

PK 50m bad: Session: 3: COACH evaluation sheet for TEAM: OZEKA

Coachinfo: Warming up from: 09:00 untill 09:50. 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: 20: 100M BUTTERFLY MEN 13+			Heat:1, starttime: 10:00
Heat: 1/6 Lane : 3 Athlete: HOEYMANS CEDRIC			Q-time: 01:39:75
PB (50m pool): 01:39.75 Antwerpen 13/07/2025			PB (25m pool): 01:40.19 SB: no time
	5 0 M	1 0 0 M	
PB	00:44.54	01:39.75	
	00:44.54	00:55.21	
			

Coach feedback:

Event number: 21: 100M BUTTERFLY WOMEN 13+			Heat:1, starttime: 10:12
Heat: 1/4 Lane : 2 Athlete: VAN LIERDE ROOS			Q-time: 01:30:51
PB (50m pool): 01:30.51 Antwerpen 13/07/2025			PB (25m pool): 01:30.55 SB: no time
	5 0 M	1 0 0 M	
PB	00:41.64	01:30.51	
	00:41.64	00:48.87	
			

Coach feedback:

Event number: 22: 50M BUTTERFLY MEN 11-12			Heat:2, starttime: 10:21
Heat: 2/3 Lane : 2 Athlete: VAN LIERDE DAAN			Q-time: 00:52:70
PB (50m pool): 00:55.51 MOUSCRON 29/05/2025			PB (25m pool): 00:52.70 SB: no time
	5 0 M		
PB	00:55.51		
	00:55.51		
			

Coach feedback:

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Event number: 23: 200M BACKSTROKE WOMEN 13+					Heat:1, starttime: 10:24
Heat: 1/7 Lane : 3 Athlete: BERTE LISE					Q-time: 03:29:11
PB (50m pool): no time PB (25m pool): 03:29.11 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: 23: 200M BACKSTROKE WOMEN 13+					Heat:2, starttime: 10:29
Heat: 2/7 Lane : 8 Athlete: VAN DE WALLE NORA					Q-time: 03:13:19
PB (50m pool): 03:13.19 Kortrijk 26/12/2025 PB (25m pool): no time SB: 03:13.19 Kortrijk 26/12/2025					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:44.82	01:33.81	02:24.26	03:13.19	
	00:44.82	00:48.99	00:50.45	00:48.93	
					

Coach feedback:

Event number: 24: 200M BACKSTROKE MEN 13+					Heat:2, starttime: 10:56
Heat: 2/5 Lane : 6 Athlete: VAN BRAECKEL SEPPE					Q-time: 02:51:76
PB (50m pool): 03:00.66 Kortrijk 26/12/2025 PB (25m pool): 02:49.36 SB: 03:00.66 Kortrijk 26/12/2025					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:41.64	01:28.22	02:14.93	03:00.66	
	00:41.64	00:46.58	00:46.71	00:45.73	
					

Coach feedback:

Event number: 24: 200M BACKSTROKE MEN 13+					Heat:3, starttime: 11:00
Heat: 3/5 Lane : 8 Athlete: BOONEN KAREL					Q-time: 02:41:52
PB (50m pool): 02:51.83 Antwerpen 20/04/2025 PB (25m pool): 02:41.52 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:39.58	01:23.39	02:07.66	02:51.83	
	00:39.58	00:43.81	00:44.27	00:44.17	
					

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Event number: 25: 100M FREESTYLE MEN 11-12				Heat:2, starttime: 11:13
Heat: 2/3 Lane : 3 Athlete: VAN LIERDE DAAN				Q-time: 01:24:68
PB (50m pool): 01:24.68 Antwerpen 13/07/2025		PB (25m pool): 01:25.39 SB: no time		
	5 0 M	1 0 0 M		
PB	00:41.23	01:24.68		
	00:41.23	00:43.45		
				

Coach feedback:

Event number: 26: 200M FREESTYLE WOMEN 13+					Heat:1, starttime: 11:17
Heat: 1/8 Lane : 3 Athlete: BERTE LISE					Q-time: 02:57:67
PB (50m pool): no time		PB (25m pool): 02:57.67 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: 26: 200M FREESTYLE WOMEN 13+					Heat:2, starttime: 11:21
Heat: 2/8 Lane : 4 Athlete: VAN DE WALLE NORA					Q-time: 02:43:12
PB (50m pool): no time		PB (25m pool): 02:43.12 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: 26: 200M FREESTYLE WOMEN 13+					Heat:2, starttime: 11:21
Heat: 2/8 Lane : 8 Athlete: VAN LIERDE ROOS					Q-time: 02:49:12
PB (50m pool): 02:51.47 Antwerpen 13/07/2025		PB (25m pool): 02:49.12 SB: no time			
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:38.62	01:22.45	02:07.76	02:51.47	
	00:38.62	00:43.83	00:45.31	00:43.71	
					

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Event number: 27: 200M FREESTYLE MEN 13+					Heat:1, starttime: 11:42
Heat: 1/8 Lane : 4 Athlete: VAN NIEUWENHUYZE LUKAS					Q-time: 02:46:82
PB (50m pool): 02:46.82 Antwerpen 13/07/2025					PB (25m pool): 03:03.04 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.84	01:21.41	02:05.26	02:46.82	
	00:36.84	00:44.57	00:43.85	00:41.56	
					

Coach feedback:

Event number: 27: 200M FREESTYLE MEN 13+					Heat:2, starttime: 11:46
Heat: 2/8 Lane : 1 Athlete: HOEYMANS CEDRIC					Q-time: 02:43:23
PB (50m pool): 02:47.92 Antwerpen 13/07/2025					PB (25m pool): 02:43.23 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:38.24	01:21.73	02:05.53	02:47.92	
	00:38.24	00:43.49	00:43.80	00:42.39	
					

Coach feedback:

Event number: 29: 4x100M MEDLEY MEN 11+							Heat:1, starttime: 12:19
Heat: 1/1 Lane : 7 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: