

PK KB WVL 26: Session: 1: COACH evaluation sheet for TEAM: IKZ

Coachinfo: Warming up from: 08:00 untill 08:55. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Pickavet Elien

Coaches: Demeyere Linda HEADCOACH

Coaches: Desplenter Sharon

Coaches: Vandeputte Debby

Coaches: Desmet Lindsay

Coaches: Vandeputte Pedro

PB => Personal Best time

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

Event number: 1: 200M BUTTERFLY WOMEN 13+							Heat:1, starttime: 09:00	
Heat: 1/1 Lane : 3 Athlete: VELGHE LAURA							Q-time: 02:32:96	
PB (25m pool): 02:33.52 Meulebeke 19/04/2026				PB (50m pool): 02:32.96SB: 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		00:33.06		01:11.64		no time		02:33.52
	00:33.06		00:38.58					
								

Coach feedback:

Event number: 1: 200M BUTTERFLY WOMEN 13+							Heat:1, starttime: 09:00	
Heat: 1/1 Lane : 6 Athlete: VERSTRAETE LINDE							Q-time: 02:39:65	
PB (25m pool): 02:39.65 Meulebeke 19/04/2026				PB (50m pool): 02:46.00SB: 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		00:34.69		01:15.86		no time		02:39.65
	00:34.69		00:41.17					
								

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+							Heat:2, starttime: 09:07	
Heat: 2/14 Lane : 8 Athlete: CARDINAEL MILAN							Q-time: 01:35:68	
PB (25m pool): 01:35.68 Zwembad De Treffer 06/04/2026							PB (50m pool): 01:36.79 SB: no time	
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:43.82		01:35.68				
	00:43.82		00:51.86					
								

Coach feedback:

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Event number: 2: 100M FREESTYLE MEN 11+					Heat:3, starttime: 09:09
Heat: 3/14 Lane : 1 Athlete: VANHEE NIEL					Q-time: 01:23:74
PB (25m pool): 01:24.26 Zwembad De Treffer 06/04/2026 PB (50m pool): 01:23.74 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:24.26	
	no time				
					

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+					Heat:3, starttime: 09:09
Heat: 3/14 Lane : 3 Athlete: VANBRABANT ESBEN					Q-time: 01:20:71
PB (25m pool): 01:20.71 Zwembad De Treffer 06/04/2026 PB (50m pool): 01:21.27 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.26		01:20.71	
	00:39.26 00:41.45				
					

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+					Heat:6, starttime: 09:14
Heat: 6/14 Lane : 6 Athlete: STEEN REMI					Q-time: 01:10:93
PB (25m pool): 01:10.93 Zwembad De Treffer 06/04/2026 PB (50m pool): 01:13.87 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.16		01:10.93	
	00:34.16 00:36.77				
					

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+					Heat:7, starttime: 09:16
Heat: 7/14 Lane : 4 Athlete: VANDEPUTTE JORBE					Q-time: 01:08:22
PB (25m pool): 01:08.22 Zwembad De Treffer 06/04/2026 PB (50m pool): 01:08.33 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.67		01:08.22	
	00:33.67 00:34.55				
					

Coach feedback:

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Event number: 2: 100M FREESTYLE MEN 11+					Heat:7, starttime: 09:16
Heat: 7/14 Lane : 9 Athlete: SINNESAEEL CASPER					Q-time: 01:09:64
PB (25m pool): 01:09.64 Zwevegem 31/05/2026					PB (50m pool): 01:14.28 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.78		01:09.64	
	00:33.78		00:35.86		
					

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:6, starttime: 09:48	
Heat: 6/10 Lane : 4 Athlete: NOPPE PAULINE							Q-time: 02:48:26	
PB (25m pool): 02:48.26 DIKSMUIDE 30/11/2025				PB (50m pool): 02:48.84 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		00:39.13		01:21.25		02:12.38		02:48.26
	00:39.13		00:42.12		00:51.13		00:35.88	
								

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:6, starttime: 09:48	
Heat: 6/10 Lane : 7 Athlete: DE WEVER MAUD							Q-time: 02:49:58	
PB (25m pool): 02:49.58 DIKSMUIDE 30/11/2025				PB (50m pool): 02:51.90 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		00:38.38		01:21.81		02:10.81		02:49.58
	00:38.38		00:43.43		00:49.00		00:38.77	
								

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:9, starttime: 09:58	
Heat: 9/10 Lane : 0 Athlete: DEPUYDT HASSE							Q-time: 02:38:23	
PB (25m pool): 02:38.23 Diksmuide 12/10/2025				PB (50m pool): 02:42.35 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		00:34.50		01:14.97		02:02.38		02:38.23
	00:34.50		00:40.47		00:47.41		00:35.85	
								

Coach feedback:

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Event number: 3: 200M MEDLEY WOMEN 11+							Heat:10, starttime: 10:01	
Heat: 10/10 Lane : 1 Athlete: SCHACHT HANNE							Q-time: 02:31:65	
PB (25m pool): 02:31.65 Gent 23/02/2025				PB (50m pool): 02:36.87 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		00:34.29		01:12.90		01:57.32		02:31.65
	00:34.29		00:38.61		00:44.42		00:34.33	
								

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:10, starttime: 10:01	
Heat: 10/10 Lane : 7 Athlete: VELGHE LAURA							Q-time: 02:30:36	
PB (25m pool): 02:31.15 Temse 17/11/2025				PB (50m pool): 02:30.36SB: 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		00:32.09		01:10.90		01:56.79		02:31.15
	00:32.09		00:38.81		00:45.89		00:34.36	
								

Coach feedback:

Event number: 4: 100M BREASTSTROKE MEN 13+							Heat:1, starttime: 10:04	
Heat: 1/5 Lane : 3 Athlete: VANBRABANT ESBEN						Q-time: 01:37:78		
PB (25m pool): 01:37.78 Diksmuide 08/02/2026				PB (50m pool): 01:41.47 SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:46.89		01:37.78				
	00:46.89		00:50.89					
								

Coach feedback:

Event number: 5: 200M BACKSTROKE WOMEN 13+							Heat:1, starttime: 10:39	
Heat: 1/4 Lane : 7 Athlete: DECOUTTERE EMMA							Q-time: 03:14:60	
PB (25m pool): no time			PB (50m pool): 03:14.60SB: 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:

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Event number: 5: 200M BACKSTROKE WOMEN 13+							Heat:3, starttime: 10:47	
Heat: 3/4 Lane : 0 Athlete: NOPPE PAULINE							Q-time: 02:38:11	
PB (25m pool): 02:38.11 Temse 17/11/2025				PB (50m pool): 02:44.44 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		00:37.75		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: 50M BUTTERFLY WOMEN 11+							Heat:2, starttime: 11:18	
Heat: 2/7 Lane : 2 Athlete: DECOUTTERE EMMA							Q-time: 00:42:89	
PB (25m pool): no time				PB (50m pool): 00:42.89 SB: no time				
	2 5 M		5 0 M					
PB			no time					
	no time							
								

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+										Heat:5, starttime: 11:22	
Heat: 5/7 Lane : 1 Athlete: DE WEVER MAUD										Q-time: 00:36:10	
PB (25m pool): 00:36.18 DIKSMUIDE 30/11/2025					PB (50m pool): 00:36.10 SB: no time						
	2 5 M		5 0 M								
PB			00:36.18								
			00:36.18								
											

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+							Heat:6, starttime: 11:23	
Heat: 6/7 Lane : 4 Athlete: VELGHE LAURA							Q-time: 00:31:51	
PB (25m pool): 00:31.84 Temse 17/11/2025				PB (50m pool): 00:31.51 SB: no time				
	2 5 M		5 0 M					
PB			00:31.84					
			00:31.84					
								

Coach feedback:

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Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:6, starttime: 11:23
Heat: 6/7 Lane : 5 Athlete: VERSTRAETE LINDE			Q-time: 00:31:58
PB (25m pool): 00:34.93 Diksmuide 17/11/2024			PB (50m pool): 00:32.09 SB: no time
	2 5 M	5 0 M	
PB		00:34.93	
		00:34.93	
			

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:6, starttime: 11:23
Heat: 6/7 Lane : 6 Athlete: DEPUYDT HASSE			Q-time: 00:32:01
PB (25m pool): 00:32.12 DIKSMUIDE 30/11/2025			PB (50m pool): 00:32.01 SB: no time
	2 5 M	5 0 M	
PB		00:32.12	
		00:32.12	
			

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:7, starttime: 11:24
Heat: 7/7 Lane : 9 Athlete: SCHACHT HANNE			Q-time: 00:31:20
PB (25m pool): 00:31.20 DIKSMUIDE 30/11/2025			PB (50m pool): 00:32.79 SB: no time
	2 5 M	5 0 M	
PB		00:31.20	
		00:31.20	
			

Coach feedback:

Event number: 8: 50M BACKSTROKE MEN 13+			Heat:1, starttime: 11:26
Heat: 1/4 Lane : 4 Athlete: SINNESAEEL CASPER			Q-time: 00:38:72
PB (25m pool): 00:43.19 Brugge 20/10/2024			PB (50m pool): 00:38.72 SB: no time
	2 5 M	5 0 M	
PB		00:43.19	
		00:43.19	
			

Coach feedback: