

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

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

Teamleadmeeting @

The listed starttimes are indicative!

Coaches: DE SAEDELEER Jodie

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 : 3 Athlete: VERPLANCKE MARA							Q-time: 11:48:89	
PB (50m pool):			PB (25m pool): No time SB:			Temse	17/11/2025	
	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								
	.....	.....	.....	.....	.....	.....	.....	.....
	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:1, starttime: 10:00	
Heat: 1/4 Lane : 4 Athlete: WENES JOELIA							Q-time: 11:10:00	
PB (50m pool):			PB (25m pool): No time SB:			Aartselaar	01/11/2025	
	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								
	.....	.....	.....	.....	.....	.....	.....	.....
	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:2, starttime: 10:12	
Heat: 2/4 Lane : 3 Athlete: VANDEN BAVIERE MARGO							Q-time: 10:34:33	
PB (50m pool): 10:34.33 Kortrijk 16 Feb 2025			PB (25m pool): 10:35.16 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	35.59	1:13.94	1:53.59	2:33.70	3:13.66	3:53.71	4:33.68	5:13.66
	35.59	38.35	39.65	40.11	39.96	40.05	39.97	39.98
	.....	.....	.....	.....	.....	.....	.....	.....
	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	5:53.90	6:34.10	7:14.43	7:54.92	8:35.51	9:15.67	9:55.46	10:34.33
	40.24	40.20	40.33	40.49	40.59	40.16	39.79	38.87
	.....	.....	.....	.....	.....	.....	.....	.....

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Event number: 2: 1500M FREESTYLE MEN 13+							Heat:1, starttime: 10:45	
Heat: 1/3 Lane : 5 Athlete: PENEZ BEAU							Q-time: 19:47:58	
PB (50m pool): 20:21.41 Kortrijk 16 Feb 2025			PB (25m pool): 19:47.58 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	35.12	1:14.93	1:55.32	2:35.68	3:16.24	3:56.99	4:37.67	5:18.69
	35.12	39.81	40.39	40.36	40.56	40.75	40.68	41.02
	. . . . .	. . . . .	. . . . .	. . . . .	. . . . .	. . . . .	. . . . .	. . . . .

	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	5:59.30	6:40.67	7:21.68	8:03.05	8:43.97	9:25.49	10:06.70	10:48.09
	40.61	41.37	41.01	41.37	40.92	41.52	41.21	41.39
	. . . . .	. . . . .	. . . . .	. . . . .	. . . . .	. . . . .	. . . . .	. . . . .

	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	11:29.35	12:10.66	12:51.58	13:33.05	14:14.33	14:55.74	15:36.66	16:18.29
	41.26	41.31	40.92	41.47	41.28	41.41	40.92	41.63
	. . . . .	. . . . .	. . . . .	. . . . .	. . . . .	. . . . .	. . . . .	. . . . .

	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	16:59.20	17:40.73	18:21.36	19:02.27	19:42.41	20:21.41	
	40.91	41.53	40.63	40.91	40.14	39.00	
	. . . . .	. . . . .	. . . . .	. . . . .	. . . . .	. . . . .	

Coach feedback:

Event number: 2: 1500M FREESTYLE MEN 13+							Heat:2, starttime: 11:06	
Heat: 2/3 Lane : 3 Athlete: DE MOOR MAXIME							Q-time: 19:07:13	
PB (50m pool):			PB (25m pool): No time 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								
	. . . . .	. . . . .	. . . . .	. . . . .	. . . . .	. . . . .	. . . . .	. . . . .

	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								
	. . . . .	. . . . .	. . . . .	. . . . .	. . . . .	. . . . .	. . . . .	. . . . .

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	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								
	. . . . .	. . . . .	. . . . .	. . . . .	. . . . .	. . . . .	. . . . .	. . . . .

	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							
	. . . . .	. . . . .	. . . . .	. . . . .	. . . . .	. . . . .	

Coach feedback: