

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

Coachinfo: Warming up from: 08:00 untill 08:50.

Teamleadmeeting @

The listed starttimes are indicative!

PB => Personal Best time

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

## Event number: 1: 800M FREESTYLE WOMEN 13+

Heat:1, starttime: 10:00

Heat: 1/4 Lane : 5 Athlete: DUMORTIER ELISE

Q-time: 11:25:00

PB (50m pool):

PB (25m pool): No time SB: Antwerpen 12/10/2025

	50 M	100 M	150 M	200 M	250 M	300 M	350 M	400 M
PB								
PB	.....	.....	.....	.....	.....	.....	.....	.....
	450 M	500 M	550 M	600 M	650 M	700 M	750 M	800 M
PB	.....	.....	.....	.....	.....	.....	.....	.....

Coach feedback:

## Event number: 1: 800M FREESTYLE WOMEN 13+

Heat:1, starttime: 10:00

Heat: 1/4 Lane : 6 Athlete: ZEPHIRIN ASTRID

Q-time: 11:03:00

PB (50m pool):

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

	50 M	100 M	150 M	200 M	250 M	300 M	350 M	400 M
PB								
PB	.....	.....	.....	.....	.....	.....	.....	.....
	450 M	500 M	550 M	600 M	650 M	700 M	750 M	800 M
PB	.....	.....	.....	.....	.....	.....	.....	.....

Coach feedback:

## Event number: 1: 800M FREESTYLE WOMEN 13+

Heat:2, starttime: 10:12

Heat: 2/4 Lane : 6 Athlete: VERMAUT CELINE

Q-time: 10:37:05

PB (50m pool): 10:37.05 Kortrijk 1 May 2025

PB (25m pool): 10:15.73 SB: Maastricht 30/12/2025

	50 M	100 M	150 M	200 M	250 M	300 M	350 M	400 M
PB	35.46	1:14.03	1:53.96	2:33.71	3:13.76	3:54.05	4:34.60	5:14.49
	35.46	38.57	39.93	39.75	40.05	40.29	40.55	39.89
PB	.....	.....	.....	.....	.....	.....	.....	.....
	450 M	500 M	550 M	600 M	650 M	700 M	750 M	800 M
PB	5:55.03	6:35.46	7:15.71	7:56.74	8:37.68	9:18.20	9:58.31	10:37.05
	40.54	40.43	40.25	41.03	40.94	40.52	40.11	38.74
PB	.....	.....	.....	.....	.....	.....	.....	.....

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Event number: 1: 800M FREESTYLE WOMEN 13+

Heat:2, starttime: 10:12

Heat: 2/4 Lane : 6 Athlete: VERMAUT CELINE

Q-time: 10:37:05

PB (50m pool): 10:37.05 Kortrijk 1 May 2025

PB (25m pool): 10:15.73 SB: Maastricht 30/12/2025

	50 M	100 M	150 M	200 M	250 M	300 M	350 M	400 M
PB	35.46	1:14.03	1:53.96	2:33.71	3:13.76	3:54.05	4:34.60	5:14.49
	35.46	38.57	39.93	39.75	40.05	40.29	40.55	39.89
PB	.....	.....	.....	.....	.....	.....	.....	.....
	450 M	500 M	550 M	600 M	650 M	700 M	750 M	800 M
PB	5:55.03	6:35.46	7:15.71	7:56.74	8:37.68	9:18.20	9:58.31	10:37.05
	40.54	40.43	40.25	41.03	40.94	40.52	40.11	38.74
.....								

Coach feedback:

Event number: 1: 800M FREESTYLE WOMEN 13+

Heat:3, starttime: 10:23

Heat: 3/4 Lane : 3 Athlete: DECUPERE LAURENCE

Q-time: 10:07:01

PB (50m pool):

PB (25m pool): No time SB:

	50 M	100 M	150 M	200 M	250 M	300 M	350 M	400 M
PB								
PB	.....	.....	.....	.....	.....	.....	.....	.....
	450 M	500 M	550 M	600 M	650 M	700 M	750 M	800 M
PB								
.....								

Coach feedback:

Event number: 1: 800M FREESTYLE WOMEN 13+

Heat:4, starttime: 10:34

Heat: 4/4 Lane : 3 Athlete: FEYS FARAH

Q-time: 09:53:78

PB (50m pool):

PB (25m pool): No time SB:

	50 M	100 M	150 M	200 M	250 M	300 M	350 M	400 M
PB								
PB	.....	.....	.....	.....	.....	.....	.....	.....
	450 M	500 M	550 M	600 M	650 M	700 M	750 M	800 M
PB								
.....								

Coach feedback:

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

Event number: 1: 800M FREESTYLE WOMEN 13+

Heat:4, starttime: 10:34

Heat: 4/4 Lane : 4 Athlete: DECOUTERE IMANI

Q-time: 09:37:35

PB (50m pool): 10:05.16 Antwerpen 21 Jul 2024

PB (25m pool): 9:28.39 SB: Antwerpen 12/10/2025

	50 M	100 M	150 M	200 M	250 M	300 M	350 M	400 M
PB	32.01	1:08.10	1:44.89	2:22.20	2:59.69	3:38.42	4:16.50	4:55.56
	32.01	36.09	36.79	37.31	37.49	38.73	38.08	39.06
PB	.....	.....	.....	.....	.....	.....	.....	.....
	450 M	500 M	550 M	600 M	650 M	700 M	750 M	800 M
PB	5:34.00	6:13.32	6:52.07	7:31.02	8:09.63	8:48.46	9:27.12	10:05.16
	38.44	39.32	38.75	38.95	38.61	38.83	38.66	38.04
PB	.....	.....	.....	.....	.....	.....	.....	.....

Coach feedback:

Event number: 1: 800M FREESTYLE WOMEN 13+

Heat:4, starttime: 10:34

Heat: 4/4 Lane : 4 Athlete: DECOUTERE IMANI

Q-time: 09:37:35

PB (50m pool): 10:05.16 Antwerpen 21 Jul 2024

PB (25m pool): 9:28.39 SB: Antwerpen 12/10/2025

	50 M	100 M	150 M	200 M	250 M	300 M	350 M	400 M
PB	32.01	1:08.10	1:44.89	2:22.20	2:59.69	3:38.42	4:16.50	4:55.56
	32.01	36.09	36.79	37.31	37.49	38.73	38.08	39.06
PB	.....	.....	.....	.....	.....	.....	.....	.....
	450 M	500 M	550 M	600 M	650 M	700 M	750 M	800 M
PB	5:34.00	6:13.32	6:52.07	7:31.02	8:09.63	8:48.46	9:27.12	10:05.16
	38.44	39.32	38.75	38.95	38.61	38.83	38.66	38.04
PB	.....	.....	.....	.....	.....	.....	.....	.....

Coach feedback:

Event number: 2: 1500M FREESTYLE MEN 13+

Heat:1, starttime: 10:45

Heat: 1/3 Lane : 3 Athlete: OLSZEWSKI MAXIME

Q-time: 20:23:00

PB (50m pool):

PB (25m pool): No time SB: Gent 09/11/2025

	50 M	100 M	150 M	200 M	250 M	300 M	350 M	400 M
PB								
PB	.....	.....	.....	.....	.....	.....	.....	.....

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

	450 M	500 M	550 M	600 M	650 M	700 M	750 M	800 M
PB								
	.....	.....	.....	.....	.....	.....	.....	.....
	.....	.....	.....	.....	.....	.....	.....	.....

	850 M	900 M	950 M	1000 M	1050 M	1100 M	1150 M	1200 M
PB								
	.....	.....	.....	.....	.....	.....	.....	.....

	1250 M	1300 M	1350 M	1400 M	1450 M	1500 M	
PB							
	.....	.....	.....	.....	.....	.....	

Coach feedback:

Event number: 2: 1500M FREESTYLE MEN 13+

Heat:2, starttime: 11:06

Heat: 2/3 Lane : 4 Athlete: PICEU SEPPE

Q-time: 18:20:38

PB (50m pool): 18:20.38 Antwerpen 19 Jul 2025

PB (25m pool): 18:20.86 SB: Nijlen 16/11/2025

	50 M	100 M	150 M	200 M	250 M	300 M	350 M	400 M
PB	31.80	1:08.50	1:44.97	2:22.07	2:58.87	3:36.18	4:13.40	4:50.76
	31.80	36.70	36.47	37.10	36.80	37.31	37.22	37.36
	.....	.....	.....	.....	.....	.....	.....	.....

	450 M	500 M	550 M	600 M	650 M	700 M	750 M	800 M
PB	5:28.02	6:05.59	6:42.47	7:19.46	7:56.40	8:33.58	9:10.33	9:47.18
	37.26	37.57	36.88	36.99	36.94	37.18	36.75	36.85
	.....	.....	.....	.....	.....	.....	.....	.....

	850 M	900 M	950 M	1000 M	1050 M	1100 M	1150 M	1200 M
PB	10:24.19	11:00.78	11:37.44	12:14.31	12:51.41	13:28.44	14:05.45	14:42.68
	37.01	36.59	36.66	36.87	37.10	37.03	37.01	37.23
	.....	.....	.....	.....	.....	.....	.....	.....

	1250 M	1300 M	1350 M	1400 M	1450 M	1500 M	
PB	15:19.72	15:56.64	16:33.25	17:09.80	17:45.53	18:20.38	
	37.04	36.92	36.61	36.55	35.73	34.85	
	.....	.....	.....	.....	.....	.....	

Coach feedback:

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

**Event number: 2: 1500M FREESTYLE MEN 13+**

**Heat:2, starttime: 11:06**

**Heat: 2/3 Lane : 5 Athlete: THUYLIE VIC**

**Q-time: 18:48:87**

**PB (50m pool):**

**PB (25m pool): No time SB:**

	50 M	100 M	150 M	200 M	250 M	300 M	350 M	400 M
PB								
	.....	.....	.....	.....	.....	.....	.....	.....

	450 M	500 M	550 M	600 M	650 M	700 M	750 M	800 M
PB								
	.....	.....	.....	.....	.....	.....	.....	.....

	850 M	900 M	950 M	1000 M	1050 M	1100 M	1150 M	1200 M
PB								
	.....	.....	.....	.....	.....	.....	.....	.....

	1250 M	1300 M	1350 M	1400 M	1450 M	1500 M	
PB							
	.....	.....	.....	.....	.....	.....	

Coach feedback: