

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

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

Coaches: Dewulf Bart HEADCOACH

Coaches: Duck Chantal

PB => Personal Best time

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

Event number: 3: 100M MEDLEY WOMEN 11+ Heat:3, starttime: 14:44

Heat: 3/8 Lane : 7 Athlete: ZEPHIRIN ASTRID Q-time: 01:26:56

PB (25m pool): 01:26.56 Menen 01/06/2025 PB (50m pool): no time SB: no time

	25 M	50 M	75 M	100 M	
PB		no time		01:26.56	
	<i>no time</i>				
	

Coach feedback:

Event number: 3: 100M MEDLEY WOMEN 11+ Heat:4, starttime: 14:46

Heat: 4/8 Lane : 4 Athlete: LEMAHIEU LIESE Q-time: 01:20:26

PB (25m pool): 01:20.26 Diksmuide 08/02/2026 PB (50m pool): no time SB: 01:20.26 Diksmuide 08/02/2026

	25 M	50 M	75 M	100 M	
PB		00:38.93		01:20.26	
	<i>00:38.93</i>		<i>00:41.33</i>		
	

Coach feedback:

Event number: 4: 100M MEDLEY MEN 11+ Heat:3, starttime: 14:59

Heat: 3/7 Lane : 7 Athlete: VICTOR MILO Q-time: 01:22:53

PB (25m pool): 01:22.53 Diksmuide 08/02/2026 PB (50m pool): no time SB: 01:22.53 Diksmuide 08/02/2026

	25 M	50 M	75 M	100 M	
PB		00:38.12		01:22.53	
	<i>00:38.12</i>		<i>00:44.41</i>		
	

Coach feedback:

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Event number: 4: 100M MEDLEY MEN 11+				Heat:4, starttime: 15:01	
Heat: 4/7 Lane : 5 Athlete: PROVOOST WARRE				Q-time: 01:16:63	
PB (25m pool): 01:16.63 Diksmuide 08/02/2026			PB (50m pool): no time SB: 01:16.63 Diksmuide 08/02/2026		
	25 M	50 M	75 M	100 M	
PB		00:36.93		01:16.63	
	00:36.93		00:39.70		
	

Coach feedback:

Event number: 4: 100M MEDLEY MEN 11+				Heat:4, starttime: 15:01	
Heat: 4/7 Lane : 7 Athlete: OLSZEWSKI MAXIME				Q-time: 01:18:35	
PB (25m pool): 01:18.35 Diksmuide 08/02/2026			PB (50m pool): no time SB: 01:18.35 Diksmuide 08/02/2026		
	25 M	50 M	75 M	100 M	
PB		00:37.62		01:18.35	
	00:37.62		00:40.73		
	

Coach feedback:

Event number: 4: 100M MEDLEY MEN 11+				Heat:7, starttime: 15:06	
Heat: 7/7 Lane : 6 Athlete: DEBRUYNE HANNES				Q-time: 01:05:85	
PB (25m pool): 01:05.85 Diksmuide 08/02/2026			PB (50m pool): no time SB: 01:05.85 Diksmuide 08/02/2026		
	25 M	50 M	75 M	100 M	
PB		00:29.72		01:05.85	
	00:29.72		00:36.13		
	

Coach feedback:

Event number: 6: 100M FREESTYLE WOMEN 11+				Heat:2, starttime: 15:16	
Heat: 2/7 Lane : 5 Athlete: LEMAHIEU LIESE				Q-time: 01:12:10	
PB (25m pool): 01:13.45 leper 04/01/2026			PB (50m pool): 01:12.10 SB: 01:13.45 leper 04/01/2026		
	25 M	50 M	75 M	100 M	
PB		00:35.27		01:13.45	
	00:35.27		00:38.18		
	

Coach feedback:

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Event number: 6: 100M FREESTYLE WOMEN 11+				Heat:4, starttime: 15:19	
Heat: 4/7 Lane : 5 Athlete: ZEPHIRIN ASTRID				Q-time: 01:07:60	
PB (25m pool): 01:07.60 Ettelbruck 19/04/2026			PB (50m pool): 01:09.85 SB: 01:07.60 Ettelbruck 19/04/2026		
	25 M	50 M	75 M	100 M	
PB		00:32.30		01:07.60	
	00:32.30		00:35.30		
	

Coach feedback:

Event number: 7: 100M FREESTYLE MEN 11+				Heat:2, starttime: 15:28	
Heat: 2/7 Lane : 5 Athlete: VICTOR MILO				Q-time: 01:12:93	
PB (25m pool): 01:14.43 leper 04/01/2026			PB (50m pool): 01:12.93 SB: 01:14.43 leper 04/01/2026		
	25 M	50 M	75 M	100 M	
PB		00:35.60		01:14.43	
	00:35.60		00:38.83		
	

Coach feedback:

Event number: 7: 100M FREESTYLE MEN 11+				Heat:4, starttime: 15:32	
Heat: 4/7 Lane : 2 Athlete: PROVOOST WARRE				Q-time: 01:06:75	
PB (25m pool): 01:06.75 leper 04/01/2026			PB (50m pool): 01:07.53 SB: 01:06.75 leper 04/01/2026		
	25 M	50 M	75 M	100 M	
PB		00:32.68		01:06.75	
	00:32.68		00:34.07		
	

Coach feedback:

Event number: 7: 100M FREESTYLE MEN 11+				Heat:7, starttime: 15:36	
Heat: 7/7 Lane : 1 Athlete: DEBRUYNE HANNES				Q-time: 00:57:75	
PB (25m pool): 00:58.13 Ettelbruck 20/04/2025			PB (50m pool): 00:57.75 SB: no time		
	25 M	50 M	75 M	100 M	
PB		00:28.04		00:58.13	
	00:28.04		00:30.09		
	

Coach feedback:

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Event number: 8: 100M BREASTSTROKE WOMEN 11+				Heat:3, starttime: 16:03	
Heat: 3/4 Lane : 5 Athlete: LEMAHIEU LIESE				Q-time: 01:21:28	
PB (25m pool): 01:24.01 Diksmuide 08/02/2026			PB (50m pool): 01:21.28 SB: 01:24.01 Diksmuide 08/02/2026		
	25 M	50 M	75 M	100 M	
PB		00:40.51		01:24.01	
	00:40.51		00:43.50		
	

Coach feedback:

Event number: 9: 100M BREASTSTROKE MEN 11+				Heat:1, starttime: 16:07	
Heat: 1/2 Lane : 1 Athlete: OLSZEWSKI MAXIME				Q-time: 01:28:58	
PB (25m pool): 01:28.58 Diksmuide 08/02/2026			PB (50m pool): 01:32.42 SB: 01:28.58 Diksmuide 08/02/2026		
	25 M	50 M	75 M	100 M	
PB		00:41.13		01:28.58	
	00:41.13		00:47.45		
	

Coach feedback:

Event number: 11: 100M BACKSTROKE WOMEN 11+				Heat:2, starttime: 16:17	
Heat: 2/3 Lane : 1 Athlete: ZEPHIRIN ASTRID				Q-time: 01:18:51	
PB (25m pool): 01:18.51 Ettelbruck 19/04/2026			PB (50m pool): 01:19.92 SB: 01:18.51 Ettelbruck 19/04/2026		
	25 M	50 M	75 M	100 M	
PB		00:38.78		01:18.51	
	00:38.78		00:39.73		
	

Coach feedback:

Event number: 12: 100M BACKSTROKE MEN 11+				Heat:3, starttime: 16:27	
Heat: 3/4 Lane : 7 Athlete: PROVOOST WARRE				Q-time: 01:15:62	
PB (25m pool): 01:17.76 Ettelbruck 19/04/2026			PB (50m pool): 01:15.62 SB: 01:17.76 Ettelbruck 19/04/2026		
	25 M	50 M	75 M	100 M	
PB		00:38.72		01:17.76	
	00:38.72		00:39.04		
	

Coach feedback:

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Event number: 14: 100M BUTTERFLY MEN 11+				Heat:1, starttime: 16:34	
Heat: 1/2 Lane : 3 Athlete: VICTOR MILO				Q-time: 01:21:11	
PB (25m pool): 01:29.34 leper 04/01/2026			PB (50m pool): 01:21.11 SB: 01:29.34 leper 04/01/2026		
	25 M	50 M	75 M	100 M	
PB		00:40.14		01:29.34	
	00:40.14		00:49.20		
	

Coach feedback:

Event number: 14: 100M BUTTERFLY MEN 11+				Heat:1, starttime: 16:34	
Heat: 1/2 Lane : 4 Athlete: OLSZEWSKI MAXIME				Q-time: 01:16:92	
PB (25m pool): 01:16.92 Ettelbruck 19/04/2026			PB (50m pool): 01:23.30 SB: 01:16.92 Ettelbruck 19/04/2026		
	25 M	50 M	75 M	100 M	
PB		00:35.36		01:16.92	
	00:35.36		00:41.56		
	

Coach feedback:

Event number: 14: 100M BUTTERFLY MEN 11+				Heat:2, starttime: 16:36	
Heat: 2/2 Lane : 5 Athlete: DEBRUYNE HANNES				Q-time: 01:04:29	
PB (25m pool): 01:04.29 Ettelbruck 20/04/2025			PB (50m pool): 01:01.98 SB: no time		
	25 M	50 M	75 M	100 M	
PB		00:30.12		01:04.29	
	00:30.12		00:34.17		
	

Coach feedback: