

PK LB W-Vlaanderen: Session: 4: COACH evaluation sheet for TEAM: TZT

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

Coaches: Backs Hubert

Coaches: Desmet Carl

Coaches: Desot Stefanie HEADCOACH

Coaches: De Cramer Renée

Coaches: Vandenbussche Liselotte

PB => Personal Best time

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

Event number: 31: 50M FREESTYLE MEN 13+ Heat:6, starttime: 14:19

Heat: 6/6 Lane : 4 Athlete: HUYGHELIER LOEK Q-time: 00:23:60

PB (50m pool): no time PB (25m pool): 00:23.60 SB: no time

50 M	
PB	no time
	no time

Coach feedback:

Event number: 33: 200M BREASTSTROKE MEN 13+ Heat:2, starttime: 14:30

Heat: 2/3 Lane : 2 Athlete: CHRISTIAENS LUCAS Q-time: 02:57:61

PB (50m pool): 03:14.24 Kortrijk 26/12/2024 PB (25m pool): 02:57.61 SB: no time

	50 M	100 M	150 M	200 M
PB	00:44.53	01:35.14	02:24.65	03:14.24
	00:44.53	00:50.61	00:49.51	00:49.59

Coach feedback:

Event number: 33: 200M BREASTSTROKE MEN 13+ Heat:3, starttime: 14:34

Heat: 3/3 Lane : 3 Athlete: FRANÇOIS WOUT Q-time: 02:33:18

PB (50m pool): 02:40.20 Kortrijk 26/12/2024 PB (25m pool): 02:33.18 SB: no time

	50 M	100 M	150 M	200 M
PB	00:37.20	01:18.11	01:59.79	02:40.20
	00:37.20	00:40.91	00:41.68	00:40.41

Coach feedback:

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Event number: 33: 200M BREASTSTROKE MEN 13+				Heat:3, starttime: 14:34	
Heat: 3/3 Lane : 4 Athlete: HUYGHELIER LOEK				Q-time: 02:16:08	
PB (50m pool): no time			PB (25m pool): 02:16.08 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	
	<i>no time</i>				
	

Coach feedback:

Event number: 34: 200M BREASTSTROKE WOMEN 13+				Heat:3, starttime: 14:46	
Heat: 3/3 Lane : 0 Athlete: MEULEMEESTER NORE				Q-time: 03:02:62	
PB (50m pool): 03:02.62 Antwerp 26/01/2025			PB (25m pool): 03:07.05 SB: no time		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:41.11	01:27.10	02:14.74	03:02.62	
	<i>00:41.11</i>	<i>00:45.99</i>	<i>00:47.64</i>	<i>00:47.88</i>	
	

Coach feedback:

Event number: 34: 200M BREASTSTROKE WOMEN 13+				Heat:3, starttime: 14:46	
Heat: 3/3 Lane : 1 Athlete: DARRAS NINA				Q-time: 02:59:98	
PB (50m pool): 03:21.73 Lago Gent Rozebroeken 05/05/2024			PB (25m pool): 02:59.98 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	03:21.73	
	<i>no time</i>				
	

Coach feedback:

Event number: 34: 200M BREASTSTROKE WOMEN 13+				Heat:3, starttime: 14:46	
Heat: 3/3 Lane : 4 Athlete: DESMET FIEN				Q-time: 02:49:04	
PB (50m pool): 02:53.63 MOUSCRON 20/05/2024			PB (25m pool): 02:49.04 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	02:53.63	
	<i>no time</i>				
	

Coach feedback:

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Event number: 35: 100M BACKSTROKE MEN 11+		Heat:10, starttime: 15:14	
Heat: 10/11 Lane : 4 Athlete: FRANÇOIS TIJS		Q-time: 01:04:53	
PB (50m pool): 01:07.87 Kortrijk 04/05/2025		PB (25m pool): 01:04.53 SB: no time	
	5 0 M	1 0 0 M	
PB	00:32.92	01:07.87	
	00:32.92	00:34.95	
	

Coach feedback:

Event number: 35: 100M BACKSTROKE MEN 11+		Heat:11, starttime: 15:17	
Heat: 11/11 Lane : 2 Athlete: KINDT LIAM		Q-time: 01:02:50	
PB (50m pool): 01:03.13 Eindhoven 16/03/2025		PB (25m pool): 01:02.50 SB: no time	
	5 0 M	1 0 0 M	
PB	00:30.61	01:03.13	
	00:30.61	00:32.52	
	

Coach feedback:

Event number: 35: 100M BACKSTROKE MEN 11+		Heat:11, starttime: 15:17	
Heat: 11/11 Lane : 4 Athlete: THONON MATISSE		Q-time: 00:57:80	
PB (50m pool): 01:01.25 Antwerpen 27/04/2025		PB (25m pool): 00:57.80 SB: 01:02.42 Charleroi 11/01/2026	
	5 0 M	1 0 0 M	
PB	00:30.12	01:01.25	
	00:30.12	00:31.13	
	

Coach feedback:

Event number: 36: 100M BACKSTROKE WOMEN 13+		Heat:4, starttime: 15:27	
Heat: 4/7 Lane : 2 Athlete: VAN STEENKISTE LIA		Q-time: 01:19:14	
PB (50m pool): 01:21.66 Antwerpen 20/07/2025		PB (25m pool): 01:19.14 SB: 01:22.11 Charleroi 11/01/2026	
	5 0 M	1 0 0 M	
PB	00:39.31	01:21.66	
	00:39.31	00:42.35	
	

Coach feedback:

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Event number: 36: 100M BACKSTROKE WOMEN 13+		Heat:4, starttime: 15:27	
Heat: 4/7 Lane : 7 Athlete: VANDENBROUCKE FEBE		Q-time: 01:20:20	
PB (50m pool): 01:23.99 Antwerpen 20/07/2025		PB (25m pool): 01:20.20 SB: 01:27.68 Charleroi 11/01/2026	
	50 M	100 M	
PB	00:40.13	01:23.99	
	00:40.13	00:43.86	
	

Coach feedback:

Event number: 36: 100M BACKSTROKE WOMEN 13+		Heat:5, starttime: 15:30	
Heat: 5/7 Lane : 9 Athlete: HUYBEN ISOLDE		Q-time: 01:16:24	
PB (50m pool): 01:17.20 Charleroi 11/01/2026		PB (25m pool): 01:16.24 SB: 01:17.20 Charleroi 11/01/2026	
	50 M	100 M	
PB	00:38.11	01:17.20	
	00:38.11	00:39.09	
	

Coach feedback:

Event number: 36: 100M BACKSTROKE WOMEN 13+		Heat:7, starttime: 15:35	
Heat: 7/7 Lane : 2 Athlete: CLAEYS ELENA		Q-time: 01:10:07	
PB (50m pool): 01:13.78 Antwerpen 20/07/2025		PB (25m pool): 01:10.07 SB: 01:14.17 Charleroi 11/01/2026	
	50 M	100 M	
PB	no time	01:13.78	
	no time		
	

Coach feedback:

Event number: 36: 100M BACKSTROKE WOMEN 13+		Heat:7, starttime: 15:35	
Heat: 7/7 Lane : 3 Athlete: VANDEKERCKHOVE JULIETTE		Q-time: 01:08:36	
PB (50m pool): 01:12.68 Charleroi 11/01/2026		PB (25m pool): 01:08.36 SB: 01:12.68 Charleroi 11/01/2026	
	50 M	100 M	
PB	00:34.66	01:12.68	
	00:34.66	00:38.02	
	

Coach feedback:

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Event number: 37: 200M MEDLEY MEN 13+				Heat:1, starttime: 15:37	
Heat: 1/6 Lane : 4 Athlete: DUMAREY WOUT				Q-time: 02:59:32	
PB (50m pool): 03:12.42 Kortrijk 04/05/2025			PB (25m pool): 02:59.32 SB: no time		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:44.87	01:34.82	02:30.87	03:12.42	
	00:44.87	00:49.95	00:56.05	00:41.55	
	

Coach feedback:

Event number: 37: 200M MEDLEY MEN 13+				Heat:2, starttime: 15:41	
Heat: 2/6 Lane : 1 Athlete: CHRISTIAENS LUCAS				Q-time: 02:55:13	
PB (50m pool): 02:55.13 Kortrijk 04/05/2025			PB (25m pool): 02:56.70 SB: no time		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:39.32	01:27.97	02:17.51	02:55.13	
	00:39.32	00:48.65	00:49.54	00:37.62	
	

Coach feedback:

Event number: 37: 200M MEDLEY MEN 13+				Heat:2, starttime: 15:41	
Heat: 2/6 Lane : 3 Athlete: BLOMME STAN				Q-time: 02:52:03	
PB (50m pool): 03:03.39 Antwerp 26/01/2025			PB (25m pool): 02:52.03 SB: no time		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:42.22	01:28.09	02:24.38	03:03.39	
	00:42.22	00:45.87	00:56.29	00:39.01	
	

Coach feedback:

Event number: 37: 200M MEDLEY MEN 13+				Heat:2, starttime: 15:41	
Heat: 2/6 Lane : 4 Athlete: THIELEMANS LEON				Q-time: 02:50:16	
PB (50m pool): 02:55.74 Antwerpen 20/07/2025			PB (25m pool): 02:50.16 SB: no time		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:40.33	01:25.03	02:16.50	02:55.74	
	00:40.33	00:44.70	00:51.47	00:39.24	
	

Coach feedback:

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Event number: 37: 200M MEDLEY MEN 13+				Heat:2, starttime: 15:41	
Heat: 2/6 Lane : 6 Athlete: DESANTE LEON				Q-time: 02:53:09	
PB (50m pool): 02:56.01 Antwerp 26/01/2025			PB (25m pool): 02:53.09 SB: no time		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:38.67	01:24.25	02:17.52	02:56.01	
	00:38.67	00:45.58	00:53.27	00:38.49	
	

Coach feedback:

Event number: 37: 200M MEDLEY MEN 13+				Heat:5, starttime: 15:51	
Heat: 5/6 Lane : 6 Athlete: VANDEKERCKHOVE JEROME				Q-time: 02:26:05	
PB (50m pool): 02:26.05 Antwerp 09/02/2025			PB (25m pool): 02:29.91 SB: no time		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:30.84	01:09.69	01:53.46	02:26.05	
	00:30.84	00:38.85	00:43.77	00:32.59	
	

Coach feedback:

Event number: 37: 200M MEDLEY MEN 13+				Heat:6, starttime: 15:54	
Heat: 6/6 Lane : 4 Athlete: DESMET LEENDERT				Q-time: 02:13:76	
PB (50m pool): 02:16.04 Antwerpen 27/07/2025			PB (25m pool): 02:13.24 SB: no time		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:28.92	01:04.32	01:44.89	02:16.04	
	00:28.92	00:35.40	00:40.57	00:31.15	
	

Coach feedback:

Event number: 37: 200M MEDLEY MEN 13+				Heat:6, starttime: 15:54	
Heat: 6/6 Lane : 6 Athlete: PIRLET WOUT				Q-time: 02:20:26	
PB (50m pool): 02:20.26 Antwerpen 27/07/2025			PB (25m pool): 02:22.20 SB: no time		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:28.96	01:05.39	01:47.85	02:20.26	
	00:28.96	00:36.43	00:42.46	00:32.41	
	

Coach feedback:

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Event number: 38: 4x100M FREESTYLE WOMEN 11+							Heat:2, starttime: 16:24	
Heat: 2/2 Lane : 4 Athlete: TEAM TZT 10							Q-time: 03:54:34	
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:

Event number: 38: 4x100M FREESTYLE WOMEN 11+							Heat:2, starttime: 16:24	
Heat: 2/2 Lane : 5 Athlete: TEAM TZT 11							Q-time: 04:07:32	
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:

Event number: 38: 4x100M FREESTYLE WOMEN 11+							Heat:2, starttime: 16:24	
Heat: 2/2 Lane : 7 Athlete: TEAM TZT 12							Q-time: 04:16:74	
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: