

200M van TIELT 26: Session: 1: COACH evaluation sheet for TEAM: IKZ

Coachinfo: Warming up from: 07:30 untill 08:20. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Vandeputte Debby

Coaches: Demeyere Linda

Coaches: Debouck Emiel

PB => Personal Best time

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

Event number: 1: 400M FREESTYLE MIXED 10-9							Heat:1, starttime: 08:30	
Heat: 1/5 Lane : 2 Athlete: MINNE WARRE							Q-time: 99:99:99	
PB (25m pool): no time			PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		no time		no time		no time		no time
	no time							
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		no time		no time		no time		no time
								

Coach feedback:

Event number: 1: 400M FREESTYLE MIXED 10-9							Heat:1, starttime: 08:30	
Heat: 1/5 Lane : 3 Athlete: JOYE ROMY							Q-time: 99:99:99	
PB (25m pool): no time			PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		no time		no time		no time		no time
	no time							
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		no time		no time		no time		no time
								

Coach feedback:

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Event number: 1: 400M FREESTYLE MIXED 10-9							Heat:2, starttime: 08:39	
Heat: 2/5 Lane : 1 Athlete: VANBIERVLiet MANON							Q-time: 99:99:99	
PB (25m pool): no time			PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		no time		no time		no time		no time
	no time							
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		no time		no time		no time		no time
								

Coach feedback:

Event number: 1: 400M FREESTYLE MIXED 10-9							Heat:2, starttime: 08:39	
Heat: 2/5 Lane : 2 Athlete: HOUTHOOFD ROAN							Q-time: 08:19:38	
PB (25m pool): 08:19.38 LAGO Zwevegem 09/06/2025			PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		00:51.16		no time		02:53.76		03:58.55
	00:51.16						01:04.79	
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		05:01.56		06:09.91		07:16.56		08:19.38
	01:03.01		01:08.35		01:06.65		01:02.82	
								

Coach feedback:

Event number: 1: 400M FREESTYLE MIXED 10-9							Heat:3, starttime: 08:47	
Heat: 3/5 Lane : 5 Athlete: DIERKENS HENRI							Q-time: 07:29:24	
PB (25m pool): 07:29.24 Gent 23/02/2025				PB (50m pool): 06:57.93SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		00:45.94		01:40.53		02:34.81		03:32.71
	00:45.94		00:54.59		00:54.28		00:57.90	
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		04:32.04		05:32.48		06:32.58		07:29.24
	00:59.33		01:00.44		01:00.10		00:56.66	
								

Coach feedback:

200M van TIELT 26: Session: 1: COACH evaluation sheet for TEAM: IKZ

Event number: 1: 400M FREESTYLE MIXED 10-9							Heat:4, starttime: 08:55	
Heat: 4/5 Lane : 1 Athlete: VANBIERVLIET VICTOR							Q-time: 06:52:50	
PB (25m pool): 06:52.50 LAGO Zwevegem 09/06/2025				PB (50m pool): 07:04.46SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		00:45.97		01:38.06		02:31.06		03:25.14
	00:45.97		00:52.09		00:53.00		00:54.08	
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		04:17.55		05:11.26		06:02.98		06:52.50
	00:52.41		00:53.71		00:51.72		00:49.52	
								

Coach feedback:

Event number: 2: 400M FREESTYLE WOMEN 11+							Heat:3, starttime: 09:25	
Heat: 3/8 Lane : 5 Athlete: DECOUTTERE EMMA							Q-time: 06:27:61	
PB (25m pool): no time			PB (50m pool): 06:27.61SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		no time		no time		no time		no time
	no time							
	...	...	...	...	...	...	...	...
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		no time		no time		no time		no time
	...	...	...	...	...	...	...	...

Coach feedback:

Event number: 2: 400M FREESTYLE WOMEN 11+							Heat:6, starttime: 09:45	
Heat: 6/8 Lane : 3 Athlete: DE WEVER MAUD							Q-time: 05:24:45	
PB (25m pool): 05:24.45 Diksmuide 12/10/2025				PB (50m pool): 05:29.75SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		00:37.13		01:17.89		01:58.89		02:39.70
	00:37.13		00:40.76		00:41.00		00:40.81	
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		03:21.16		04:02.66		04:44.50		05:24.45
	00:41.46		00:41.50		00:41.84		00:39.95	
								

Coach feedback:

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Event number: 2: 400M FREESTYLE WOMEN 11+							Heat:7, starttime: 09:51	
Heat: 7/8 Lane : 2 Athlete: NOPPE PAULINE							Q-time: 05:08:63	
PB (25m pool): 05:08.63 Diksmuide 12/10/2025				PB (50m pool): 05:11.26SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		00:35.01		01:13.99		01:54.06		02:33.46
	00:35.01		00:38.98		00:40.07		00:39.40	
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		03:13.37		03:52.94		04:32.23		05:08.63
	00:39.91		00:39.57		00:39.29		00:36.40	
								

Coach feedback:

Event number: 2: 400M FREESTYLE WOMEN 11+							Heat:8, starttime: 09:57	
Heat: 8/8 Lane : 4 Athlete: VELGHE LAURA							Q-time: 04:42:68	
PB (25m pool): 04:42.68 Diksmuide 12/10/2025				PB (50m pool): 04:51.16SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		00:32.19		01:07.17		01:42.67		02:18.62
	00:32.19		00:34.98		00:35.50		00:35.95	
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		02:54.85		03:31.40		04:08.20		04:42.68
	00:36.23		00:36.55		00:36.80		00:34.48	
								

Coach feedback:

Event number: 2: 400M FREESTYLE WOMEN 11+							Heat:8, starttime: 09:57	
Heat: 8/8 Lane : 5 Athlete: SCHACHT HANNE							Q-time: 04:55:33	
PB (25m pool): 04:50.09 Brugge 04/10/2026				PB (50m pool): 04:58.28SB: 04:50.09 Brugge 04/10/2026				
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		00:31.67		01:07.15		01:43.88		02:21.24
	00:31.67		00:35.48		00:36.73		00:37.36	
	...	...	...	...	...	...	...	...
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		02:58.90		03:36.67		04:13.94		04:50.09
	00:37.66		00:37.77		00:37.27		00:36.15	
	...	...	...	...	...	...	...	...

Coach feedback:

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Event number: 3: 400M FREESTYLE MEN 11+							Heat:2, starttime: 10:30	
Heat: 2/12 Lane : 1 Athlete: CARDINAEL MILAN							Q-time: 99:99:99	
PB (25m pool): no time			PB (50m pool): 08:19.92SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		no time		no time		no time		no time
	no time							
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		no time		no time		no time		no time
								

Coach feedback:

Event number: 3: 400M FREESTYLE MEN 11+							Heat:3, starttime: 10:38	
Heat: 3/12 Lane : 1 Athlete: DEGEZELLE LEON							Q-time: 99:99:99	
PB (25m pool): no time			PB (50m pool): 06:37.84SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		no time		no time		no time		no time
	no time							
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		no time		no time		no time		no time
								

Coach feedback:

Event number: 3: 400M FREESTYLE MEN 11+							Heat:3, starttime: 10:38	
Heat: 3/12 Lane : 5 Athlete: VANHEE NIEL							Q-time: 07:04:65	
PB (25m pool): 07:04.65 DIKSMUIDE 30/11/2025				PB (50m pool): no time SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		00:43.18		01:32.39		02:25.12		03:20.10
	00:43.18		00:49.21		00:52.73		00:54.98	
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		04:15.75		05:12.87		06:10.40		07:04.65
	00:55.65		00:57.12		00:57.53		00:54.25	
								

Coach feedback:

200M van TIELT 26: Session: 1: COACH evaluation sheet for TEAM: IKZ

Event number: 3: 400M FREESTYLE MEN 11+							Heat:6, starttime: 10:59	
Heat: 6/12 Lane : 4 Athlete: VANBRABANT ESBEN							Q-time: 05:50:94	
PB (25m pool): 05:50.94 Diksmuide 12/10/2025				PB (50m pool): 05:51.97 SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		00:41.15		01:24.99		02:10.44		02:55.76
	00:41.15		00:43.84		00:45.45		00:45.32	
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		03:40.73		04:25.90		05:09.04		05:50.94
	00:44.97		00:45.17		00:43.14		00:41.90	
								

Coach feedback:

Event number: 3: 400M FREESTYLE MEN 11+							Heat:7, starttime: 11:05	
Heat: 7/12 Lane : 4 Athlete: STEEN REMI							Q-time: 05:42:77	
PB (25m pool): 05:42.77 Diksmuide 12/10/2025				PB (50m pool): 05:39.70SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		00:38.88		01:22.08		02:06.88		02:52.25
	00:38.88		00:43.20		00:44.80		00:45.37	
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		03:36.91		04:21.40		05:02.90		05:42.77
	00:44.66		00:44.49		00:41.50		00:39.87	
								

Coach feedback: