

Henri Lecluyse dag5: Session: 1: COACH evaluation sheet for TEAM: KWZC

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

Coaches: Destoop Jens

Coaches: Demaeght Barbara HEADCOACH

PB => Personal Best time

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

Event number: 3: 400M MEDLEY WOMEN 11+ Heat:3, starttime: 14:36

Heat: 3/7 Lane : 2 Athlete: RAMBOUR ELYNE Q-time: 99:99:99

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

	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		no time		no time		no time		no time
	<i>no time</i>							

	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 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 : 4 Athlete: VAN HOUCKE IMKE Q-time: 99:99:99

PB (25m pool): 05:57.96 Meulebeke 07/04/2024 PB (50m pool): no time SB: no time

	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		no time		no time		no time		no time
	<i>no time</i>							

	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		no time		no time		no time		05:57.96
	<i>no time</i>							

Coach feedback:

Event number: 3: 400M MEDLEY WOMEN 11+ Heat:5, starttime: 14:51

Heat: 5/7 Lane : 4 Athlete: CARIS MARTHE Q-time: 99:99:99

PB (25m pool): 05:35.88 Meulebeke 25/02/2024 PB (50m pool): 05:47.91 SB: no time

	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		no time		no time		no time		no time
	<i>no time</i>							

	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		no time		no time		no time		05:35.88
	<i>no time</i>							

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Event number: 4: 400M MEDLEY MEN 11+							Heat:7, starttime: 16:01	
Heat: 7/7 Lane : 5 Athlete: LATTE BRENT							Q-time: 05:32:14	
PB (25m pool): 05:32.14 Diksmuide 09/03/2025				PB (50m pool): 06:18.00 SB: no time				
	25 M	50 M	75 M	100 M	125 M	150 M	175 M	200 M
PB		00:36.61		01:20.70		02:03.19		02:45.31
		00:36.61		00:44.09		00:42.49		00:42.12

	225 M	250 M	275 M	300	325	350	375	400 M
PB		03:31.75		04:19.55		04:57.26		05:32.14
		00:46.44		00:47.80		00:37.71		00:34.88

Coach feedback:

Event number: 5: 200M BUTTERFLY WOMEN 11+							Heat:3, starttime: 16:16	
Heat: 3/3 Lane : 3 Athlete: BHIJA NOOR							Q-time: 02:37:56	
PB (25m pool): 02:37.56 Sint-Amandsberg 19/10/2025				PB (50m pool): no time SB: 02:37.56 Sint-Amandsberg 19/10/2025				
	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:33.31		01:12.72		01:54.70		02:37.56
		00:33.31		00:39.41		00:41.98		00:42.86

Coach feedback:

Event number: 6: 200M BUTTERFLY MEN 11+							Heat:3, starttime: 16:31	
Heat: 3/3 Lane : 3 Athlete: BEEL NOAH							Q-time: 02:47:36	
PB (25m pool): 02:53.36 Sint-Amandsberg 19/10/2025				PB (50m pool): 02:47.36 SB: 02:53.36 Sint-Amandsberg 19/10/2025				
	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:38.98		01:22.91		02:09.53		02:53.36
		00:38.98		00:43.93		00:46.62		00:43.83

Coach feedback:

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Event number: 8: 50M FREESTYLE WOMEN 11+		Heat:8, starttime: 17:12
Heat: 8/9 Lane : 2 Athlete: RAMBOUR ELYNE		Q-time: 00:29:97
PB (25m pool): 00:29.97 Zwevegem 11/05/2025		PB (50m pool): 00:30.78 SB: 00:30.78 Sint-Amandsberg 19/10/2025
	25 M	50 M
PB		00:29.97
	00:29.97	

Coach feedback:

Event number: 8: 50M FREESTYLE WOMEN 11+		Heat:8, starttime: 17:12
Heat: 8/9 Lane : 4 Athlete: VAN HOUCKE IMKE		Q-time: 00:29:96
PB (25m pool): 00:29.96 WAREGEM 27/09/2025		PB (50m pool): 00:29.99 SB: 00:29.96 WAREGEM 27/09/2025
	25 M	50 M
PB		00:29.96
	00:29.96	

Coach feedback:

Event number: 8: 50M FREESTYLE WOMEN 11+		Heat:9, starttime: 17:13
Heat: 9/9 Lane : 3 Athlete: CARIS MARTHE		Q-time: 00:27:10
PB (25m pool): 00:27.10 Gent 09/11/2025		PB (50m pool): 00:27.88 SB: 00:27.10 Gent 09/11/2025
	25 M	50 M
PB		00:27.10
	00:27.10	

Coach feedback:

Event number: 8: 50M FREESTYLE WOMEN 11+		Heat:9, starttime: 17:13
Heat: 9/9 Lane : 4 Athlete: BHIJA NOOR		Q-time: 00:28:09
PB (25m pool): 00:28.09 DIKSMUIDE 30/11/2025		PB (50m pool): 00:28.35 SB: 00:28.09 DIKSMUIDE 30/11/2025
	25 M	50 M
PB		00:28.09
	00:28.09	

Coach feedback:

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Event number: 9: 50M FREESTYLE MEN 11+		Heat:8, starttime: 17:23	
Heat: 8/8 Lane : 1 Athlete: BEEL NOAH		Q-time: 00:29:23	
PB (25m pool): 00:29.23 Sint-Amandsberg 19/10/2025		PB (50m pool): 00:31.96 SB: 00:29.23 Sint-Amandsberg 19/10/2025	
	25 M	50 M	
PB		00:29.23	
	00:29.23		
	

Coach feedback:

Event number: 9: 50M FREESTYLE MEN 11+		Heat:8, starttime: 17:23	
Heat: 8/8 Lane : 2 Athlete: LATTE BRENT		Q-time: 00:28:05	
PB (25m pool): 00:28.05 WAREGEM 27/09/2025		PB (50m pool): 00:27.99 SB: 00:28.05 WAREGEM 27/09/2025	
	25 M	50 M	
PB		00:28.05	
	00:28.05		
	

Coach feedback:

Event number: 10: 4x100M MEDLEY WOMEN 11+						Heat:1, starttime: 17:24		
Heat: 1/1 Lane : 4 Athlete: TEAM KWZC 1						Q-time: 04:45:93		
PB (25m pool):		PB (50m pool):			SB:			
	25 M	50 M	75 M	100 M	125 M	150 M	175 M	200 M
PB								
	
	225 M	250 M	275 M	300	325	350	375	400 M
PB								
	

Coach feedback: