

KZK Clubkmp 2026: Session: 1: COACH evaluation sheet for TEAM: ISWIM

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

Coaches: VANMEENEN LAURA

Coaches: VANMEENEN SARA HEADCOACH

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

Event number: 1: 800M FREESTYLE WOMEN 13+ Heat:3, starttime: 10:23

Heat: 3/4 Lane : 4 Athlete: DE BRUYNE SILKE Q-time: 09:57:14

PB (50m pool): PB (25m pool): No time SB: Bree 21/12/2025

	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								
								
	4 5 0 M	5 0 0 M	5 5 0 M	6 0 0 M	6 5 0 M	7 0 0 M	7 5 0 M	8 0 0 M
PB								
								

Coach feedback:

Event number: 1: 800M FREESTYLE WOMEN 13+ Heat:4, starttime: 10:34

Heat: 4/4 Lane : 6 Athlete: VANDERMARLIERE JUNA Q-time: 09:55:62

PB (50m pool): 9:55.62 Antwerpen 20 Jul 2025 PB (25m pool): 9:35.07 SB: Antwerpen 12/10/2025

	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	31.71	1:08.12	1:45.28	2:22.46	3:00.42	3:37.83	4:15.98	4:54.25
	31.71	36.41	37.16	37.18	37.96	37.41	38.15	38.27
								
	4 5 0 M	5 0 0 M	5 5 0 M	6 0 0 M	6 5 0 M	7 0 0 M	7 5 0 M	8 0 0 M
PB	5:32.94	6:10.87	6:49.67	7:27.68	8:06.03	8:43.73	9:20.71	9:55.62
	38.69	37.93	38.80	38.01	38.35	37.70	36.98	34.91
								

Coach feedback:

Event number: 2: 1500M FREESTYLE MEN 13+ Heat:3, starttime: 11:26

Heat: 3/3 Lane : 3 Athlete: HOOGHE MAURO Q-time: 18:20:11

PB (50m pool): 18:20.11 Antwerpen 19 Jul 2025 PB (25m pool): 18:16.00 SB: Gent 09/11/2025

	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	30.30	1:05.61	1:42.75	2:19.76	2:56.47	3:33.30	4:10.48	4:47.45
	30.30	35.31	37.14	37.01	36.71	36.83	37.18	36.97
								

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	4 5 0 M	5 0 0 M	5 5 0 M	6 0 0 M	6 5 0 M	7 0 0 M	7 5 0 M	8 0 0 M
PB	5:24.03	6:00.92	6:38.07	7:15.63	7:52.35	8:29.42	9:06.14	9:43.57
	36.58	36.89	37.15	37.56	36.72	37.07	36.72	37.43
								

	8 5 0 M	9 0 0 M	9 5 0 M	1 0 0 0 M	1 0 5 0 M	1 1 0 0 M	1 1 5 0 M	1 2 0 0 M
PB	10:20.57	10:57.59	11:35.19	12:13.14	12:50.91	13:28.37	14:05.93	14:43.23
	37.00	37.02	37.60	37.95	37.77	37.46	37.56	37.30
								

	1 2 5 0 M	1 3 0 0 M	1 3 5 0 M	1 4 0 0 M	1 4 5 0 M	1 5 0 0 M	
PB	15:20.47	15:57.66	16:34.85	17:11.74	17:47.15	18:20.11	
	37.24	37.19	37.19	36.89	35.41	32.96	
							

Coach feedback:

Event number: 2: 1500M FREESTYLE MEN 13+Heat:3, starttime: 11:26

Heat: 3/3 Lane : 4 Athlete: DEHAENE JULEQ-time: 17:27:20

PB (50m pool): 17:27.20 Antwerpen 25 Jul 2025PB (25m pool): 17:11.55 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	30.33	1:05.08	1:39.94	2:15.24	2:50.21	3:25.80	4:00.75	4:36.05
	30.33	34.75	34.86	35.30	34.97	35.59	34.95	35.30
								

	4 5 0 M	5 0 0 M	5 5 0 M	6 0 0 M	6 5 0 M	7 0 0 M	7 5 0 M	8 0 0 M
PB	5:11.36	5:46.97	6:22.01	6:57.73	7:32.97	8:08.34	8:43.31	9:18.60
	35.31	35.61	35.04	35.72	35.24	35.37	34.97	35.29
								

	8 5 0 M	9 0 0 M	9 5 0 M	1 0 0 0 M	1 0 5 0 M	1 1 0 0 M	1 1 5 0 M	1 2 0 0 M
PB	9:53.34	10:28.81	11:03.61	11:39.14	12:13.88	12:49.45	13:24.48	13:59.71
	34.74	35.47	34.80	35.53	34.74	35.57	35.03	35.23
								

	1 2 5 0 M	1 3 0 0 M	1 3 5 0 M	1 4 0 0 M	1 4 5 0 M	1 5 0 0 M	
PB	14:34.49	15:09.93	15:44.72	16:19.64	16:54.47	17:27.20	
	34.78	35.44	34.79	34.92	34.83	32.73	
							

Coach feedback: