

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

Coachinfo: Warming up from: 13:30 until 14:20. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Decabooter Geert HEADCOACH

Coaches: Destoop Jens

PB => Personal Best time

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

Event number: 3: 100M MEDLEY WOMEN 11+ Heat:5, starttime: 14:48

Heat: 5/8 Lane : 4 Athlete: RAMBOUR ELYNE Q-time: 01:17:73

PB (25m pool): 01:17.73 WAREGEM 27/09/2025 PB (50m pool): no time SB: 01:17.73 WAREGEM 27/09/2025

	25 M	50 M	75 M	100 M	
PB		no time		01:17.73	
	<i>no time</i>				
	

Coach feedback:

Event number: 3: 100M MEDLEY WOMEN 11+ Heat:6, starttime: 14:49

Heat: 6/8 Lane : 5 Athlete: VAN HOUCKE IMKE Q-time: 01:15:20

PB (25m pool): 01:15.20 WAREGEM 27/09/2025 PB (50m pool): no time SB: 01:15.20 WAREGEM 27/09/2025

	25 M	50 M	75 M	100 M	
PB		no time		01:15.20	
	<i>no time</i>				
	

Coach feedback:

Event number: 3: 100M MEDLEY WOMEN 11+ Heat:8, starttime: 14:53

Heat: 8/8 Lane : 3 Athlete: CARIS MARTHE Q-time: 01:08:80

PB (25m pool): 01:08.80 WAREGEM 27/09/2025 PB (50m pool): no time SB: 01:08.80 WAREGEM 27/09/2025

	25 M	50 M	75 M	100 M	
PB		no time		01:08.80	
	<i>no time</i>				
	

Coach feedback:

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Event number: 3: 100M MEDLEY WOMEN 11+				Heat:8, starttime: 14:53	
Heat: 8/8 Lane : 8 Athlete: BHIJA NOOR				Q-time: 01:11:82	
PB (25m pool): 01:11.82 WAREGEM 27/09/2025			PB (50m pool): no time SB: 01:11.82 WAREGEM 27/09/2025		
	25 M	50 M	75 M	100 M	
PB		no time		01:11.82	
	<i>no time</i>				
	

Coach feedback:

Event number: 4: 100M MEDLEY MEN 11+				Heat:6, starttime: 15:05	
Heat: 6/7 Lane : 4 Athlete: LATTE BRENT				Q-time: 01:08:58	
PB (25m pool): 01:08.58 WAREGEM 27/09/2025			PB (50m pool): no time SB: 01:08.58 WAREGEM 27/09/2025		
	25 M	50 M	75 M	100 M	
PB		no time		01:08.58	
	<i>no time</i>				
	

Coach feedback:

Event number: 6: 100M FREESTYLE WOMEN 11+				Heat:5, starttime: 15:21	
Heat: 5/7 Lane : 6 Athlete: RAMBOUR ELYNE				Q-time: 01:05:60	
PB (25m pool): 01:05.60 Zwevegem 11/05/2025			PB (50m pool): 01:07.29 SB: 01:06.83 leper 04/01/2026		
	25 M	50 M	75 M	100 M	
PB		00:32.06		01:05.60	
	<i>00:32.06</i>		<i>00:33.54</i>		
	

Coach feedback:

Event number: 6: 100M FREESTYLE WOMEN 11+				Heat:6, starttime: 15:23	
Heat: 6/7 Lane : 1 Athlete: VAN HOUCKE IMKE				Q-time: 01:03:58	
PB (25m pool): 01:03.58 Zwembad De Treffer 06/04/2026			PB (50m pool): 01:05.15 SB: 01:03.58 Zwembad De Treffer 06/04/2026		
	25 M	50 M	75 M	100 M	
PB		00:30.80		01:03.58	
	<i>00:30.80</i>		<i>00:32.78</i>		
	

Coach feedback:

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Event number: 6: 100M FREESTYLE WOMEN 11+				Heat:7, starttime: 15:24	
Heat: 7/7 Lane : 3 Athlete: BHIJA NOOR				Q-time: 01:00:53	
PB (25m pool): 01:00.53 Zwembad De Treffer 06/04/2026			PB (50m pool): 01:00.56 SB: 01:00.53 Zwembad De Treffer 06/04/2026		
	25 M	50 M	75 M	100 M	
PB		00:29.21		01:00.53	
	00:29.21		00:31.32		
	

Coach feedback:

Event number: 6: 100M FREESTYLE WOMEN 11+				Heat:7, starttime: 15:24	
Heat: 7/7 Lane : 6 Athlete: CARIS MARTHE				Q-time: 01:00:94	
PB (25m pool): 01:00.51 Braine l Alleud 31/03/2024			PB (50m pool): 01:01.25 SB: 01:00.94 Zwembad De Treffer 06/04/2026		
	25 M	50 M	75 M	100 M	
PB		no time		01:00.51	
	no time				
	

Coach feedback:

Event number: 7: 100M FREESTYLE MEN 11+				Heat:6, starttime: 15:35	
Heat: 6/7 Lane : 7 Athlete: LATTE BRENT				Q-time: 01:00:08	
PB (25m pool): 01:00.08 Zwembad De Treffer 06/04/2026			PB (50m pool): 01:01.81 SB: 01:00.08 Zwembad De Treffer 06/04/2026		
	25 M	50 M	75 M	100 M	
PB		02:00.36		01:00.08	
	02:00.36				
	

Coach feedback:

Event number: 8: 100M BREASTSTROKE WOMEN 11+				Heat:3, starttime: 16:03	
Heat: 3/4 Lane : 1 Athlete: RAMBOUR ELYNE				Q-time: 01:25:05	
PB (25m pool): 01:25.05 Gent 23/02/2025			PB (50m pool): 01:28.97 SB: 01:27.16 Sint-Amandsberg 19/10/2025		
	25 M	50 M	75 M	100 M	
PB		00:40.39		01:25.05	
	00:40.39		00:44.66		
	

Coach feedback:

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Event number: 8: 100M BREASTSTROKE WOMEN 11+				Heat:4, starttime: 16:04	
Heat: 4/4 Lane : 7 Athlete: CARIS MARTHE				Q-time: 01:20:37	
PB (25m pool): 01:17.15 Braine I Alleud 31/03/2024			PB (50m pool): 01:20.89 SB: 01:22.01 Zwembad De Treffer 06/04/2026		
	25 M	50 M	75 M	100 M	
PB		no time		01:17.15	
	<i>no time</i>				
	

Coach feedback:

Event number: 9: 100M BREASTSTROKE MEN 11+				Heat:2, starttime: 16:09	
Heat: 2/2 Lane : 6 Athlete: LATTE BRENT				Q-time: 01:16:63	
PB (25m pool): 01:16.63 Zwembad De Treffer 06/04/2026			PB (50m pool): 01:19.72 SB: 01:16.63 Zwembad De Treffer 06/04/2026		
	25 M	50 M	75 M	100 M	
PB		00:35.79		01:16.63	
	<i>00:35.79</i>		<i>00:40.84</i>		
	

Coach feedback:

Event number: 11: 100M BACKSTROKE WOMEN 11+				Heat:3, starttime: 16:19	
Heat: 3/3 Lane : 1 Athlete: VAN HOUCKE IMKE				Q-time: 01:12:81	
PB (25m pool): 01:11.91 Meulebeke 19/04/2026			PB (50m pool): 01:14.65 SB: 01:11.91 Meulebeke 19/04/2026		
	25 M	50 M	75 M	100 M	
PB		no time		01:11.91	
	<i>no time</i>				
	

Coach feedback:

Event number: 13: 100M BUTTERFLY WOMEN 11+				Heat:1, starttime: 16:31	
Heat: 1/1 Lane : 4 Athlete: BHIJA NOOR				Q-time: 01:07:13	
PB (25m pool): 01:07.13 Zwembad De Treffer 06/04/2026			PB (50m pool): 01:07.81 SB: 01:07.13 Zwembad De Treffer 06/04/2026		
	25 M	50 M	75 M	100 M	
PB		00:30.41		01:07.13	
	<i>00:30.41</i>		<i>00:36.72</i>		
	

Coach feedback: