

H. Lecluyse DAG 4: Session: 1: COACH evaluation sheet for TEAM: IKZ

Coachinfo: Warming up from: 13:00 untill 13:50. Teamleadmeeting @

The listed starttimes are indicative!

Coaches: Vandeputte Pedro

Coaches: Desplenter Sharon

Coaches: Demeyere Linda HEADCOACH

Coaches: Desmet Lindsay

PB => Personal Best time

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

Event number: 1: 200M BREASTSTROKE MIXED 10-9

Heat:1, starttime: 14:00

Heat: 1/4 Lane : 6 Athlete: HOLVOET LUCIE								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: 1: 200M BREASTSTROKE MIXED 10-9

Heat:2, starttime: 14:05

Heat: 2/4 Lane : 3 Athlete: HOUTHOOFD ROAN								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: 1: 200M BREASTSTROKE MIXED 10-9

Heat:2, starttime: 14:05

Heat: 2/4 Lane : 8 Athlete: SINNESAEL 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:

H. Lecluyse DAG 4: Session: 1: COACH evaluation sheet for TEAM: IKZ

Event number: 1: 200M BREASTSTROKE MIXED 10-9

Heat:3, starttime: 14:10

Heat: 3/4 Lane : 1 Athlete: VANBIERVLIET VICTOR

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: 1: 200M BREASTSTROKE MIXED 10-9

Heat:3, starttime: 14:10

Heat: 3/4 Lane : 5 Athlete: VANBIERVLIET MANON

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: 1: 200M BREASTSTROKE MIXED 10-9

Heat:3, starttime: 14:10

Heat: 3/4 Lane : 8 Athlete: MINNE WARRE

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: 1: 200M BREASTSTROKE MIXED 10-9

Heat:4, starttime: 14:15

Heat: 4/4 Lane : 2 Athlete: VANDAELE JULIET

Q-time: 04:15:39

PB (25m pool): 04:15.39 Diksmuide 09/03/2025

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		00:59.61		02:05.06		03:11.49		04:15.39
	00:59.61			01:05.45		01:06.43		01:03.90

Coach feedback:

H. Lecluyse DAG 4: Session: 1: COACH evaluation sheet for TEAM: IKZ

Event number: 1: 200M BREASTSTROKE MIXED 10-9

Heat:4, starttime: 14:15

Heat: 4/4 Lane : 3 Athlete: DIERKENS HENRI

Q-time: 04:01:84

PB (25m pool): 04:01.84 Diksmuide 09/03/2025

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		00:54.67		01:57.08		02:55.94		04:01.84
		00:54.67		01:02.41		00:58.86		01:05.90

Coach feedback:

Event number: 2: 100M BREASTSTROKE WOMEN 11+

Heat:5, starttime: 14:30

Heat: 5/10 Lane : 5 Athlete: VANSTEENKISTE MARILOU

Q-time: 01:40:07

PB (25m pool): 01:40.07 Temse 17/11/2025

PB (50m pool): 01:41.87 SB: 01:40.07 Temse 17/11/2025

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:48.60		01:40.07	
		00:48.60		00:51.47	
	

Coach feedback:

Event number: 2: 100M BREASTSTROKE WOMEN 11+

Heat:7, starttime: 14:35

Heat: 7/10 Lane : 3 Athlete: NOPPE PAULINE

Q-time: 01:33:87

PB (25m pool): 01:33.87 WAREGEM 21/04/2025

PB (50m pool): 01:38.73 SB: 01:34.47 Temse 17/11/2025

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:44.67		01:33.87	
		00:44.67		00:49.20	
	

Coach feedback:

Event number: 2: 100M BREASTSTROKE WOMEN 11+

Heat:7, starttime: 14:35

Heat: 7/10 Lane : 8 Athlete: POTTER KRYSTLE

Q-time: 01:37:36

PB (25m pool): no time

PB (50m pool): 01:37.36 SB: no time

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		no time	
		no time			
	

Coach feedback:

H. Lecluyse DAG 4: Session: 1: COACH evaluation sheet for TEAM: IKZ

Event number: 2: 100M BREASTSTROKE WOMEN 11+

Heat:8, starttime: 14:40

Heat: 8/10 Lane : 5 Athlete: DE WEVER MAUD

Q-time: 01:29:72

PB (25m pool): 01:29.72 Temse 17/11/2025

PB (50m pool): 01:31.61 SB: 01:29.72 Temse 17/11/2025

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:42.62		01:29.72	
	00:42.62			00:47.10	
	

Coach feedback:

Event number: 2: 100M BREASTSTROKE WOMEN 11+

Heat:9, starttime: 14:40

Heat: 9/10 Lane : 6 Athlete: VERSTRAEETE LINDE

Q-time: 01:27:46

PB (25m pool): 01:27.45 Diksmuide 09/03/2025

PB (50m pool): 01:30.98 SB: 01:27.73 Temse 17/11/2025

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:41.23		01:27.45	
	00:41.23			00:46.22	
	

Coach feedback:

Event number: 3: 100M BREASTSTROKE MEN 11+

Heat:4, starttime: 14:55

Heat: 4/10 Lane : 1 Athlete: DEGEZELLE LEON

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 M	
PB		no time		no time	
	no time				
	

Coach feedback:

Event number: 3: 100M BREASTSTROKE MEN 11+

Heat:5, starttime: 14:55

Heat: 5/10 Lane : 1 Athlete: LEMAN POTTER AYDEN

Q-time: 01:56:47

PB (25m pool): 01:56.47 Ieper 05/01/2025

PB (50m pool): 02:10.10 SB: no time

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:55.15		01:56.47	
	00:55.15			01:01.32	
	

Coach feedback:

H. Lecluyse DAG 4: Session: 1: COACH evaluation sheet for TEAM: IKZ

Event number: 3: 100M BREASTSTROKE MEN 11+

Heat:5, starttime: 14:55

Heat: 5/10 Lane : 3 Athlete: HAJDARPASIC OMER

Q-time: 01:51:09

PB (25m pool): 01:51.09 WAREGEM 21/04/2025

PB (50m pool): no time SB: no time

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:52.21		01:51.09	
		00:52.21		00:58.88	
	

Coach feedback:

Event number: 3: 100M BREASTSTROKE MEN 11+

Heat:6, starttime: 15:00

Heat: 6/10 Lane : 5 Athlete: VANBRABANT ESBEN

Q-time: 01:43:38

PB (25m pool): 01:43.42 Diksmuide 09/03/2025

PB (50m pool): 01:43.38 SB: no time

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:48.92		01:43.42	
		00:48.92		00:54.50	
	

Coach feedback:

Event number: 3: 100M BREASTSTROKE MEN 11+

Heat:6, starttime: 15:00

Heat: 6/10 Lane : 7 Athlete: SINNESAEL CASPER

Q-time: 01:45:89

PB (25m pool): 01:45.89 Gent 23/02/2025

PB (50m pool): 01:47.73 SB: no time

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:50.93		01:45.89	
		00:50.93		00:54.96	
	

Coach feedback:

Event number: 3: 100M BREASTSTROKE MEN 11+

Heat:8, starttime: 15:00

Heat: 8/10 Lane : 3 Athlete: STEEN REMI

Q-time: 01:35:53

PB (25m pool): 01:35.53 Temse 17/11/2025

PB (50m pool): 01:36.62 SB: 01:35.53 Temse 17/11/2025

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:46.50		01:35.53	
		00:46.50		00:49.03	
	

Coach feedback:

H. Lecluyse DAG 4: Session: 1: COACH evaluation sheet for TEAM: IKZ

Event number: 3: 100M BREASTSTROKE MEN 11+

Heat:9, starttime: 15:05

Heat: 9/10 Lane : 7 Athlete: VANDEPUTTE JORBE

Q-time: 01:30:89

PB (25m pool): 01:30.89 Diksmuide 12/10/2025

PB (50m pool): 01:31.72 SB: 01:30.89 Diksmuide 12/10/2025

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:43.55		01:30.89	
		00:43.55		00:47.34	
	

Coach feedback:

Event number: 4: 100M MEDLEY WOMEN 11+

Heat:3, starttime: 15:15

Heat: 3/10 Lane : 1 Athlete: VANSTEENKISTE MARILOU

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 M	
PB		no time		no time	
		no time			
	

Coach feedback:

Event number: 4: 100M MEDLEY WOMEN 11+

Heat:8, starttime: 15:25

Heat: 8/10 Lane : 7 Athlete: POTTER KRYSTLE

Q-time: 01:18:48

PB (25m pool): 01:22.11 Meulebeke 06/04/2025

PB (50m pool): no time SB: no time

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:22.11	
		no time			
	

Coach feedback:

Event number: 4: 100M MEDLEY WOMEN 11+

Heat:9, starttime: 15:25

Heat: 9/10 Lane : 7 Athlete: DEPUYDT HASSE

Q-time: 01:15:61

PB (25m pool): 01:15.61 Menen 01/06/2025

PB (50m pool): no time SB: no time

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:15.61	
		no time			
	

Coach feedback:

H. Lecluyse DAG 4: Session: 1: COACH evaluation sheet for TEAM: IKZ

Event number: 5: 100M MEDLEY MEN 11+

Heat:1, starttime: 15:30

Heat: 1/11 Lane : 6 Athlete: LEMAN POTTER AYDEN

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 M	
PB		no time		no time	
	no time				
	

Coach feedback:

Event number: 5: 100M MEDLEY MEN 11+

Heat:3, starttime: 15:35

Heat: 3/11 Lane : 6 Athlete: DEGEZELLE LEON

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 M	
PB		no time		no time	
	no time				
	

Coach feedback:

Event number: 5: 100M MEDLEY MEN 11+

Heat:5, starttime: 15:40

Heat: 5/11 Lane : 1 Athlete: VANBRABANT ESBEN

Q-time: 01:38:49

PB (25m pool): 01:38.49 Menen 01/06/2025

PB (50m pool): no time SB: no time

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:38.49	
	no time				
	

Coach feedback:

Event number: 5: 100M MEDLEY MEN 11+

Heat:5, starttime: 15:40

Heat: 5/11 Lane : 4 Athlete: STEEN REMI

Q-time: 01:33:76

PB (25m pool): 01:33.76 Meulebeke 06/04/2025

PB (50m pool): no time SB: no time

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:33.76	
	no time				
	

Coach feedback:

H. Lecluyse DAG 4: Session: 1: COACH evaluation sheet for TEAM: IKZ

Event number: 5: 100M MEDLEY MEN 11+

Heat:5, starttime: 15:40

Heat: 5/11 Lane : 5 Athlete: SINNESAEL CASPER

Q-time: 01:34:24

PB (25m pool): 01:34.24 Menen 01/06/2025

PB (50m pool): no time SB: no time

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:34.24	
		no time			
	

Coach feedback:

Event number: 5: 100M MEDLEY MEN 11+

Heat:6, starttime: 15:40

Heat: 6/11 Lane : 2 Athlete: HAJDARPASIC OMER

Q-time: 01:30:72

PB (25m pool): 01:30.72 Menen 01/06/2025

PB (50m pool): no time SB: no time

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:30.72	
		no time			
	

Coach feedback:

Event number: 6: 100M FREESTYLE MIXED 10-9

Heat:1, starttime: 15:55

Heat: 1/4 Lane : 2 Athlete: VANBIERVLIET MANON

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 M	
PB		no time		no time	
		no time			
	

Coach feedback:

Event number: 6: 100M FREESTYLE MIXED 10-9

Heat:1, starttime: 15:55

Heat: 1/4 Lane : 4 Athlete: HOLVOET LUCIE

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 M	
PB		no time		no time	
		no time			
	

Coach feedback:

H. Lecluyse DAG 4: Session: 1: COACH evaluation sheet for TEAM: IKZ

Event number: 6: 100M FREESTYLE MIXED 10-9

Heat:1, starttime: 15:55

Heat: 1/4 Lane : 7 Athlete: SINNESAEL 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 M	
PB		no time		no time	
		no time			
	

Coach feedback:

Event number: 6: 100M FREESTYLE MIXED 10-9

Heat:3, starttime: 16:00

Heat: 3/4 Lane : 1 Athlete: HOUTHOOFD ROAN

Q-time: 01:54:30

PB (25m pool): 01:54.30 WAREGEM 21/04/2025

PB (50m pool): no time SB: no time

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:51.56		01:54.30	
		00:51.56		01:02.74	
	

Coach feedback:

Event number: 6: 100M FREESTYLE MIXED 10-9

Heat:3, starttime: 16:00

Heat: 3/4 Lane : 2 Athlete: MINNE WARRE

Q-time: 01:45:79

PB (25m pool): 01:45.79 Diksmuide 09/03/2025

PB (50m pool): no time SB: no time

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:45.28		01:45.79	
		00:45.28		01:00.51	
	

Coach feedback:

Event number: 6: 100M FREESTYLE MIXED 10-9

Heat:3, starttime: 16:00

Heat: 3/4 Lane : 6 Athlete: VANDAELE JULIET

Q-time: 01:41:36

PB (25m pool): 01:41.36 Zwevegem 11/05/2025

PB (50m pool): no time SB: no time

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:47.18		01:41.36	
		00:47.18		00:54.18	
	

Coach feedback:

H. Lecluyse DAG 4: Session: 1: COACH evaluation sheet for TEAM: IKZ

Event number: 6: 100M FREESTYLE MIXED 10-9

Heat:4, starttime: 16:00

Heat: 4/4 Lane : 2 Athlete: VANBIERVLIET VICTOR

Q-time: 01:23:97

PB (25m pool): 01:23.97 Torhout 06/12/2025

PB (50m pool): 01:35.43 SB: 01:23.97 Torhout 06/12/2025

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.13		01:23.97	
		00:39.13		00:44.84	
	

Coach feedback:

Event number: 6: 100M FREESTYLE MIXED 10-9

Heat:4, starttime: 16:00

Heat: 4/4 Lane : 3 Athlete: DIERKENS HENRI

Q-time: 01:23:38

PB (25m pool): 01:23.38 Torhout 06/12/2025

PB (50m pool): 01:25.10 SB: 01:23.38 Torhout 06/12/2025

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.96		01:23.38	
		00:38.96		00:44.42	
	

Coach feedback:

Event number: 7: 200M BACKSTROKE WOMEN 11+

Heat:6, starttime: 16:45

Heat: 6/8 Lane : 4 Athlete: DE WEVER MAUD

Q-time: 03:04:80

PB (25m pool): 03:04.80 Diksmuide 09/03/2025

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		00:43.65		01:30.80		02:18.60		03:04.80
		00:43.65		00:47.15		00:47.80		00:46.20

Coach feedback:

Event number: 7: 200M BACKSTROKE WOMEN 11+

Heat:7, starttime: 16:50

Heat: 7/8 Lane : 4 Athlete: VERSTRAETE LINDE

Q-time: 02:43:95

PB (25m pool): 02:43.24 Brugge 20/10/2024

PB (50m pool): 02:44.80 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		00:38.50		01:21.07		02:03.28		02:43.24
		00:38.50		00:42.57		00:42.21		00:39.96

Coach feedback:

H. Lecluyse DAG 4: Session: 1: COACH evaluation sheet for TEAM: IKZ

Event number: 7: 200M BACKSTROKE WOMEN 11+

Heat:8, starttime: 16:55

Heat: 8/8 Lane : 2 Athlete: NOPPE PAULINE

Q-time: 02:38:11

PB (25m pool): 02:38.11 Temse 17/11/2025

PB (50m pool): 02:44.96 SB: 02:38.11 Temse 17/11/2025

	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		00:37.75		01:17.56		01:58.90		02:38.11
		00:37.75		00:39.81		00:41.34		00:39.21

Coach feedback:

Event number: 7: 200M BACKSTROKE WOMEN 11+

Heat:8, starttime: 16:55

Heat: 8/8 Lane : 7 Athlete: DEPUYDT HASSE

Q-time: 02:40:52

PB (25m pool): 02:43.88 Diksmuide 09/03/2025

PB (50m pool): 02:40.52 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		00:38.90		01:21.63		02:04.18		02:43.88
		00:38.90		00:42.73		00:42.55		00:39.70

Coach feedback:

Event number: 8: 200M BACKSTROKE MEN 11+

Heat:4, starttime: 17:10

Heat: 4/10 Lane : 8 Athlete: VANDEPUTTE JORBE

Q-time: 99:99:99

PB (25m pool): 03:27.70 Meulebeke 07/04/2024

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		03:27.70
		no time						

Coach feedback:

Event number: 9: 4x100M FREESTYLE WOMEN 11+

Heat:1, starttime: 17:40

Heat: 1/1 Lane : 2 Athlete: TEAM IKZ 1

Q-time: 04:26:18

PB (25m pool):

PB (50m pool): SB:

	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB								

	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB								

H. Lecluyse DAG 4: Session: 1: COACH evaluation sheet for TEAM: IKZ

Event number: 10: 4x100M FREESTYLE MEN 11+

Heat:1, starttime: 17:45

Heat: 1/1 Lane : 2 Athlete: TEAM IKZ 1

Q-time: 05:07:80

PB (25m pool):

PB (50m pool):

SB:

	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB								

	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB								

Coach feedback: