

Midwintertest: Session: 1: COACH evaluation sheet for TEAM: ZCK

Coachinfo: Warming up from: 13:00 untill 13:45. Teamleadmeeting @ 13:45 The listed starttimes are indicative!

Coaches: Kennes Kylian

Coaches: Van den Brande Liesbeth

PB => Personal Best time

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

Event number: 2: 100M BUTTERFLY MEN **Heat:2, starttime: 14:07**

Heat: 2/2 Lane : 6 Athlete: BAKX WARRE **Q-time: 01:08:03**

PB (50m pool): 01:08.03 Antwerpen 21/07/2024 **PB (25m pool): 01:03.90 SB: no time**

	5 0 M	1 0 0 M	
PB	no time	01:08.03	
	<i>no time</i>		
			

Coach feedback:

Event number: 2: 100M BUTTERFLY MEN **Heat:2, starttime: 14:07**

Heat: 2/2 Lane : 7 Athlete: VAN LOON BAS **Q-time: 01:10:49**

PB (50m pool): 01:10.49 Lago Gent Rozebroeken 04/05/2025 **PB (25m pool): 01:10.24 SB: no time**

	5 0 M	1 0 0 M	
PB	00:32.24	01:10.49	
	<i>00:32.24</i>	<i>00:38.25</i>	
			

Coach feedback:

Event number: 3: 100M BACKSTROKE WOMEN **Heat:1, starttime: 14:09**

Heat: 1/5 Lane : 4 Athlete: SCHAERLAEKEN NOOR **Q-time: 99:99:99**

PB (50m pool): no time **PB (25m pool): 01:32.87 SB: no time**

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

Coach feedback:

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Event number: 3: 100M BACKSTROKE WOMEN			Heat:1, starttime: 14:09
Heat: 1/5 Lane : 5 Athlete: SCHAERLAEKEN LANA			Q-time: 99:99:99
PB (50m pool): no time PB (25m pool): 01:37.42 SB: no time			
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		

Coach feedback:

Event number: 3: 100M BACKSTROKE WOMEN			Heat:2, starttime: 14:12
Heat: 2/5 Lane : 8 Athlete: DE SAEGER JULIE			Q-time: 99:99:99
PB (50m pool): no time PB (25m pool): no time SB: no time			
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		

Coach feedback:

Event number: 3: 100M BACKSTROKE WOMEN			Heat:3, starttime: 14:15
Heat: 3/5 Lane : 4 Athlete: JACOBS LAURIEN			Q-time: 01:22:50
PB (50m pool): 01:22.50 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 01:19.66 SB: no time			
	5 0 M	1 0 0 M	
PB	00:39.31	01:22.50	
	00:39.31	00:43.19	

Coach feedback:

Event number: 3: 100M BACKSTROKE WOMEN			Heat:3, starttime: 14:15
Heat: 3/5 Lane : 5 Athlete: NUYTKENS MARIE			Q-time: 01:23:13
PB (50m pool): 01:23.13 Antwerpen 20/07/2025 PB (25m pool): 01:19.42 SB: no time			
	5 0 M	1 0 0 M	
PB	00:40.45	01:23.13	
	00:40.45	00:42.68	

Coach feedback:

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Event number: 4: 100M BACKSTROKE MEN				Heat:1, starttime: 14:22
Heat: 1/3 Lane : 7 Athlete: VANDERWEE MATTIAS				Q-time: 99:99:99
PB (50m pool): no time		PB (25m pool): 01:28.83 SB: no time		
	5 0 M	1 0 0 M		
PB	no time	no time		
	no time			
				

Coach feedback:

Event number: 5: 100M BREASTSTROKE WOMEN				Heat:2, starttime: 14:32
Heat: 2/4 Lane : 7 Athlete: VAN HOOMISSEN CHELSEA				Q-time: 01:44:02
PB (50m pool): 01:44.02 Antwerpen 14/07/2024		PB (25m pool): 01:34.18 SB: no time		
	5 0 M	1 0 0 M		
PB	no time	01:44.02		
	no time			
				

Coach feedback:

Event number: 7: 100M FREESTYLE WOMEN				Heat:1, starttime: 14:45
Heat: 1/2 Lane : 3 Athlete: DE SITTER KIRA				Q-time: 01:20:11
PB (50m pool): 01:20.11 Antwerp 02/02/2025		PB (25m pool): 01:11.76 SB: no time		
	5 0 M	1 0 0 M		
PB	00:36.94	01:20.11		
	00:36.94	00:43.17		
				

Coach feedback:

Event number: 10: 200M MEDLEY MEN					Heat:1, starttime: 15:07
Heat: 1/3 Lane : 3 Athlete: VAN LOON BAS					Q-time: 99:99:99
PB (50m pool): no time		PB (25m pool): 02:36.94 SB: no time			
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	no time	
	no time				
					

Coach feedback:

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Event number: 10: 200M MEDLEY MEN					Heat:2, starttime: 15:11
Heat: 2/3 Lane : 8 Athlete: LAUWENS FINN					Q-time: 03:11:46
PB (50m pool): 03:11.46 Aalst 11/05/2025					PB (25m pool): 03:11.85 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:44.64	01:33.04	02:31.35	03:11.46	
	00:44.64	00:48.40	00:58.31	00:40.11	
					

Coach feedback:

Event number: 10: 200M MEDLEY MEN					Heat:3, starttime: 15:15
Heat: 3/3 Lane : 6 Athlete: BAKX WARRE					Q-time: 02:28:04
PB (50m pool): 02:28.04 Antwerpen 27/07/2025					PB (25m pool): 02:23.27 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:29.94	01:10.12	01:52.49	02:28.04	
	00:29.94	00:40.18	00:42.37	00:35.55	
					

Coach feedback:

Event number: 13: 400M FREESTYLE WOMEN							Heat:1, starttime: 15:23	
Heat: 1/3 Lane : 6 Athlete: SCHAEERLAEKEN LANA							Q-time: 99:99:99	
PB (50m pool): no time							PB (25m pool): 06:34.63 SB: no time	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB	no time	no time	no time	no time	no time	no time	no time	no time
	no time							
								

Coach feedback:

Event number: 13: 400M FREESTYLE WOMEN							Heat:2, starttime: 15:30	
Heat: 2/3 Lane : 1 Athlete: SCHAEERLAEKEN NOOR							Q-time: 99:99:99	
PB (50m pool): 07:18.87 Aalst 16/12/2023							PB (25m pool): 06:39.16 SB: no time	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB	no time	no time	no time	no time	no time	no time	no time	07:18.87
	no time							
								

Coach feedback:

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Event number: 13: 400M FREESTYLE WOMEN							Heat:3, starttime: 15:37	
Heat: 3/3 Lane : 8 Athlete: JACOBS LAURIEN							Q-time: 05:45:66	
PB (50m pool): no time			PB (25m pool): 05:13.43SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB	no time	no time	no time	no time	no time	no time	no time	no time
	<i>no time</i>							
								

Coach feedback:

Event number: 14: 400M FREESTYLE MEN							Heat:1, starttime: 15:44	
Heat: 1/2 Lane : 5 Athlete: VANDERWEE MATTIAS							Q-time: 99:99:99	
PB (50m pool): no time			PB (25m pool): 06:34.23SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB	no time	no time	no time	no time	no time	no time	no time	no time
	no time							
								

Coach feedback:

Event number: 14: 400M FREESTYLE MEN							Heat:2, starttime: 15:50	
Heat: 2/2 Lane : 7 Athlete: DE ROOS KASPER							Q-time: 05:23:18	
PB (50m pool): 05:23.18 Antwerpen 20/07/2025				PB (25m pool): 05:20.12SB: no time				
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB	00:36.57	01:17.83	01:59.21	02:41.11	03:21.73	04:03.40	04:43.72	05:23.18
	00:36.57	00:41.26	00:41.38	00:41.90	00:40.62	00:41.67	00:40.32	00:39.46
								

Coach feedback:

Event number: 19: 200M BACKSTROKE WOMEN							Heat:2, starttime: 16:22	
Heat: 2/3 Lane : 6 Athlete: NUYTKENS MARIE						Q-time: 03:00:91		
PB (50m pool): 03:00.91 Aalst 11/05/2025				PB (25m pool): 02:56.27 SB: no time				
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M				
PB	00:41.28	01:28.31	02:15.60	03:00.91				
	00:41.28	00:47.03	00:47.29	00:45.31				
								

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Event number: 21: 200M BREASTSTROKE WOMEN					Heat:2, starttime: 16:47
Heat: 2/3 Lane : 7 Athlete: DE SAEGER JULIE					Q-time: 99:99:99
PB (50m pool): no time PB (25m pool): 03:48.76 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	no time	
	no time				
					

Coach feedback:

Event number: 21: 200M BREASTSTROKE WOMEN					Heat:3, starttime: 16:52
Heat: 3/3 Lane : 2 Athlete: DE SITTER KIRA					Q-time: 03:21:04
PB (50m pool): 03:21.04 Aalst 11/05/2025 PB (25m pool): 03:18.52 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:46.81	01:38.11	02:31.13	03:21.04	
	00:46.81	00:51.30	00:53.02	00:49.91	
					

Coach feedback:

Event number: 23: 200M FREESTYLE WOMEN					Heat:2, starttime: 17:13
Heat: 2/3 Lane : 8 Athlete: VAN HOOMISSEN CHELSEA					Q-time: 02:36:09
PB (50m pool): 02:36.09 Antwerpen 13/07/2025 PB (25m pool): 02:33.61 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.32	01:16.65	01:57.59	02:36.09	
	00:36.32	00:40.33	00:40.94	00:38.50	
					

Coach feedback:

Event number: 24: 200M FREESTYLE MEN					Heat:1, starttime: 17:19
Heat: 1/3 Lane : 1 Athlete: DE ROOS KASPER					Q-time: 99:99:99
PB (50m pool): no time PB (25m pool): 02:39.10 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	no time	
	no time				
					

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Event number: 24: 200M FREESTYLE MEN					Heat:1, starttime: 17:19
Heat: 1/3 Lane : 2 Athlete: LAUWENS FINN					Q-time: 99:99:99
PB (50m pool): no time					PB (25m pool): 02:38.69 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	no time	
	no time				
					

Coach feedback: