): 02:54.92 Antwerpen 28/07/2024				PB (25m pool): 02:49.46 SB: 02:57.66 Kortrijk 26/12/2025	
	50 M	100 M	150 M	200 M	
PB	no time	no time	no time	02:54.92	
	no time				
	

Coach feedback:

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Event number: 35: 100M BACKSTROKE MEN 11+		Heat:3, starttime: 14:56	
Heat: 3/11 Lane : 2 Athlete: SCHRAMME ARTHUR		Q-time: 01:40:65	
PB (50m pool): no time		PB (25m pool): 01:40.65 SB: no time	
	50 M	100 M	
PB	no time	no time	
	<i>no time</i>		
	

Coach feedback:

Event number: 35: 100M BACKSTROKE MEN 11+		Heat:3, starttime: 14:56	
Heat: 3/11 Lane : 7 Athlete: DURAND JACK		Q-time: 01:40:98	
PB (50m pool): no time		PB (25m pool): 01:40.98 SB: no time	
	50 M	100 M	
PB	no time	no time	
	<i>no time</i>		
	

Coach feedback:

Event number: 35: 100M BACKSTROKE MEN 11+		Heat:4, starttime: 14:59	
Heat: 4/11 Lane : 4 Athlete: MICHELS LOUIS		Q-time: 01:28:71	
PB (50m pool): no time		PB (25m pool): 01:28.71 SB: no time	
	50 M	100 M	
PB	no time	no time	
	<i>no time</i>		
	

Coach feedback:

Event number: 35: 100M BACKSTROKE MEN 11+		Heat:8, starttime: 15:10	
Heat: 8/11 Lane : 8 Athlete: VERSTRAETE HENRI		Q-time: 01:15:18	
PB (50m pool): no time		PB (25m pool): 01:15.18 SB: no time	
	50 M	100 M	
PB	no time	no time	
	<i>no time</i>		
	

Coach feedback:

PK LB W-Vlaanderen: Session: 4: COACH Evaluation sheet for TEAM: BZK

Event number: 36: 100M BACKSTROKE WOMEN 13+		Heat:1, starttime: 15:19	
Heat: 1/7 Lane : 3 Athlete: BEAUPREZ ELOISE		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: 36: 100M BACKSTROKE WOMEN 13+		Heat:2, starttime: 15:22	
Heat: 2/7 Lane : 8 Athlete: VAN HULLE ENID		Q-time: 01:37:33	
PB (50m pool): no time		PB (25m pool): 01:37.33 SB: no time	
	50 M	100 M	
PB	no time	no time	
	<i>no time</i>		
	

Coach feedback:

Event number: 36: 100M BACKSTROKE WOMEN 13+		Heat:3, starttime: 15:25	
Heat: 3/7 Lane : 2 Athlete: VINTER LOUISE		Q-time: 01:23:46	
PB (50m pool): no time		PB (25m pool): 01:23.46 SB: no time	
	50 M	100 M	
PB	no time	no time	
	<i>no time</i>		
	

Coach feedback:

Event number: 36: 100M BACKSTROKE WOMEN 13+		Heat:4, starttime: 15:27	
Heat: 4/7 Lane : 0 Athlete: KIELB KORNELIA		Q-time: 01:21:66	
PB (50m pool): 01:28.90 Antwerpen 13/07/2025		PB (25m pool): 01:21.66 SB: no time	
	50 M	100 M	
PB	00:43.32	01:28.90	
	<i>00:43.32</i>	<i>00:45.58</i>	
	

Coach feedback:

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Event number: 36: 100M BACKSTROKE WOMEN 13+		Heat:4, starttime: 15:27	
Heat: 4/7 Lane : 3 Athlete: FILIMONOV VLADA		Q-time: 01:18:21	
PB (50m pool): 01:18.21 Antwerp 02/02/2025		PB (25m pool): 01:18.18 SB: no time	
	50 M	100 M	
PB	00:38.95	01:18.21	
	00:38.95	00:39.26	
	

Coach feedback:

Event number: 36: 100M BACKSTROKE WOMEN 13+		Heat:5, starttime: 15:30	
Heat: 5/7 Lane : 8 Athlete: MESTDAGH LAURE		Q-time: 01:15:36	
PB (50m pool): 01:16.99 Zwembad Brigitte Becue Oostend 10/05/2025		PB (25m pool): 01:13.93 SB: no time	
	50 M	100 M	
PB	no time	01:16.99	
	no time		
	

Coach feedback:

Event number: 36: 100M BACKSTROKE WOMEN 13+		Heat:6, starttime: 15:32	
Heat: 6/7 Lane : 8 Athlete: HAUTEKIET NANOE		Q-time: 01:13:18	
PB (50m pool): 01:13.18 Antwerp 26/01/2025		PB (25m pool): 01:11.47 SB: no time	
	50 M	100 M	
PB	00:34.97	01:13.18	
	00:34.97	00:38.21	
	

Coach feedback:

Event number: 37: 200M MEDLEY MEN 13+			Heat:1, starttime: 15:37	
Heat: 1/6 Lane : 6 Athlete: MICHELS LOUIS			Q-time: 03:02:71	
PB (50m pool): 03:14.53 Antwerpen 13/07/2025			PB (25m pool): 03:02.71 SB: no time	
	50 M	100 M	150 M	200 M
PB	00:47.59	01:40.53	02:31.23	03:14.53
	00:47.59	00:52.94	00:50.70	00:43.30

Coach feedback:

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Event number: 37: 200M MEDLEY MEN 13+					Heat:3, starttime: 15:44
Heat: 3/6 Lane : 8 Athlete: CALLEWAERT EBEN					Q-time: 02:47:15
PB (50m pool): 02:53.36 Kortrijk 26/12/2025			PB (25m pool): 02:47.15 SB: 02:53.36 Kortrijk 26/12/2025		
	50 M	100 M	150 M	200 M	
PB	00:38.24	01:26.50	02:15.35	02:53.36	
	00:38.24	00:48.26	00:48.85	00:38.01	
	

Coach feedback:

Event number: 38: 4x100M FREESTYLE WOMEN 11+							Heat:1, starttime: 16:17	
Heat: 1/2 Lane : 2 Athlete: TEAM BZK 2							Q-time: 99:99:99	
PB (50m pool):			PB (25m pool):		SB:			
	50 M	100 M	150 M	200 M	250 M	300 M	350 M	400 M
PB								

Coach feedback:

Event number: 38: 4x100M FREESTYLE WOMEN 11+							Heat:1, starttime: 16:17	
Heat: 1/2 Lane : 5 Athlete: TEAM BZK 3							Q-time: 04:54:61	
PB (50m pool):			PB (25m pool):		SB:			
	50 M	100 M	150 M	200 M	250 M	300 M	350 M	400 M
PB								

Coach feedback: