

PK KB WVL 26: Session: 3: COACH evaluation sheet for TEAM: ZB

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

Coaches: Tieghem Kristof

Coaches: Lefever Elisa

Coaches: Debeuckelaere Sindy HEADCOACH

PB => Personal Best time

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

Event number: 19: 100M MEDLEY MEN 11+					Heat:1, starttime: 09:00
Heat: 1/8 Lane : 5 Athlete: T JONCK MATHIJS					Q-time: 01:42:71
PB (25m pool): 01:42.71 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		01:42.71	
	no time				
					

Coach feedback:

Event number: 19: 100M MEDLEY MEN 11+					Heat:4, starttime: 09:07
Heat: 4/8 Lane : 0 Athlete: MOERMAN JASPER					Q-time: 01:23:95
PB (25m pool): 01:23.95 Zwevegem 31/05/2026					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.97		01:23.95	
	00:38.97 00:44.98				
					

Coach feedback:

Event number: 19: 100M MEDLEY MEN 11+					Heat:6, starttime: 09:10
Heat: 6/8 Lane : 5 Athlete: VANDAMME LUCAS					Q-time: 01:07:08
PB (25m pool): 01:07.08 Diksmuide 28/12/2025					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.99		01:07.08	
	00:31.99 00:35.09				
					

Coach feedback:

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Event number: 19: 100M MEDLEY MEN 11+					Heat:7, starttime: 09:12
Heat: 7/8 Lane : 8 Athlete: SALOMEZ HAAKON					Q-time: 01:05:70
PB (25m pool): 01:04.74 Ettelbruck 16/04/2023					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:04.74	
	no time				
					

Coach feedback:

Event number: 19: 100M MEDLEY MEN 11+					Heat:8, starttime: 09:14
Heat: 8/8 Lane : 1 Athlete: DELPORTE NIO					Q-time: 01:00:95
PB (25m pool): 01:00.95 Zwevegem 31/05/2026					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:28.27		01:00.95	
	00:28.27 00:32.68				
					

Coach feedback:

Event number: 20: 200M FREESTYLE WOMEN 13+							Heat:2, starttime: 09:19	
Heat: 2/5 Lane : 0 Athlete: DECEUNINCK EMMA							Q-time: 02:32:59	
PB (25m pool): 02:32.59 Ettelbruck 19/04/2026				PB (50m pool): 02:32.57 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		00:34.40		01:14.27		01:54.81		02:32.59
	00:34.40		00:39.87		00:40.54		00:37.78	
								

Coach feedback:

Event number: 20: 200M FREESTYLE WOMEN 13+							Heat:2, starttime: 09:19	
Heat: 2/5 Lane : 1 Athlete: VANDAMME BRITT							Q-time: 02:31:69	
PB (25m pool): 02:31.69 Ettelbruck 19/04/2026				PB (50m pool): 02:31.15SB: 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		00:36.45		01:15.16		01:54.21		02:31.69
	00:36.45		00:38.71		00:39.05		00:37.48	
								

Coach feedback:

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Event number: 20: 200M FREESTYLE WOMEN 13+							Heat:5, starttime: 09:28	
Heat: 5/5 Lane : 7 Athlete: MIGOM LOBKE							Q-time: 02:11:26	
PB (25m pool): 02:11.26 DIKSMUIDE 30/11/2025				PB (50m pool): 02:13.87 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		00:30.71		01:03.83		01:37.90		02:11.26
	00:30.71		00:33.12		00:34.07		00:33.36	
								

Coach feedback:

Event number: 21: 100M BUTTERFLY MEN 13+					Heat:4, starttime: 09:37
Heat: 4/7 Lane : 5 Athlete: VAN BRABANT BENJAMIN				Q-time: 01:09:45	
PB (25m pool): 01:09.45 Zwevegem 31/05/2026			PB (50m pool): 01:08.45 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.36		01:09.45	
	00:32.36		00:37.09		
					

Coach feedback:

Event number: 21: 100M BUTTERFLY MEN 13+					Heat:7, starttime: 09:42
Heat: 7/7 Lane : 1 Athlete: THYVELEN WOUT				Q-time: 01:00:36	
PB (25m pool): 01:00.36 Nijlen 16/11/2025			PB (50m pool): 01:01.13 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:27.89		01:00.36	
	00:27.89		00:32.47		
					

Coach feedback:

Event number: 22: 100M BREASTSTROKE WOMEN 11-12					Heat:1, starttime: 09:44
Heat: 1/4 Lane : 4 Athlete: DEMAREST JAYDA				Q-time: 01:51:40	
PB (25m pool): 01:50.21 Diksmuide 29/12/2024				PB (50m pool): 01:45.56 SB: no time	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:53.01		01:50.21	
	00:53.01		00:57.20		
					

Coach feedback:

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Event number: 22: 100M BREASTSTROKE WOMEN 11-12					Heat:2, starttime: 09:47
Heat: 2/4 Lane : 5 Athlete: DECAESTECKER OONA					Q-time: 01:42:18
PB (25m pool): 01:42.18 Diksmuide 28/12/2025					PB (50m pool): 01:43.61 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:47.23		01:42.18	
	00:47.23		00:54.95		
					

Coach feedback:

Event number: 22: 100M BREASTSTROKE WOMEN 11-12					Heat:2, starttime: 09:47
Heat: 2/4 Lane : 7 Athlete: DE DEYNE PAULIEN					Q-time: 01:45:21
PB (25m pool): 01:45.21 Diksmuide 28/12/2025					PB (50m pool): 01:47.53 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:50.51		01:45.21	
	00:50.51		00:54.70		
					

Coach feedback:

Event number: 22: 100M BREASTSTROKE WOMEN 11-12					Heat:4, starttime: 09:51
Heat: 4/4 Lane : 5 Athlete: GHEKIERE JUNE					Q-time: 01:21:65
PB (25m pool): 01:21.65 Diksmuide 28/12/2025					PB (50m pool): 01:24.22 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.37		01:21.65	
	00:38.37		00:43.28		
					

Coach feedback:

Event number: 23: 100M BACKSTROKE MEN 11+					Heat:2, starttime: 10:22
Heat: 2/11 Lane : 0 Athlete: T'JONCK MATHIJS					Q-time: 01:39:53
PB (25m pool): 01:39.53 Diksmuide 28/12/2025					PB (50m pool): 01:39.38 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:49.41		01:39.53	
	00:49.41		00:50.12		
					

Coach feedback:

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Event number: 23: 100M BACKSTROKE MEN 11+					Heat:6, starttime: 10:32
Heat: 6/11 Lane : 2 Athlete: STAELEN QUINTEN					Q-time: 01:19:58
PB (25m pool): 01:19.58 Diksmuide 12/10/2025					PB (50m pool): 01:17.74 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.47		01:19.58	
	00:39.47		00:40.11		
					

Coach feedback:

Event number: 23: 100M BACKSTROKE MEN 11+					Heat:6, starttime: 10:32
Heat: 6/11 Lane : 8 Athlete: MOERMAN JASPER					Q-time: 01:19:85
PB (25m pool): 01:19.85 Ettelbruck 19/04/2026					PB (50m pool): 01:21.81 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.07		01:19.85	
	00:39.07		00:40.78		
					

Coach feedback:

Event number: 23: 100M BACKSTROKE MEN 11+					Heat:10, starttime: 10:41
Heat: 10/11 Lane : 4 Athlete: PLOVIE FLYNN					Q-time: 01:02:78
PB (25m pool): 01:02.78 Ettelbruck 19/04/2026					PB (50m pool): 01:04.84 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.47		01:02.78	
	00:30.47		00:32.31		
					

Coach feedback:

Event number: 23: 100M BACKSTROKE MEN 11+					Heat:10, starttime: 10:41
Heat: 10/11 Lane : 5 Athlete: EECKHOUT SIEBEN					Q-time: 01:03:27
PB (25m pool): 01:03.27 Zwevegem 11/05/2025					PB (50m pool): 01:04.88 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.45		01:03.27	
	00:30.45		00:32.82		
					

Coach feedback:

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Event number: 24: 200M BREASTSTROKE WOMEN 13+							Heat:3, starttime: 10:53	
Heat: 3/3 Lane : 0 Athlete: CASTELEYN YANA							Q-time: 02:56:95	
PB (25m pool): 02:56.95 Ettelbruck 19/04/2026				PB (50m pool): 02:59.12SB: 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		00:40.49		01:25.56		02:11.34		02:56.95
	00:40.49		00:45.07		00:45.78		00:45.61	
								

Coach feedback:

Event number: 24: 200M BREASTSTROKE WOMEN 13+							Heat:3, starttime: 10:53	
Heat: 3/3 Lane : 3 Athlete: DEMUYNCK MARGOT							Q-time: 02:48:53	
PB (25m pool): 02:48.53 Diksmuide 12/10/2025				PB (50m pool): 02:55.83SB: 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		00:38.59		01:21.16		02:05.17		02:48.53
	00:38.59		00:42.57		00:44.01		00:43.36	
								

Coach feedback:

Event number: 24: 200M BREASTSTROKE WOMEN 13+							Heat:3, starttime: 10:53	
Heat: 3/3 Lane : 7 Athlete: DEMAREST HAILEY							Q-time: 02:50:75	
PB (25m pool): 02:50.75 Temse 17/11/2025				PB (50m pool): 02:52.30SB: 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		00:39.30		01:23.08		02:07.02		02:50.75
	00:39.30		00:43.78		00:43.94		00:43.73	
								

Coach feedback:

Event number: 26: 50M FREESTYLE WOMEN 13+							Heat:1, starttime: 11:11	
Heat: 1/6 Lane : 3 Athlete: HOSTEN IRIS							Q-time: 00:36:36	
PB (25m pool): 00:36.36 Ettelbruck 20/04/2025							PB (50m pool): 00:32.55SB: no time	
PB	2 5 M		5 0 M					
			00:36.36					
			00:36.36					
								

Coach feedback:

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Event number: 26: 50M FREESTYLE WOMEN 13+			Heat:2, starttime: 11:12
Heat: 2/6 Lane : 2 Athlete: TOMMISSEN SIMONAH			Q-time: 00:32:66
PB (25m pool): 00:32.66 Menen 07/06/2026			PB (50m pool): 00:32.73 SB: no time
	2 5 M	5 0 M	
PB		00:32.66	
		00:32.66	
			

Coach feedback:

Event number: 26: 50M FREESTYLE WOMEN 13+			Heat:2, starttime: 11:12
Heat: 2/6 Lane : 8 Athlete: VANDAMME BRITT			Q-time: 00:33:27
PB (25m pool): 00:33.27 Eeklo 21/09/2025			PB (50m pool): 00:31.83 SB: no time
	2 5 M	5 0 M	
PB		00:33.27	
		00:33.27	
			

Coach feedback:

Event number: 26: 50M FREESTYLE WOMEN 13+			Heat:3, starttime: 11:13
Heat: 3/6 Lane : 6 Athlete: DECEUNINCK EMMA			Q-time: 00:30:79
PB (25m pool): 00:30.79 Menen 07/06/2026			PB (50m pool): 00:30.90 SB: no time
	2 5 M	5 0 M	
PB		00:30.79	
		00:30.79	
			

Coach feedback:

Event number: 26: 50M FREESTYLE WOMEN 13+			Heat:4, starttime: 11:14
Heat: 4/6 Lane : 8 Athlete: DEMUYNCK MARGOT			Q-time: 00:30:06
PB (25m pool): 00:30.06 Ettelbruck 20/04/2025			PB (50m pool): 00:30.86 SB: no time
	2 5 M	5 0 M	
PB		00:30.06	
		00:30.06	
			

Coach feedback:

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Event number: 27: 50M BREASTSTROKE MEN 13+			Heat:1, starttime: 11:17
Heat: 1/3 Lane : 2 Athlete: STAELEN QUINTEN			Q-time: 00:41:76
PB (25m pool): 00:41.76 Meulebeke 06/04/2025			PB (50m pool): 00:35.65 SB: no time
	2 5 M	5 0 M	
PB		00:41.76	
		00:41.76	
			

Coach feedback:

Event number: 27: 50M BREASTSTROKE MEN 13+			Heat:2, starttime: 11:19
Heat: 2/3 Lane : 4 Athlete: VANDAMME LUCAS			Q-time: 00:32:64
PB (25m pool): 00:32.64 Ettelbruck 20/04/2025			PB (50m pool): 00:33.29 SB: no time
	2 5 M	5 0 M	
PB		00:32.64	
		00:32.64	
			

Coach feedback:

Event number: 27: 50M BREASTSTROKE MEN 13+			Heat:2, starttime: 11:19
Heat: 2/3 Lane : 5 Athlete: SALOMEZ HAAKON			Q-time: 00:33:72
PB (25m pool): 00:32.95 Ettelbruck 21/04/2024			PB (50m pool): 00:33.57 SB: no time
	2 5 M	5 0 M	
PB		00:32.95	
		00:32.95	
			

Coach feedback:

Event number: 27: 50M BREASTSTROKE MEN 13+			Heat:3, starttime: 11:20
Heat: 3/3 Lane : 1 Athlete: DELPORTE NIO			Q-time: 00:30:45
PB (25m pool): 00:30.45 Ettelbruck 19/04/2026			PB (50m pool): 00:31.04 SB: no time
	2 5 M	5 0 M	
PB		00:30.45	
		00:30.45	
			

Coach feedback:

PK KB WVl 26: Session: 3: COACH evaluation sheet for TEAM: ZB

Event number: 27: 50M BREASTSTROKE MEN 13+			Heat:3, starttime: 11:20
Heat: 3/3 Lane : 7 Athlete: THYVELEN WOUT			Q-time: 00:30:41
PB (25m pool): 00:30.41 Ettelbruck 20/04/2025			PB (50m pool): 00:31.16 SB: no time
	2 5 M	5 0 M	
PB		00:30.41	
		00:30.41	
			

Coach feedback: