

PK KB WVL 26: Session: 4: COACH evaluation sheet for TEAM: KWZC

Coachinfo: Warming up from: 13:00 untill 13:55. 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: 28: 100M MEDLEY WOMEN 11+					Heat:1, starttime: 14:00
Heat: 1/6 Lane : 4 Athlete: VAN GANSBEKE NORE					Q-time: 01:37:54
PB (25m pool): 01:37.54 Meulebeke 06/04/2025					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:37.54	
	no time				
					

Coach feedback:

Event number: 28: 100M MEDLEY WOMEN 11+					Heat:5, starttime: 14:08
Heat: 5/6 Lane : 3 Athlete: RAMBOUR ELYNE					Q-time: 01:14:64
PB (25m pool): 01:14.64 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		00:33.43		01:14.64	
	00:33.43 00:41.21				
					

Coach feedback:

Event number: 28: 100M MEDLEY WOMEN 11+					Heat:6, starttime: 14:10
Heat: 6/6 Lane : 3 Athlete: CARIS MARTHE					Q-time: 01:08:80
PB (25m pool): 01:08.80 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		01:08.80	
	no time				
					

Coach feedback:

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Event number: 29: 200M FREESTYLE MEN 13+							Heat:3, starttime: 14:19	
Heat: 3/7 Lane : 1 Athlete: BEEL NOAH							Q-time: 02:21:20	
PB (25m pool): 02:22.90 DIKSMUIDE 30/11/2025				PB (50m pool): 02:21.20 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		00:32.53		01:09.52		01:47.36		02:22.90
	00:32.53		00:36.99		00:37.84		00:35.54	
								

Coach feedback:

Event number: 29: 200M FREESTYLE MEN 13+							Heat:7, starttime: 14:30	
Heat: 7/7 Lane : 5 Athlete: BHIJA TARIQ							Q-time: 01:54:22	
PB (25m pool): 01:55.33 Sint-Amandsberg 19/10/2025				PB (50m pool): 01:54.22SB: 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		00:26.71		00:55.97		01:25.86		01:55.33
	00:26.71		00:29.26		00:29.89		00:29.47	
								

Coach feedback:

Event number: 30: 100M BUTTERFLY WOMEN 13+					Heat:3, starttime: 14:37
Heat: 3/5 Lane : 7 Athlete: VAN HOUCKE IMKE					Q-time: 01:16:67
PB (25m pool): 01:16.88 Sint-Amandsberg 19/10/2025					PB (50m pool): 01:16.67SB: no time
PB	2 5 M	5 0 M	7 5 M	1 0 0 M	
		00:35.10		01:16.88	
	00:35.10		00:41.78		
					

Coach feedback:

Event number: 30: 100M BUTTERFLY WOMEN 13+					Heat:5, starttime: 14:41	
Heat: 5/5 Lane : 7 Athlete: BHIJA NOOR				Q-time: 01:07:13		
PB (25m pool): 01:07.13 Zwembad De Treffer 06/04/2026					PB (50m pool): 01:07.81 SB: no time	
PB	2 5 M	5 0 M	7 5 M	1 0 0 M		
		00:30.41		01:07.13		
	00:30.41		00:36.72			
						

Coach feedback:

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Event number: 31: 100M BREASTSTROKE MEN 11-12					Heat:2, starttime: 14:45
Heat: 2/5 Lane : 4 Athlete: BHIJA NASSIM					Q-time: 01:44:93
PB (25m pool): no time PB (50m pool): 01:44.93 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: 32: 100M BACKSTROKE WOMEN 11+					Heat:4, starttime: 15:28
Heat: 4/10 Lane : 1 Athlete: DEPAEPE LANA					Q-time: 01:25:26
PB (25m pool): 01:25.26 LAGO Zwevegem 25/05/2026 PB (50m pool): 01:30.16 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:41.63		01:25.26	
	00:41.63 00:43.63				
					

Coach feedback:

Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:9, starttime: 15:39
Heat: 9/10 Lane : 8 Athlete: CARIS MARTHE					Q-time: 01:12:10
PB (25m pool): 01:12.19 Diksmuide 12/10/2025 PB (50m pool): 01:12.10 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.79		01:12.19	
	00:35.79 00:36.40				
					

Coach feedback:

Event number: 35: 50M FREESTYLE MEN 13+					Heat:6, starttime: 16:08
Heat: 6/6 Lane : 6 Athlete: BHIJA TARIQ					Q-time: 00:24:53
PB (25m pool): 00:24.53 Sint-Amandsberg 19/10/2025 PB (50m pool): 00:24.87 SB: no time					
	2 5 M	5 0 M			
PB		00:24.53			
	00:24.53				
					

Coach feedback:

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Event number: 36: 50M BREASTSTROKE WOMEN 13+			Heat:2, starttime: 16:11
Heat: 2/3 Lane : 6 Athlete: DEPAEPE LANA			Q-time: 00:40:88
PB (25m pool): 00:41.81 WAREGEM 27/09/2025			PB (50m pool): 00:40.88 SB: no time
	2 5 M	5 0 M	
PB		00:41.81	
		00:41.81	
			

Coach feedback:

Event number: 36: 50M BREASTSTROKE WOMEN 13+			Heat:2, starttime: 16:11
Heat: 2/3 Lane : 8 Athlete: VAN GANSBEKE NORE			Q-time: 00:42:32
PB (25m pool): 00:44.22 Sint-Amandsberg 19/10/2025			PB (50m pool): 00:42.32 SB: no time
	2 5 M	5 0 M	
PB		00:44.22	
		00:44.22	
			

Coach feedback:

Event number: 36: 50M BREASTSTROKE WOMEN 13+			Heat:3, starttime: 16:12
Heat: 3/3 Lane : 0 Athlete: RAMBOUR ELYNE			Q-time: 00:38:74
PB (25m pool): 00:38.97 Waregem 28/09/2024			PB (50m pool): 00:38.74 SB: no time
	2 5 M	5 0 M	
PB		00:38.97	
		00:38.97	
			

Coach feedback:

Event number: 36: 50M BREASTSTROKE WOMEN 13+			Heat:3, starttime: 16:12
Heat: 3/3 Lane : 9 Athlete: VAN HOUCKE IMKE			Q-time: 00:39:09
PB (25m pool): 00:39.60 Sint-Amandsberg 19/10/2025			PB (50m pool): 00:39.09 SB: no time
	2 5 M	5 0 M	
PB		00:39.60	
		00:39.60	
			

Coach feedback:

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Event number: 38: 4x50M MEDLEY WOMEN 11+							Heat:2, starttime: 16:44	
Heat: 2/2 Lane : 2 Athlete: TEAM KWZC 2							Q-time: 02:13:68	
PB (25m pool):			PB (50m pool):			SB:		
	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								
								

Coach feedback: