

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

Coachinfo: Warming up from: 13:00 untill 13:50. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: DE SAEDELEER Jodie HEADCOACH

Coaches: MOERMAN Helena

PB => Personal Best time

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

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

Heat:4, starttime: 14:15

Heat: 4/4 Lane : 5 Athlete: DERVAUX EWOUT						Q-time: 03:59:47	
PB (25m pool): 03:59.47 Diksmuide 09/03/2025				PB (50m pool): no time SB: no time			
25 M	50 M	75 M	100	125	150	175	200 M
PB	00:53.24		01:54.95		02:58.52		03:59.47
	00:53.24		01:01.71		01:03.57		01:00.95
.....

Coach feedback:

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

Heat:4, starttime: 14:15

Heat: 4/4 Lane : 8 Athlete: VAN LIERDE EUGENIE						Q-time: 04:30:65	
PB (25m pool): 04:30.65 Diksmuide 09/03/2025				PB (50m pool): no time SB: no time			
25 M	50 M	75 M	100	125	150	175	200 M
PB	no time		02:09.85		03:20.66		04:30.65
	no time				01:10.81		01:09.99
.....

Coach feedback:

Event number: 2: 100M BREASTSTROKE WOMEN 11+

Heat:3, starttime: 14:25

Heat: 3/10 Lane : 5 Athlete: DUBOIS ERIN						Q-time: 01:57:97	
PB (25m pool): 01:57.97 Ieper 05/01/2025				PB (50m pool): 01:59.55 SB: no time			
25 M	50 M	75 M	100 M				
PB	00:55.35		01:57.97				
	00:55.35		01:02.62				
.....

Coach feedback:

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

Event number: 2: 100M BREASTSTROKE WOMEN 11+

Heat:5, starttime: 14:30

Heat: 5/10 Lane : 6 Athlete: DERVAUX ELLA

Q-time: 01:40:38

PB (25m pool): 01:40.38 Nijlen 16/11/2025

PB (50m pool): no time SB: 01:40.38 Nijlen 16/11/2025

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:47.29		01:40.38	
		00:47.29		00:53.09	
	

Coach feedback:

Event number: 2: 100M BREASTSTROKE WOMEN 11+

Heat:8, starttime: 14:40

Heat: 8/10 Lane : 4 Athlete: DECOMBLE LIZE

Q-time: 01:29:36

PB (25m pool): 01:29.36 Nijlen 16/11/2025

PB (50m pool): 01:36.97 SB: 01:29.36 Nijlen 16/11/2025

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:42.75		01:29.36	
		00:42.75		00:46.61	
	

Coach feedback:

Event number: 3: 100M BREASTSTROKE MEN 11+

Heat:4, starttime: 14:55

Heat: 4/10 Lane : 2 Athlete: DHONDT MATTHIAS

Q-time: 02:11:63

PB (25m pool): 02:11.63 Ieper 05/01/2025

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

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		01:01.38		02:11.63	
		01:01.38		01:10.25	
	

Coach feedback:

Event number: 3: 100M BREASTSTROKE MEN 11+

Heat:5, starttime: 14:55

Heat: 5/10 Lane : 7 Athlete: VERPLANCKE BALDER

Q-time: 01:55:40

PB (25m pool): 02:01.68 Diksmuide 09/03/2025

PB (50m pool): 01:55.40 SB: no time

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:56.18		02:01.68	
		00:56.18		01:05.50	
	

Coach feedback:

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

Event number: 3: 100M BREASTSTROKE MEN 11+

Heat:6, starttime: 15:00

Heat: 6/10 Lane : 2 Athlete: VANMAELSAEKE LEON

Q-time: 01:45:83

PB (25m pool): 01:45.83 Nijlen 16/11/2025

PB (50m pool): 02:09.89 SB: 01:45.83 Nijlen 16/11/2025

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:49.73		01:45.83	
		00:49.73		00:56.10	
	

Coach feedback:

Event number: 3: 100M BREASTSTROKE MEN 11+

Heat:7, starttime: 15:00

Heat: 7/10 Lane : 1 Athlete: DECOCK NAND

Q-time: 01:42:01

PB (25m pool): 01:42.01 Nijlen 16/11/2025

PB (50m pool): 01:48.57 SB: 01:42.01 Nijlen 16/11/2025

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:48.06		01:42.01	
		00:48.06		00:53.95	
	

Coach feedback:

Event number: 3: 100M BREASTSTROKE MEN 11+

Heat:8, starttime: 15:00

Heat: 8/10 Lane : 1 Athlete: POOT RUBE

Q-time: 01:36:32

PB (25m pool): 01:36.32 Temse 17/11/2025

PB (50m pool): 01:38.10 SB: 01:36.32 Temse 17/11/2025

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:44.70		01:36.32	
		00:44.70		00:51.62	
	

Coach feedback:

Event number: 5: 100M MEDLEY MEN 11+

Heat:4, starttime: 15:35

Heat: 4/11 Lane : 5 Athlete: VERPLANCKE BALDER

Q-time: 01:50:79

PB (25m pool): 01:50.79 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		01:50.79	
		no time			
	

Coach feedback:

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

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

Heat:3, starttime: 16:00

Heat: 3/4 Lane : 4 Athlete: VAN LIERDE EUGENIE

Q-time: 01:38:90

PB (25m pool): 01:38.90 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		00:46.51		01:38.90			
		00:46.51		00:52.39			

Coach feedback:

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

Heat:4, starttime: 16:00

Heat: 4/4 Lane : 5 Athlete: DERVAUX EWOUT

Q-time: 01:22:73

PB (25m pool): 01:22.73 Zwevegem 11/05/2025

PB (50m pool): 01:24.14 SB: no time

	2 5 M	5 0 M	7 5 M	1 0 0 M			
PB		00:38.58		01:22.73			
		00:38.58		00:44.15			

Coach feedback:

Event number: 7: 200M BACKSTROKE WOMEN 11+

Heat:1, starttime: 16:25

Heat: 1/8 Lane : 2 Athlete: DECOMBLE LIZE

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: 7: 200M BACKSTROKE WOMEN 11+

Heat:2, starttime: 16:25

Heat: 2/8 Lane : 6 Athlete: DUBOIS ERIN

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: MZK

Event number: 7: 200M BACKSTROKE WOMEN 11+

Heat:3, starttime: 16:30

Heat: 3/8 Lane : 4 Athlete: DERVAUX ELLA

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: 8: 200M BACKSTROKE MEN 11+

Heat:2, starttime: 17:00

Heat: 2/10 Lane : 8 Athlete: POOT RUBE

Q-time: 99:99:99

PB (25m pool): 03:39.62 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		03:39.62
	no time							

Coach feedback:

Event number: 8: 200M BACKSTROKE MEN 11+

Heat:3, starttime: 17:05

Heat: 3/10 Lane : 1 Athlete: DHONDT MATTHIAS

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: 8: 200M BACKSTROKE MEN 11+

Heat:3, starttime: 17:05

Heat: 3/10 Lane : 7 Athlete: VANMAELSAEKE 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	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: MZK

Event number: 8: 200M BACKSTROKE MEN 11+

Heat:6, starttime: 17:20

Heat: 6/10 Lane : 5 Athlete: DECOCK NAND

Q-time: 03:11:66

PB (25m pool): no time

PB (50m pool): 03:11.66 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: