

PK 50m bad: Session: 2: COACH evaluation sheet for TEAM: OZEKA

Coachinfo: Warming up from: 17:00 untill 17:50. Teamleadmeeting @

The listed starttimes are indicative!

Coaches: Devriese Boris HEADCOACH

PB => Personal Best time

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

Event number: 12: 200M BUTTERFLY WOMEN 13+					Heat:1, starttime: 18:17
Heat: 1/2 Lane : 3 Athlete: VAN LIERDE ROOS					Q-time: 03:26:11
PB (50m pool): 03:26.11 Kortrijk 26/12/2025					PB (25m pool): no time SB: 03:26.11 Kortrijk 26/12/2025
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:42.82	01:35.15	02:29.79	03:26.11	
	00:42.82	00:52.33	00:54.64	00:56.32	
					

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 13+					Heat:2, starttime: 18:27
Heat: 2/11 Lane : 3 Athlete: HOEYMANS CEDRIC					Q-time: 01:14:64
PB (50m pool): 01:14.64 Antwerpen 13/07/2025					PB (25m pool): 01:15.25 SB: no time
	5 0 M	1 0 0 M			
PB	00:36.18	01:14.64			
	00:36.18	00:38.46			
					

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 13+					Heat:2, starttime: 18:27
Heat: 2/11 Lane : 7 Athlete: VAN NIEUWENHUYZE LUKAS					Q-time: 01:17:85
PB (50m pool): 01:18.85 Antwerpen 13/07/2025					PB (25m pool): 01:17.85 SB: no time
	5 0 M	1 0 0 M			
PB	00:37.41	01:18.85			
	00:37.41	00:41.44			
					

Coach feedback:

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Event number: 13: 100M FREESTYLE MEN 13+			Heat:3, starttime: 18:29
Heat: 3/11 Lane : 3 Athlete: VAN BRAECKEL SEPPE			Q-time: 01:10:04
PB (50m pool): 01:12.56 Antwerpen 20/07/2025			PB (25m pool): 01:10.04 SB: no time
	5 0 M	1 0 0 M	
PB	00:34.91	01:12.56	
	00:34.91	00:37.65	
			

Coach feedback:

Event number: 14: 100M FREESTYLE WOMEN 11+			Heat:6, starttime: 18:53
Heat: 6/15 Lane : 2 Athlete: VAN DE WALLE NORA			Q-time: 01:16:08
PB (50m pool): 01:17.33 Antwerp 02/02/2025			PB (25m pool): 01:16.08 SB: no time
	5 0 M	1 0 0 M	
PB	00:35.86	01:17.33	
	00:35.86	00:41.47	
			

Coach feedback:

Event number: 14: 100M FREESTYLE WOMEN 11+			Heat:14, starttime: 19:06
Heat: 14/15 Lane : 6 Athlete: STERKEN NILA			Q-time: 01:02:56
PB (50m pool): 01:03.91 Aalst 11/05/2025			PB (25m pool): 01:02.56 SB: no time
	5 0 M	1 0 0 M	
PB	00:30.69	01:03.91	
	00:30.69	00:33.22	
			

Coach feedback:

Event number: 15: 50M BREASTSTROKE MEN 13+			Heat:2, starttime: 19:11
Heat: 2/7 Lane : 1 Athlete: HOEYMANS CEDRIC			Q-time: 00:46:99
PB (50m pool): 00:49.54 MOUSCRON 29/05/2025			PB (25m pool): 00:46.99 SB: no time
	5 0 M		
PB	00:49.54		
	00:49.54		
			

Coach feedback:

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Event number: 15: 50M BREASTSTROKE MEN 13+						Heat:2, starttime: 19:11		
Heat: 2/7 Lane : 3 Athlete: VAN BRAECKEL SEPPE						Q-time: 00:45:24		
PB (50m pool): 00:45.74 Aalst 11/05/2025						PB (25m pool): 00:45.24 SB: no time		
	5 0 M							
PB	00:45.74							
	00:45.74							
								

Coach feedback:

Event number: 15: 50M BREASTSTROKE MEN 13+						Heat:2, starttime: 19:11		
Heat: 2/7 Lane : 6 Athlete: VAN NIEUWENHUYZE LUKAS						Q-time: 00:45:33		
PB (50m pool): no time						PB (25m pool): 00:45.33 SB: no time		
	5 0 M							
PB	no time							
	no time							
								

Coach feedback:

Event number: 17: 400M MEDLEY MEN 13+						Heat:1, starttime: 19:24		
Heat: 1/1 Lane : 7 Athlete: BOONEN KAREL						Q-time: 05:59:56		
PB (50m pool): no time						PB (25m pool): 05:59.56 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: 18: 200M MEDLEY WOMEN 13+						Heat:2, starttime: 19:35		
Heat: 2/7 Lane : 2 Athlete: VAN DE WALLE NORA						Q-time: 03:11:80		
PB (50m pool): 03:16.52 Kortrijk 26/12/2025						PB (25m pool): 03:11.80 SB: 03:16.52 Kortrijk 26/12/2025		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M				
PB	00:42.14	01:33.85	02:31.92	03:16.52				
	00:42.14	00:51.71	00:58.07	00:44.60				
								

Coach feedback:

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Event number: 18: 200M MEDLEY WOMEN 13+					Heat:2, starttime: 19:35
Heat: 2/7 Lane : 5 Athlete: VAN LIERDE ROOS					Q-time: 03:07:92
PB (50m pool): 03:07.92 Kortrijk 26/12/2025					PB (25m pool): 03:11.50 SB: 03:07.92 Kortrijk 26/12/2025
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:41.85	01:31.59	02:24.67	03:07.92	
	00:41.85	00:49.74	00:53.08	00:43.25	
					

Coach feedback:

Event number: 18: 200M MEDLEY WOMEN 13+					Heat:5, starttime: 19:46
Heat: 5/7 Lane : 7 Athlete: STERKEN NILA					Q-time: 02:45:10
PB (50m pool): 02:42.64 Gent (Rozebroeken) 03/03/2024					PB (25m pool): 02:37.25 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	02:42.64	
	no time				
					

Coach feedback:

Event number: 19: 4x100M FREESTYLE MEN 11+							Heat:1, starttime: 19:56
Heat: 1/1 Lane : 6 Athlete: TEAM OZEKA 2							Q-time: 99:99:99
PB (50m pool):			PB (25m pool):			SB:	
	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							
							

Coach feedback: