

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

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

Coaches: Van Gansbeke Wim

Coaches: Beel Steven HEADCOACH

Coaches: van Mil Ella

Coaches: Destoop Jens

PB => Personal Best time

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

Event number: 2: 100M FREESTYLE MEN 11+					Heat:5, starttime: 09:13
Heat: 5/14 Lane : 2 Athlete: BHIJA NASSIM					Q-time: 01:12:63
PB (25m pool): 01:14.02 LAGO Zwevegem 25/05/2026					PB (50m pool): 01:12.63 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.04		01:14.02	
	00:35.04		00:38.98		
					

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+					Heat:7, starttime: 09:16
Heat: 7/14 Lane : 8 Athlete: TACK THORBEN					Q-time: 01:09:49
PB (25m pool): 01:09.49 leper 04/01/2026					PB (50m pool): 01:11.69 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.46		01:09.49	
	00:33.46		00:36.03		
					

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+					Heat:10, starttime: 09:21
Heat: 10/14 Lane : 5 Athlete: BEEL NOAH					Q-time: 01:01:43
PB (25m pool): 01:01.43 LAGO Zwevegem 25/05/2026					PB (50m pool): 01:03.02 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:29.37		01:01.43	
	00:29.37		00:32.06		
					

Coach feedback:

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Event number: 3: 200M MEDLEY WOMEN 11+							Heat:8, starttime: 09:54	
Heat: 8/10 Lane : 7 Athlete: VAN HOUCKE IMKE							Q-time: 02:40:52	
PB (25m pool): 02:40.52 Diksmuide 12/10/2025				PB (50m pool): 02:41.88SB: 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		00:35.38		01:16.22		02:05.01		02:40.52
	00:35.38		00:40.84		00:48.79		00:35.51	
								

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:10, starttime: 10:01	
Heat: 10/10 Lane : 8 Athlete: BHIJA NOOR							Q-time: 02:32:05	
PB (25m pool): 02:32.05 DIKSMUIDE 30/11/2025				PB (50m pool): 02:38.79SB: 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		00:32.13		01:11.70		01:56.95		02:32.05
	00:32.13		00:39.57		00:45.25		00:35.10	
								

Coach feedback:

Event number: 6: 400M FREESTYLE MEN 13+							Heat:4, starttime: 11:12	
Heat: 4/4 Lane : 5 Athlete: BHIJA TARIQ							Q-time: 04:05:03	
PB (25m pool): 04:14.44 Gent(Sint-Amandsberg) 11/11/2024 PB (50m pool): 04:10.36SB: no time								
	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		00:28.57		01:00.59		01:32.77		02:05.20
	00:28.57		00:32.02		00:32.18		00:32.43	
								
	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		no time		03:10.55		03:42.93		04:14.44
					00:32.38		00:31.51	
								

Coach feedback:

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Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:7, starttime: 11:24
Heat: 7/7 Lane : 6 Athlete: BHIJA NOOR			Q-time: 00:29:93
PB (25m pool): 00:30.95 LAGO Zwevegem 20/05/2024			PB (50m pool): 00:29.93 SB: no time
	2 5 M	5 0 M	
PB		00:30.95	
		00:30.95	
			

Coach feedback:

Event number: 8: 50M BACKSTROKE MEN 13+			Heat:2, starttime: 11:28
Heat: 2/4 Lane : 1 Athlete: BEEL NOAH			Q-time: 00:37:42
PB (25m pool): 00:39.29 Sint-Amandsberg 19/10/2025			PB (50m pool): 00:37.42 SB: no time
	2 5 M	5 0 M	
PB		00:39.29	
		00:39.29	
			

Coach feedback:

Event number: 8: 50M BACKSTROKE MEN 13+			Heat:2, starttime: 11:28
Heat: 2/4 Lane : 8 Athlete: TACK THORBEN			Q-time: 00:37:66
PB (25m pool): 00:37.66 WAREGEM 27/09/2025			PB (50m pool): no time SB: no time
	2 5 M	5 0 M	
PB		00:37.66	
		00:37.66	
			

Coach feedback: