

Memorial Anteunis 25: Session: 3: COACH evaluation sheet for TEAM: KWZC

Coachinfo: Warming up from: 08:00 untill 08:50. Teamleadmeeting @ 08:45 Relay line-up input: The listed starttimes are indicative!

Coaches: Destoop Jens

Coaches: Nellen Maik HEADCOACH

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

Event number: 20: 200M BREASTSTROKE MEN 11-17							Heat:2, starttime: 09:29	
Heat: 2/6 Lane : 1 Athlete: BEEL NOAH							Q-time: 03:23:54	
PB (25m pool): 03:23.54 leper 05/01/2025							PB (50m pool): no time SB: no time	
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:46.78		01:39.21		no time		03:23.54
	00:46.78		00:52.43					
								

Coach feedback:

Event number: 20: 200M BREASTSTROKE MEN 11-17							Heat:5, starttime: 09:41	
Heat: 5/6 Lane : 1 Athlete: LATTE BRENT							Q-time: 02:51:46	
PB (25m pool): 02:51.46 Gent 23/02/2025							PB (50m pool): 02:55.71 SB: no time	
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:38.55		01:23.06		02:08.94		02:51.46
	00:38.55		00:44.51		00:45.88		00:42.52	
								

Coach feedback:

Event number: 21: 200M BACKSTROKE WOMEN 11-17							Heat:7, starttime: 10:09	
Heat: 7/11 Lane : 9 Athlete: RAMBOUR ELYNE							Q-time: 02:48:47	
PB (25m pool): 02:48.47 Brugge 20/10/2024							PB (50m pool): 03:12.00 SB: no time	
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:41.90		01:25.82		02:07.93		02:48.47
	00:41.90		00:43.92		00:42.11		00:40.54	
								

Coach feedback:

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Event number: 21: 200M BACKSTROKE WOMEN 11-17							Heat:9, starttime: 10:16	
Heat: 9/11 Lane : 8 Athlete: VAN HOUCKE IMKE							Q-time: 02:38:15	
PB (25m pool): 02:38.15 Gent 23/02/2025				PB (50m pool): 02:38.92 SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:37.33		01:17.46		01:58.26		02:38.15
	00:37.33		00:40.13		00:40.80		00:39.89	
								

Coach feedback:

Event number: 22: 200M BACKSTROKE MEN 11-17							Heat:2, starttime: 10:29	
Heat: 2/9 Lane : 9 Athlete: LAVAERT CLÃ©MENT							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	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		no time		no time		no time
	no time							
								

Coach feedback:

Event number: 23: 200M BUTTERFLY WOMEN 11-17							Heat:2, starttime: 11:00	
Heat: 2/2 Lane : 5 Athlete: BHIJA NOOR							Q-time: 02:43:09	
PB (25m pool): 02:43.09 leper 05/01/2025				PB (50m pool): no time SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:34.68		01:15.41		no time		02:43.09
	00:34.68		00:40.73					
								

Coach feedback:

Event number: 24: 200M BUTTERFLY MEN 11-17							Heat:1, starttime: 11:03	
Heat: 1/2 Lane : 3 Athlete: BEEL NOAH							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	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		no time		no time		no time
	no time							
								

Coach feedback:

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Event number: 25: 200M FREESTYLE WOMEN 11-17							Heat:12, starttime: 11:47	
Heat: 12/17 Lane : 0 Athlete: RAMBOUR ELYNE							Q-time: 02:24:69	
PB (25m pool): 02:34.44 LAGO Club Fit 03/12/2023				PB (50m pool): 02:24.69 SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		no time		no time		02:34.44
	no time							
								

Coach feedback:

Event number: 25: 200M FREESTYLE WOMEN 11-17							Heat:14, starttime: 11:53	
Heat: 14/17 Lane : 8 Athlete: VAN HOUCKE IMKE							Q-time: 02:20:43	
PB (25m pool): 02:20.43 Gent 23/02/2025				PB (50m pool): 02:21.30 SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:33.25		01:08.97		01:45.29		02:20.43
	00:33.25		00:35.72		00:36.32		00:35.14	
								

Coach feedback:

Event number: 26: 200M FREESTYLE MEN 11-17							Heat:1, starttime: 12:04	
Heat: 1/16 Lane : 9 Athlete: BHIJA NASSIM							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	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		no time		no time		no time
	no time							
								

Coach feedback:

Event number: 26: 200M FREESTYLE MEN 11-17							Heat:4, starttime: 12:15	
Heat: 4/16 Lane : 4 Athlete: LAVAERT CLÃ©MENT							Q-time: 02:38:14	
PB (25m pool): no time			PB (50m pool): 02:38.14 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		no time		no time		no time
	no time							
								

Coach feedback:

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Event number: 26: 200M FREESTYLE MEN 11-17							Heat:16, starttime: 12:49	
Heat: 16/16 Lane : 7 Athlete: BHIJA TARIQ							Q-time: 01:58:41	
PB (25m pool): 01:58.41 Diksmuide 17/11/2024							PB (50m pool): 01:59.60 SB: no time	
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:27.45		00:57.74		01:28.80		01:58.41
	00:27.45		00:30.29		00:31.06		00:29.61	
								

Coach feedback: