

PK KB WV 26: Session: 1: COACH evaluation sheet for TEAM: MZK

Coachinfo: Warming up from: 08:00 untill 08:55. 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 BUTTERFLY WOMEN 13+ Heat:1, starttime: 09:00

Heat: 1/1 Lane : 8 Athlete: VERPLANCKE MARA Q-time: 03:29:10

PB (25m pool): 03:37.01 LEUVEN 21/12/2025 PB (50m pool): 03:29.10 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		00:45.90		01:42.31		02:39.57		03:37.01
		00:45.90		00:56.41		00:57.26		00:57.44
								

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+ Heat:2, starttime: 09:07

Heat: 2/14 Lane : 5 Athlete: DHONDT MATTHIAS Q-time: 01:27:51

PB (25m pool): no time PB (50m pool): 01:27.51 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: 2: 100M FREESTYLE MEN 11+ Heat:3, starttime: 09:09

Heat: 3/14 Lane : 5 Athlete: VERPLANCKE BALDER Q-time: 01:20:36

PB (25m pool): 01:39.50 leper 05/01/2025 PB (50m pool): 01:20.36 SB: no time

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:46.20		01:39.50	
		00:46.20		00:53.30	
					

Coach feedback:

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Event number: 2: 100M FREESTYLE MEN 11+					Heat:4, starttime: 09:11
Heat: 4/14 Lane : 4 Athlete: POOT RUBE					Q-time: 01:15:17
PB (25m pool): 01:19.96 Zwevegem 11/05/2025					PB (50m pool): 01:15.17 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.42		01:19.96	
	00:38.42		00:41.54		
					

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+					Heat:5, starttime: 09:13
Heat: 5/14 Lane : 7 Athlete: DECOCK NAND					Q-time: 01:13:69
PB (25m pool): 01:18.65 Temse 17/11/2025					PB (50m pool): 01:13.69 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.98		01:18.65	
	00:37.98		00:40.67		
					

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+					Heat:6, starttime: 09:14
Heat: 6/14 Lane : 4 Athlete: TANGHE BATIS					Q-time: 01:10:24
PB (25m pool): 01:10.24 Nijlen 16/11/2025					PB (50m pool): 01:11.26 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.25		01:10.24	
	00:33.25		00:36.99		
					

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+					Heat:6, starttime: 09:14
Heat: 6/14 Lane : 8 Athlete: RIGOLE MAURO					Q-time: 01:11:12
PB (25m pool): 01:13.03 Nijlen 16/11/2025					PB (50m pool): 01:11.12 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.31		01:13.03	
	00:35.31		00:37.72		
					

Coach feedback:

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Event number: 2: 100M FREESTYLE MEN 11+					Heat:6, starttime: 09:14
Heat: 6/14 Lane : 9 Athlete: VANMAELSAEKE LEON					Q-time: 01:11:67
PB (25m pool): 01:12.52 Zwevegem 31/05/2026					PB (50m pool): 01:11.67 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.44		01:12.52	
	00:34.44		00:38.08		
					

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:1, starttime: 09:29	
Heat: 1/10 Lane : 1 Athlete: TANGHE MARIT							Q-time: 03:43:05	
PB (25m pool): 03:48.00 LEUVEN 21/12/2025				PB (50m pool): 03:43.05 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		00:54.36		01:49.66		02:56.97		03:48.00
	00:54.36		00:55.30		01:07.31		00:51.03	
								

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+					Heat:1, starttime: 11:17	
Heat: 1/7 Lane : 4 Athlete: DUBOIS ERIN					Q-time: 00:45:53	
PB (25m pool): no time					PB (50m pool): 00:45.53SB: no time	
	2 5 M	5 0 M				
PB		no time				
	no time					
						

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+					Heat:3, starttime: 11:20				
Heat: 3/7 Lane : 4 Athlete: DERVAUX ELLA					Q-time: 00:39:83				
PB (25m pool): 00:45.43 Nijlen 16/11/2025					PB (50m pool): 00:39.83SB: no time				
	2 5 M		5 0 M						
PB			00:45.43						
			00:45.43						
									

Coach feedback:

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Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:5, starttime: 11:22
Heat: 5/7 Lane : 2 Athlete: DECOMBLE LIZE			Q-time: 00:35:83
PB (25m pool): 00:38.04 Menen 01/05/2025			PB (50m pool): 00:35.83 SB: no time
	2 5 M	5 0 M	
PB		00:38.04	
		00:38.04	
			

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:5, starttime: 11:22
Heat: 5/7 Lane : 7 Athlete: MEURISSE KYANA			Q-time: 00:35:90
PB (25m pool): 00:35.65 Brugge 20/10/2024			PB (50m pool): 00:36.13 SB: no time
	2 5 M	5 0 M	
PB		00:35.65	
		00:35.65	
			

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:5, starttime: 11:22
Heat: 5/7 Lane : 8 Athlete: VERPLANCHE MARA			Q-time: 00:36:71
PB (25m pool): 00:38.23 Diksmuide 12/10/2025			PB (50m pool): 00:36.71 SB: no time
	2 5 M	5 0 M	
PB		00:38.23	
		00:38.23	
			

Coach feedback:

Event number: 8: 50M BACKSTROKE MEN 13+			Heat:2, starttime: 11:28
Heat: 2/4 Lane : 0 Athlete: TANGHE BATIS			Q-time: 00:37:82
PB (25m pool): no time			PB (50m pool): 00:37.82 SB: no time
	2 5 M	5 0 M	
PB		no time	
		no time	
			

Coach feedback: