

PK KB WV L 26: Session: 3: 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: 19: 100M MEDLEY MEN 11+

Heat:2, starttime: 09:02

Heat: 2/8 Lane : 8 Athlete: VERPLANCKE BALDER

Q-time: 01:39:12

PB (25m pool): 01:39.12 Menen 07/06/2026

PB (50m pool): no time SB: no time

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:39.12	
	no time				
					

Coach feedback:

Event number: 19: 100M MEDLEY MEN 11+

Heat:3, starttime: 09:05

Heat: 3/8 Lane : 3 Athlete: DECOCK NAND

Q-time: 01:26:52

PB (25m pool): 01:26.52 Menen 07/06/2026

PB (50m pool): no time SB: no time

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:26.52	
	no time				
					

Coach feedback:

Event number: 19: 100M MEDLEY MEN 11+

Heat:3, starttime: 09:05

Heat: 3/8 Lane : 4 Athlete: POOT RUBE

Q-time: 01:24:53

PB (25m pool): 01:24.53 Menen 07/06/2026

PB (50m pool): no time SB: no time

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:24.53	
	no time				
					

Coach feedback:

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Event number: 19: 100M MEDLEY MEN 11+				Heat:4, starttime: 09:07	
Heat: 4/8 Lane : 2 Athlete: VANMAELSAEKE LEON				Q-time: 01:22:36	
PB (25m pool): 01:22.36 Menen 07/06/2026				PB (50m pool): no time SB: no time	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:22.36	
	no time				
					

Coach feedback:

Event number: 21: 100M BUTTERFLY MEN 13+				Heat:3, starttime: 09:35	
Heat: 3/7 Lane : 7 Athlete: DERVAUX ARNOUT				Q-time: 01:18:53	
PB (25m pool): 01:26.54 Nijlen 16/11/2025				PB (50m pool): 01:18.53 SB: no time	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.35		01:26.54	
	00:40.35		00:46.19		
					

Coach feedback:

Event number: 21: 100M BUTTERFLY MEN 13+				Heat:4, starttime: 09:37	
Heat: 4/7 Lane : 8 Athlete: PENEZ BEAU				Q-time: 01:12:44	
PB (25m pool): 01:13.73 Diksmuide 12/10/2025				PB (50m pool): 01:12.44 SB: no time	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.50		01:13.73	
	00:33.50		00:40.23		
					

Coach feedback:

Event number: 22: 100M BREASTSTROKE WOMEN 11-12				Heat:2, starttime: 09:47	
Heat: 2/4 Lane : 2 Athlete: DUBOIS ERIN				Q-time: 01:44:82	
PB (25m pool): 01:46.82 Diksmuide 08/02/2026				PB (50m pool): 01:44.82 SB: no time	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:49.45		01:46.82	
	00:49.45		00:57.37		
					

Coach feedback:

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Event number: 22: 100M BREASTSTROKE WOMEN 11-12					Heat:4, starttime: 09:51
Heat: 4/4 Lane : 3 Athlete: DECOMBLE LIZE					Q-time: 01:23:53
PB (25m pool): 01:24.21 Diksmuide 08/02/2026					PB (50m pool): 01:23.53 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.08		01:24.21	
	00:40.08		00:44.13		
					

Coach feedback:

Event number: 22: 100M BREASTSTROKE WOMEN 11-12					Heat:4, starttime: 09:51
Heat: 4/4 Lane : 8 Athlete: DERVAUX ELLA					Q-time: 01:31:65
PB (25m pool): 01:36.69 Diksmuide 08/02/2026					PB (50m pool): 01:31.65 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:46.11		01:36.69	
	00:46.11		00:50.58		
					

Coach feedback:

Event number: 23: 100M BACKSTROKE MEN 11+					Heat:2, starttime: 10:22
Heat: 2/11 Lane : 4 Athlete: POOT RUBE					Q-time: 01:33:45
PB (25m pool): 01:33.45 LEUVEN 21/12/2025					PB (50m pool): 01:33.79 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:45.41		01:33.45	
	00:45.41		00:48.04		
					

Coach feedback:

Event number: 23: 100M BACKSTROKE MEN 11+					Heat:2, starttime: 10:22
Heat: 2/11 Lane : 7 Athlete: VERPLANCKE BALDER					Q-time: 01:36:56
PB (25m pool): 01:41.76 LEUVEN 21/12/2025					PB (50m pool): 01:36.56 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:50.25		01:41.76	
	00:50.25		00:51.51		
					

Coach feedback:

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Event number: 23: 100M BACKSTROKE MEN 11+					Heat:3, starttime: 10:24
Heat: 3/11 Lane : 3 Athlete: DECOCK NAND					Q-time: 01:25:80
PB (25m pool): 01:26.18 Temse 17/11/2025			PB (50m pool): 01:25.80 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:42.33		01:26.18	
	00:42.33		00:43.85		
					

Coach feedback:

Event number: 23: 100M BACKSTROKE MEN 11+					Heat:5, starttime: 10:29
Heat: 5/11 Lane : 9 Athlete: VANMAELSAEKE LEON					Q-time: 01:22:25
PB (25m pool): 01:28.52 LEUVEN 21/12/2025			PB (50m pool): 01:22.25 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:42.40		01:28.52	
	00:42.40		00:46.12		
					

Coach feedback:

Event number: 23: 100M BACKSTROKE MEN 11+					Heat:6, starttime: 10:32
Heat: 6/11 Lane : 6 Athlete: TANGHE BATIS					Q-time: 01:18:90
PB (25m pool): 01:18.90 Menen 01/05/2026			PB (50m pool): 01:21.65 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.84		01:18.90	
	00:37.84		00:41.06		
					

Coach feedback:

Event number: 23: 100M BACKSTROKE MEN 11+					Heat:9, starttime: 10:38
Heat: 9/11 Lane : 8 Athlete: PENEZ BEAU					Q-time: 01:09:61
PB (25m pool): 01:10.49 Zwevegem 11/05/2025			PB (50m pool): 01:09.61 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.19		01:10.49	
	00:34.19		00:36.30		
					

Coach feedback:

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Event number: 26: 50M FREESTYLE WOMEN 13+			Heat:3, starttime: 11:13
Heat: 3/6 Lane : 2 Athlete: MEURISSE KYANA			Q-time: 00:30:80
PB (25m pool): 00:30.80 Menen 07/06/2026			PB (50m pool): 00:31.49 SB: no time
	2 5 M	5 0 M	
PB		00:30.80	
		00:30.80	
			

Coach feedback: