

# Henri Lecluyse dag5: Session: 1: COACH Evaluation sheet for TEAM: BZK

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

Coaches: Mestdagh Hanne

PB => Personal Best time

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

**Event number: 1: 200M BACKSTROKE MIXED 10-10** Heat:1, starttime: 14:00

Heat: 1/5 Lane : 2 Athlete: LIERMAN ROEL Q-time: 99:99:99

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

	25 M	50 M	75 M	100	125	150	175	200 M
PB		no time		no time		no time		no time
	<i>no time</i>							
	.....	.....	.....	.....	.....	.....	.....	.....

Coach feedback:

**Event number: 3: 400M MEDLEY WOMEN 11+** Heat:2, starttime: 14:28

Heat: 2/7 Lane : 2 Athlete: DEWITTE ELISE Q-time: 99:99:99

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

	25 M	50 M	75 M	100 M	125 M	150 M	175 M	200 M
PB		no time		no time		no time		no time
	<i>no time</i>							
	.....	.....	.....	.....	.....	.....	.....	.....
	225 M	250 M	275 M	300	325	350	375	400 M
PB		no time		no time		no time		no time
	<i>no time</i>							
	.....	.....	.....	.....	.....	.....	.....	.....

Coach feedback:

**Event number: 3: 400M MEDLEY WOMEN 11+** Heat:4, starttime: 14:44

Heat: 4/7 Lane : 5 Athlete: KIELB KORNELIA Q-time: 99:99:99

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

	25 M	50 M	75 M	100 M	125 M	150 M	175 M	200 M
PB		no time		no time		no time		no time
	<i>no time</i>							
	.....	.....	.....	.....	.....	.....	.....	.....
	225 M	250 M	275 M	300	325	350	375	400 M
PB		no time		no time		no time		no time
	<i>no time</i>							
	.....	.....	.....	.....	.....	.....	.....	.....

Coach feedback:

# Henri Lecluyse dag5: Session: 1: COACH Evaluation sheet for TEAM: BZK

Event number: 3: 400M MEDLEY WOMEN 11+							Heat:5, starttime: 14:51	
Heat: 5/7 Lane : 2 Athlete: POSTOLACHI MARIE-LOU							Q-time: 99:99:99	
PB (25m pool): no time			PB (50m pool): no time			SB: no time		
	25 M	50 M	75 M	100 M	125 M	150 M	175 M	200 M
PB		no time		no time		no time		no time
	<i>no time</i>							
	.....	.....	.....	.....	.....	.....	.....	.....
	225 M	250 M	275 M	300	325	350	375	400 M
PB		no time		no time		no time		no time
	<i>no time</i>							
	.....	.....	.....	.....	.....	.....	.....	.....

Coach feedback:

Event number: 3: 400M MEDLEY WOMEN 11+							Heat:6, starttime: 14:59	
Heat: 6/7 Lane : 1 Athlete: CALLEWAERT ANTHE							Q-time: 99:99:99	
PB (25m pool): no time			PB (50m pool): no time			SB: no time		
	25 M	50 M	75 M	100 M	125 M	150 M	175 M	200 M
PB		no time		no time		no time		no time
	<i>no time</i>							
	.....	.....	.....	.....	.....	.....	.....	.....
	225 M	250 M	275 M	300	325	350	375	400 M
PB		no time		no time		no time		no time
	<i>no time</i>							
	.....	.....	.....	.....	.....	.....	.....	.....

Coach feedback:

Event number: 3: 400M MEDLEY WOMEN 11+							Heat:6, starttime: 14:59	
Heat: 6/7 Lane : 5 Athlete: LOCCUFIER FLEUR							Q-time: 99:99:99	
PB (25m pool): no time			PB (50m pool): no time			SB: no time		
	25 M	50 M	75 M	100 M	125 M	150 M	175 M	200 M
PB		no time		no time		no time		no time
	<i>no time</i>							
	.....	.....	.....	.....	.....	.....	.....	.....
	225 M	250 M	275 M	300	325	350	375	400 M
PB		no time		no time		no time		no time
	<i>no time</i>							
	.....	.....	.....	.....	.....	.....	.....	.....

Coach feedback:

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Event number: 4: 400M MEDLEY MEN 11+							Heat:2, starttime: 15:23	
Heat: 2/7 Lane : 5 Athlete: SCHRAMME ARTHUR							Q-time: 99:99:99	
PB (25m pool): no time			PB (50m pool): no time				SB: no time	
	25 M	50 M	75 M	100 M	125 M	150 M	175 M	200 M
PB		no time		no time		no time		no time
	<i>no time</i>							
	.....	.....	.....	.....	.....	.....	.....	.....
	225 M	250 M	275 M	300	325	350	375	400 M
PB		no time		no time		no time		no time
	<i>no time</i>							
	.....	.....	.....	.....	.....	.....	.....	.....

Coach feedback:

Event number: 4: 400M MEDLEY MEN 11+							Heat:4, starttime: 15:38	
Heat: 4/7 Lane : 2 Athlete: DURAND JACK							Q-time: 99:99:99	
PB (25m pool): no time			PB (50m pool): no time				SB: no time	
	25 M	50 M	75 M	100 M	125 M	150 M	175 M	200 M
PB		no time		no time		no time		no time
	<i>no time</i>							
	.....	.....	.....	.....	.....	.....	.....	.....
	225 M	250 M	275 M	300	325	350	375	400 M
PB		no time		no time		no time		no time
	<i>no time</i>							
	.....	.....	.....	.....	.....	.....	.....	.....

Coach feedback:

Event number: 4: 400M MEDLEY MEN 11+							Heat:6, starttime: 15:53	
Heat: 6/7 Lane : 1 Athlete: MICHELS LOUIS							Q-time: 99:99:99	
PB (25m pool): no time			PB (50m pool): no time				SB: no time	
	25 M	50 M	75 M	100 M	125 M	150 M	175 M	200 M
PB		no time		no time		no time		no time
	<i>no time</i>							
	.....	.....	.....	.....	.....	.....	.....	.....
	225 M	250 M	275 M	300	325	350	375	400 M
PB		no time		no time		no time		no time
	<i>no time</i>							
	.....	.....	.....	.....	.....	.....	.....	.....

Coach feedback:

# Henri Lecluyse dag5: Session: 1: COACH Evaluation sheet for TEAM: BZK

<b>Event number: 4: 400M MEDLEY MEN 11+</b>							<b>Heat:6, starttime: 15:53</b>	
<b>Heat: 6/7 Lane : 4 Athlete: CALLEWAERT EBEN</b>							<b>Q-time: 99:99:99</b>	
PB (25m pool): 06:34.19 Meulebeke 07/04/2024				PB (50m pool): no time SB: no time				
	<b>2 5 M</b>	<b>5 0 M</b>	<b>7 5 M</b>	<b>1 0 0 M</b>	<b>1 2 5 M</b>	<b>1 5 0 M</b>	<b>1 7 5 M</b>	<b>2 0 0 M</b>
PB		no time		no time		no time		no time
	<i>no time</i>							
	.....	.....	.....	.....	.....	.....	.....	.....
	<b>2 2 5 M</b>	<b>2 5 0 M</b>	<b>2 7 5 M</b>	<b>3 0 0</b>	<b>3 2 5</b>	<b>3 5 0</b>	<b>3 7 5</b>	<b>4 0 0 M</b>
PB		no time		no time		no time		06:34.19
	<i>no time</i>							
	.....	.....	.....	.....	.....	.....	.....	.....

Coach feedback:

<b>Event number: 4: 400M MEDLEY MEN 11+</b>							<b>Heat:7, starttime: 16:01</b>	
<b>Heat: 7/7 Lane : 3 Athlete: DEVRIESE JONATHAN</b>							<b>Q-time: 04:46:96</b>	
PB (25m pool): 04:46.96 Gent 09/11/2025				PB (50m pool): 05:07.89 SB: 04:46.96 Gent 09/11/2025				
	<b>2 5 M</b>	<b>5 0 M</b>	<b>7 5 M</b>	<b>1 0 0 M</b>	<b>1 2 5 M</b>	<b>1 5 0 M</b>	<b>1 7 5 M</b>	<b>2 0 0 M</b>
PB		00:29.86		01:05.31		01:42.72		02:19.27
	<i>00:29.86</i>		<i>00:35.45</i>		<i>00:37.41</i>		<i>00:36.55</i>	
	.....	.....	.....	.....	.....	.....	.....	.....
	<b>2 2 5 M</b>	<b>2 5 0 M</b>	<b>2 7 5 M</b>	<b>3 0 0</b>	<b>3 2 5</b>	<b>3 5 0</b>	<b>3 7 5</b>	<b>4 0 0 M</b>
PB		03:00.81		03:43.98		04:15.81		04:46.96
	<i>00:41.54</i>		<i>00:43.17</i>		<i>00:31.83</i>		<i>00:31.15</i>	
	.....	.....	.....	.....	.....	.....	.....	.....

Coach feedback:

<b>Event number: 8: 50M FREESTYLE WOMEN 11+</b>			<b>Heat:1, starttime: 17:04</b>		
<b>Heat: 1/9 Lane : 3 Athlete: MESTDAGH LAURE</b>			<b>Q-time: 99:99:99</b>		
PB (25m pool): 00:28.81 Brugge 20/10/2024		PB (50m pool): 00:29.07 SB: no time			
	<b>2 5 M</b>	<b>5 0 M</b>			
PB		00:28.81			
	<i>00:28.81</i>				
	.....	.....			

Coach feedback:

# Henri Lecluyse dag5: Session: 1: COACH Evaluation sheet for TEAM: BZK

<b>Event number: 8: 50M FREESTYLE WOMEN 11+</b>		<b>Heat:1, starttime: 17:04</b>
<b>Heat: 1/9 Lane : 4 Athlete: DICKX MIRA</b>		<b>Q-time: 99:99:99</b>
PB (25m pool): 00:38.38 Veurne 27/10/2024		PB (50m pool): no time SB: no time
	<b>25 M</b>	<b>50 M</b>
PB		00:38.38
	00:38.38	
	.....	.....

Coach feedback:

<b>Event number: 8: 50M FREESTYLE WOMEN 11+</b>		<b>Heat:6, starttime: 17:10</b>
<b>Heat: 6/9 Lane : 5 Athlete: LALOO PAULINE</b>		<b>Q-time: 00:33:59</b>
PB (25m pool): 00:33.59 WAREGEM 27/09/2025		PB (50m pool): 00:37.25 SB: 00:33.59 WAREGEM 27/09/2025
	<b>25 M</b>	<b>50 M</b>
PB		00:33.59
	00:33.59	
	.....	.....

Coach feedback:

<b>Event number: 8: 50M FREESTYLE WOMEN 11+</b>		<b>Heat:7, starttime: 17:11</b>
<b>Heat: 7/9 Lane : 1 Athlete: SALEMBIER BABETTE</b>		<b>Q-time: 00:31:70</b>
PB (25m pool): 00:31.70 WAREGEM 27/09/2025		PB (50m pool): 00:32.10 SB: 00:31.70 WAREGEM 27/09/2025
	<b>25 M</b>	<b>50 M</b>
PB		00:31.70
	00:31.70	
	.....	.....

Coach feedback:

<b>Event number: 9: 50M FREESTYLE MEN 11+</b>		<b>Heat:1, starttime: 17:15</b>
<b>Heat: 1/8 Lane : 4 Athlete: MAESEN NOAH</b>		<b>Q-time: 99:99:99</b>
PB (25m pool): no time		PB (50m pool): no time SB: no time
	<b>25 M</b>	<b>50 M</b>
PB		no time
	no time	
	.....	.....

Coach feedback:

# Henri Lecluyse dag5: Session: 1: COACH Evaluation sheet for TEAM: BZK

<b>Event number: 9: 50M FREESTYLE MEN 11+</b>		<b>Heat:8, starttime: 17:23</b>
<b>Heat: 8/8 Lane : 3 Athlete: DEVRIESE JONATHAN</b>		<b>Q-time: 00:25:46</b>
PB (25m pool): 00:25.46 Zwevegem 11/05/2025		PB (50m pool): 00:26.75 SB: 00:25.64 Diksmuide 12/10/2025
	<b>25 M</b>	<b>50 M</b>
PB		00:25.46
		00:25.46
	.....	.....

Coach feedback:

<b>Event number: 10: 4x100M MEDLEY WOMEN 11+</b>						<b>Heat:1, starttime: 17:24</b>		
<b>Heat: 1/1 Lane : 2 Athlete: TEAM BZK 1</b>						<b>Q-time: 05:26:14</b>		
PB (25m pool):		PB (50m pool):			SB:			
	<b>25 M</b>	<b>50 M</b>	<b>75 M</b>	<b>100 M</b>	<b>125 M</b>	<b>150 M</b>	<b>175 M</b>	<b>200 M</b>
PB								
	.....	.....	.....	.....	.....	.....	.....	.....
	<b>225 M</b>	<b>250 M</b>	<b>275 M</b>	<b>300</b>	<b>325</b>	<b>350</b>	<b>375</b>	<b>400 M</b>
PB								
	.....	.....	.....	.....	.....	.....	.....	.....

Coach feedback:

<b>Event number: 11: 4x100M MEDLEY MEN 11+</b>						<b>Heat:1, starttime: 17:31</b>		
<b>Heat: 1/1 Lane : 4 Athlete: TEAM BZK 2</b>						<b>Q-time: 05:28:90</b>		
PB (25m pool):		PB (50m pool):			SB:			
	<b>25 M</b>	<b>50 M</b>	<b>75 M</b>	<b>100 M</b>	<b>125 M</b>	<b>150 M</b>	<b>175 M</b>	<b>200 M</b>
PB								
	.....	.....	.....	.....	.....	.....	.....	.....
	<b>225 M</b>	<b>250 M</b>	<b>275 M</b>	<b>300</b>	<b>325</b>	<b>350</b>	<b>375</b>	<b>400 M</b>
PB								
	.....	.....	.....	.....	.....	.....	.....	.....

Coach feedback: