

Recordwedstrijd KAZS: Session: 1: COACH evaluation sheet for TEAM: KLSVZ

Coachinfo: Warming up from: 16:00 untill 16:55. Teamleadmeeting @ 16:15 The listed starttimes are indicative!

Coaches: De Punder Wout

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

Event number: 7: 100M FREESTYLE WOMEN 11+					Heat:2, starttime: 17:40
Heat: 2/3 Lane : 6 Athlete: DESMET STERRE					Q-time: 01:03:79
PB (25m pool): 01:03.79 Tervuren 30/05/2026					PB (50m pool): 01:06.04 SB: 01:03.79 Tervuren 30/05/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.59		01:03.79	
		00:30.59		00:33.20	
					

Coach feedback:

Event number: 9: 200M BREASTSTROKE WOMEN 11+							Heat:1, starttime: 17:50	
Heat: 1/1 Lane : 5 Athlete: AMADOU CAMILLE							Q-time: 02:51:40	
PB (25m pool): 02:51.40 Tervuren 30/05/2026				PB (50m pool): 02:55.34SB: 02:51.40 Tervuren 30/05/2026				
	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		00:39.18		01:22.19		02:06.36		02:51.40
	00:39.18		00:43.01		00:44.17		00:45.04	
								

Coach feedback:

Event number: 11: 50M BACKSTROKE WOMEN 11+					Heat:1, starttime: 18:00
Heat: 1/2 Lane : 4 Athlete: LAENEN FEBE					Q-time: 00:35:90
PB (25m pool): 00:34.45 Leuven 20/10/2024					PB (50m pool): 00:35.02 SB: no time
	2 5 M	5 0 M			
PB		00:34.45			
		00:34.45			
					

Coach feedback:

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Event number: 17: 100M BREASTSTROKE WOMEN 11+					Heat:2, starttime: 18:45
Heat: 2/2 Lane : 2 Athlete: AMADOU CAMILLE					Q-time: 01:21:24
PB (25m pool): 01:21.24 Zaventem 08/02/2026					PB (50m pool): 01:22.34 SB: 01:21.24 Zaventem 08/02/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.60		01:21.24	
	00:38.60		00:42.64		
					

Coach feedback:

Event number: 19: 50M FREESTYLE WOMEN 11+					Heat:3, starttime: 18:50
Heat: 3/3 Lane : 2 Athlete: LAENEN FEBE					Q-time: 00:28:55
PB (25m pool): 00:28.55 Vilvoorde 18/05/2025					PB (50m pool): 00:29.14 SB: no time
	2 5 M	5 0 M			
PB		00:28.55			
	00:28.55				
					

Coach feedback:

Event number: 23: 50M BREASTSTROKE WOMEN 11+					Heat:2, starttime: 19:05
Heat: 2/3 Lane : 5 Athlete: LAENEN FEBE					Q-time: 00:38:53
PB (25m pool): 00:38.53 Bree 01/06/2025					PB (50m pool): 00:40.68 SB: no time
	2 5 M	5 0 M			
PB		00:38.53			
	00:38.53				
					

Coach feedback:

Event number: 25: 100M BUTTERFLY WOMEN 11+					Heat:1, starttime: 19:10
Heat: 1/1 Lane : 2 Athlete: DESMET STERRE					Q-time: 01:15:91
PB (25m pool): 01:15.91 Sinbad 22/07/2025					PB (50m pool): 01:18.54 SB: 01:18.52 Leuven 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.54		01:15.91	
	00:34.54		00:41.37		
					

Coach feedback:

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Event number: 29: 100M BACKSTROKE WOMEN 11+					Heat:1, starttime: 19:30
Heat: 1/2 Lane : 4 Athlete: AMADOU CAMILLE					Q-time: 01:22:00
PB (25m pool): 01:22.00 LEUVEN 21/12/2025					PB (50m pool): 01:21.54 SB: 01:22.00 LEUVEN 21/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.56		01:22.00	
	00:39.56		00:42.44		
					

Coach feedback:

Event number: 29: 100M BACKSTROKE WOMEN 11+					Heat:2, starttime: 19:30
Heat: 2/2 Lane : 2 Athlete: DESMET STERRE					Q-time: 01:12:72
PB (25m pool): 01:12.72 Temse 17/11/2025					PB (50m pool): 01:15.11 SB: 01:12.72 Temse 17/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.51		01:12.72	
	00:35.51		00:37.21		
					

Coach feedback: