

PK KB WVL 26: Session: 3: 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: 19: 100M MEDLEY MEN 11+					Heat:6, starttime: 09:10
Heat: 6/8 Lane : 3 Athlete: LATTE BRENT					Q-time: 01:08:58
PB (25m pool): 01:08.58 WAREGEM 27/09/2025					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:08.58	
	no time				
					

Coach feedback:

Event number: 19: 100M MEDLEY MEN 11+					Heat:7, starttime: 09:12
Heat: 7/8 Lane : 4 Athlete: BHIJA TARIQ					Q-time: 01:02:68
PB (25m pool): 01:02.68 WAREGEM 27/09/2025					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:02.68	
	no time				
					

Coach feedback:

Event number: 20: 200M FREESTYLE WOMEN 13+							Heat:3, starttime: 09:22	
Heat: 3/5 Lane : 8 Athlete: RAMBOUR ELYNE							Q-time: 02:23:07	
PB (25m pool): 02:23.07 DIKSMUIDE 30/11/2025				PB (50m pool): 02:24.69SB: 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		00:32.18		01:07.77		01:45.32		02:23.07
	00:32.18		00:35.59		00:37.55		00:37.75	
								

Coach feedback:

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Event number: 20: 200M FREESTYLE WOMEN 13+							Heat:4, starttime: 09:25	
Heat: 4/5 Lane : 3 Athlete: BHIJA NOOR							Q-time: 02:16:25	
PB (25m pool): 02:16.25 Diksmuide 12/10/2025				PB (50m pool): 02:25.76 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		00:31.29		01:06.56		01:42.13		02:16.25
	00:31.29		00:35.27		00:35.57		00:34.12	
								

Coach feedback:

Event number: 21: 100M BUTTERFLY MEN 13+					Heat:5, starttime: 09:39
Heat: 5/7 Lane : 0 Athlete: BEEL NOAH				Q-time: 01:08:69	
PB (25m pool): 01:08.69 LAGO Zwevegem 25/05/2026				PB (50m pool): 01:10.03SB: no time	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.83		01:08.69	
	00:31.83		00:36.86		
					

Coach feedback:

Event number: 23: 100M BACKSTROKE MEN 11+					Heat:3, starttime: 10:24
Heat: 3/11 Lane : 5 Athlete: BHIJA NASSIM				Q-time: 01:25:57	
PB (25m pool): 01:28.91 Zwembad De Treffer 06/04/2026					PB (50m pool): 01:25.57 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:43.75		01:28.91	
	00:43.75		00:45.16		
					

Coach feedback:

Event number: 23: 100M BACKSTROKE MEN 11+					Heat:11, starttime: 10:43
Heat: 11/11 Lane : 7 Athlete: BHIJA TARIQ				Q-time: 01:01:44	
PB (25m pool): 01:01.44 Gent 23/02/2025			PB (50m pool): 01:03.38 SB: no time		
PB	2 5 M	5 0 M	7 5 M	1 0 0 M	
		00:29.48		01:01.44	
	00:29.48		00:31.96		
					

Coach feedback:

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Event number: 24: 200M BREASTSTROKE WOMEN 13+							Heat:2, starttime: 10:49	
Heat: 2/3 Lane : 2 Athlete: DEPAEPE LANA							Q-time: 03:12:16	
PB (25m pool): 03:12.16 LAGO Zwevegem 25/05/2026				PB (50m pool): 03:18.68 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		00:44.09		01:32.68		02:22.77		03:12.16
	00:44.09		00:48.59		00:50.09		00:49.39	
								

Coach feedback:

Event number: 24: 200M BREASTSTROKE WOMEN 13+							Heat:2, starttime: 10:49	
Heat: 2/3 Lane : 8 Athlete: VAN GANSBEKE NORE							Q-time: 03:30:83	
PB (25m pool): 03:30.83 leper 04/01/2026				PB (50m pool): 03:33.82 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		00:44.56		01:38.40		no time		03:30.83
	00:44.56		00:53.84					
								

Coach feedback:

Event number: 26: 50M FREESTYLE WOMEN 13+										Heat:1, starttime: 11:11	
Heat: 1/6 Lane : 4 Athlete: DEPAEPE LANA										Q-time: 00:34:23	
PB (25m pool): 00:34.23 Gent 23/02/2025										PB (50m pool): 00:34.93SB: no time	
	2 5 M		5 0 M								
PB			00:34.23								
			00:34.23								
											

Coach feedback:

Event number: 26: 50M FREESTYLE WOMEN 13+							Heat:4, starttime: 11:14	
Heat: 4/6 Lane : 7 Athlete: RAMBOUR ELYNE							Q-time: 00:29:97	
PB (25m pool): 00:29.97 Zwevegem 11/05/2025							PB (50m pool): 00:30.78 SB: no time	
	2 5 M		5 0 M					
PB			00:29.97					
			00:29.97					
								

Coach feedback:

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Event number: 26: 50M FREESTYLE WOMEN 13+			Heat:6, starttime: 11:16
Heat: 6/6 Lane : 5 Athlete: CARIS MARTHE			Q-time: 00:27:10
PB (25m pool): 00:27.10 Gent 09/11/2025			PB (50m pool): 00:27.88 SB: no time
	2 5 M	5 0 M	
PB		00:27.10	
		00:27.10	
			

Coach feedback:

Event number: 26: 50M FREESTYLE WOMEN 13+			Heat:6, starttime: 11:16
Heat: 6/6 Lane : 7 Athlete: BHIJA NOOR			Q-time: 00:27:49
PB (25m pool): 00:28.09 DIKSMUIDE 30/11/2025			PB (50m pool): 00:27.49 SB: no time
	2 5 M	5 0 M	
PB		00:28.09	
		00:28.09	
			

Coach feedback:

Event number: 27: 50M BREASTSTROKE MEN 13+			Heat:2, starttime: 11:19
Heat: 2/3 Lane : 6 Athlete: LATTE BRENT			Q-time: 00:34:81
PB (25m pool): 00:34.83 WAREGEM 27/09/2025			PB (50m pool): 00:34.81 SB: no time
	2 5 M	5 0 M	
PB		00:34.83	
		00:34.83	
			

Coach feedback: