

PK KB WV 26: Session: 4: COACH evaluation sheet for TEAM: MZK

Coachinfo: Warming up from: 13:00 untill 13:55. 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: 28: 100M MEDLEY WOMEN 11+					Heat:2, starttime: 14:02
Heat: 2/6 Lane : 8 Athlete: DUBOIS ERIN					Q-time: 01:34:10
PB (25m pool): 01:34.10 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		01:34.10	
	no time				
					

Coach feedback:

Event number: 28: 100M MEDLEY WOMEN 11+					Heat:4, starttime: 14:06
Heat: 4/6 Lane : 8 Athlete: MEURISSE KYANA					Q-time: 01:21:85
PB (25m pool): 01:21.85 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		01:21.85	
	no time				
					

Coach feedback:

Event number: 28: 100M MEDLEY WOMEN 11+					Heat:5, starttime: 14:08
Heat: 5/6 Lane : 7 Athlete: DECOMBLE LIZE					Q-time: 01:15:61
PB (25m pool): 01:15.61 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		00:36.76		01:15.61	
	00:36.76 00:38.85				
					

Coach feedback:

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Event number: 29: 200M FREESTYLE MEN 13+							Heat:2, starttime: 14:16	
Heat: 2/7 Lane : 8 Athlete: RIGOLE MAURO							Q-time: 02:30:33	
PB (25m pool): 02:32.36 DIKSMUIDE 30/11/2025				PB (50m pool): 02:30.33SB: 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		00:36.30		01:15.62		01:54.98		02:32.36
	00:36.30		00:39.32		00:39.36		00:37.38	
								

Coach feedback:

Event number: 29: 200M FREESTYLE MEN 13+							Heat:3, starttime: 14:19	
Heat: 3/7 Lane : 8 Athlete: DERVAUX ARNOUT							Q-time: 02:22:57	
PB (25m pool): 02:23.13 Menen 01/05/2026				PB (50m pool): 02:22.57SB: 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		00:32.16		01:07.97		no time		02:23.13
	00:32.16		00:35.81					
								

Coach feedback:

Event number: 29: 200M FREESTYLE MEN 13+							Heat:4, starttime: 14:22	
Heat: 4/7 Lane : 1 Athlete: PENEZ BEAU							Q-time: 02:15:44	
PB (25m pool): 02:15.44 Diksmuide 12/10/2025				PB (50m pool): 02:20.37SB: 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		00:31.67		01:06.29		01:41.31		02:15.44
	00:31.67		00:34.62		00:35.02		00:34.13	
								

Coach feedback:

Event number: 30: 100M BUTTERFLY WOMEN 13+					Heat:2, starttime: 14:35
Heat: 2/5 Lane : 0 Athlete: VERPLANCKE MARA				Q-time: 01:26:27	
PB (25m pool): 01:27.00 LAGO Zwevegem 25/05/2026			PB (50m pool): 01:26.27 SB: no time		
PB	2 5 M	5 0 M	7 5 M	1 0 0 M	
		00:39.76		01:27.00	
	00:39.76		00:47.24		
					

Coach feedback:

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Event number: 31: 100M BREASTSTROKE MEN 11-12					Heat:2, starttime: 14:45
Heat: 2/5 Lane : 3 Athlete: VERPLANCKE BALDER					Q-time: 01:47:81
PB (25m pool): 01:52.33 Diksmuide 08/02/2026					PB (50m pool): 01:47.81 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:53.60		01:52.33	
	00:53.60		00:58.73		
					

Coach feedback:

Event number: 31: 100M BREASTSTROKE MEN 11-12					Heat:3, starttime: 14:48
Heat: 3/5 Lane : 6 Athlete: DECOCK NAND					Q-time: 01:41:43
PB (25m pool): 01:42.01 Nijlen 16/11/2025					PB (50m pool): 01:41.43 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:48.06		01:42.01	
	00:48.06		00:53.95		
					

Coach feedback:

Event number: 31: 100M BREASTSTROKE MEN 11-12					Heat:3, starttime: 14:48
Heat: 3/5 Lane : 7 Athlete: VANMAELSAEKE LEON					Q-time: 01:42:30
PB (25m pool): 01:42.30 Diksmuide 08/02/2026					PB (50m pool): 01:42.37 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:47.36		01:42.30	
	00:47.36		00:54.94		
					

Coach feedback:

Event number: 31: 100M BREASTSTROKE MEN 11-12					Heat:5, starttime: 14:52
Heat: 5/5 Lane : 9 Athlete: POOT RUBE					Q-time: 01:36:32
PB (25m pool): 01:36.32 Temse 17/11/2025					PB (50m pool): 01:38.10 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:44.70		01:36.32	
	00:44.70		00:51.62		
					

Coach feedback:

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Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:2, starttime: 15:22
Heat: 2/10 Lane : 0 Athlete: TANGHE MARIT					Q-time: 01:36:13
PB (25m pool): 01:38.29 LEUVEN 21/12/2025					PB (50m pool): 01:36.13 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:47.26		01:38.29	
	00:47.26		00:51.03		
					

Coach feedback:

Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:2, starttime: 15:22
Heat: 2/10 Lane : 2 Athlete: DERVAUX ELLA					Q-time: 01:32:95
PB (25m pool): 01:36.34 Veurne 19/10/2025					PB (50m pool): 01:32.95 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:47.04		01:36.34	
	00:47.04		00:49.30		
					

Coach feedback:

Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:4, starttime: 15:28
Heat: 4/10 Lane : 8 Athlete: VERPLANCKE MARA					Q-time: 01:25:28
PB (25m pool): 01:25.28 Nijlen 16/11/2025					PB (50m pool): 01:29.08 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:41.18		01:25.28	
	00:41.18		00:44.10		
					

Coach feedback:

Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:6, starttime: 15:32
Heat: 6/10 Lane : 1 Athlete: DECOMBLE LIZE					Q-time: 01:20:19
PB (25m pool): 01:22.82 LEUVEN 21/12/2025					PB (50m pool): 01:20.19 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.46		01:22.82	
	00:40.46		00:42.36		
					

Coach feedback:

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Event number: 35: 50M FREESTYLE MEN 13+							Heat:1, starttime: 16:03	
Heat: 1/6 Lane : 1 Athlete: RIGOLE MAURO							Q-time: 00:32:07	
PB (25m pool): 00:32.07 Menen 07/06/2026							PB (50m pool): 00:33.44 SB: no time	
	2 5 M		5 0 M					
PB			00:32.07					
	00:32.07							
								

Coach feedback:

Event number: 35: 50M FREESTYLE MEN 13+							Heat:2, starttime: 16:04	
Heat: 2/6 Lane : 5 Athlete: DERVAUX ARNOUT							Q-time: 00:29:51	
PB (25m pool): 00:29.51 Menen 07/06/2026							PB (50m pool): 00:30.47 SB: no time	
	2 5 M		5 0 M					
PB			00:29.51					
			00:29.51					
								

Coach feedback:

Event number: 35: 50M FREESTYLE MEN 13+							Heat:3, starttime: 16:05	
Heat: 3/6 Lane : 0 Athlete: PENEZ BEAU							Q-time: 00:28:67	
PB (25m pool): 00:28.67 Menen 07/06/2026							PB (50m pool): 00:29.44SB: no time	
	2 5 M		5 0 M					
PB			00:28.67					
			00:28.67					
								

Coach feedback:

Event number: 37: 4x50M MEDLEY MEN 11+				Heat:2, starttime: 16:37			
Heat: 2/2 Lane : 0 Athlete: TEAM MZK 2				Q-time: 02:42:75			
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:

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Event number: 38: 4x50M MEDLEY WOMEN 11+							Heat:2, starttime: 16:44	
Heat: 2/2 Lane : 9 Athlete: TEAM MZK 2							Q-time: 02:42:65	
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: