

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

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

Coaches: MOERMAN Helena

PB => Personal Best time

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

Event number: 1: 400M FREESTYLE MIXED 10-9							Heat:3, starttime: 08:47	
Heat: 3/5 Lane : 1 Athlete: GRYSPEERDT-DE SAEDELEER ROBBY							Q-time: 07:32:00	
PB (25m pool): 07:32.00 LAGO Zwevegem 25/05/2026				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		00:45.99		01:42.66		02:39.68		03:36.91
	00:45.99		00:56.67		00:57.02		00:57.23	
								
	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		04:34.99		05:37.21		06:34.53		07:32.00
	00:58.08		01:02.22		00:57.32		00:57.47	
								

Coach feedback:

Event number: 1: 400M FREESTYLE MIXED 10-9							Heat:4, starttime: 08:55	
Heat: 4/5 Lane : 5 Athlete: VAN LIERDE EUGENIE							Q-time: 06:50:22	
PB (25m pool): no time			PB (50m pool): 06:50.22SB: 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:5, starttime: 09:03	
Heat: 5/5 Lane : 3 Athlete: DERVAUX EWOUT							Q-time: 05:49:25	
PB (25m pool): 05:49.25 LEUVEN 21/12/2025				PB (50m pool): 05:45.11 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		00:37.23		01:20.90		02:06.58		02:52.07
	00:37.23		00:43.67		00:45.68		00:45.49	
								
	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		03:37.00		04:21.70		05:06.70		05:49.25
	00:44.93		00:44.70		00:45.00		00:42.55	
								

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Event number: 2: 400M FREESTYLE WOMEN 11+							Heat:2, starttime: 09:17	
Heat: 2/8 Lane : 4 Athlete: TANGHE MARIT							Q-time: 06:47:64	
PB (25m pool): 06:47.64 Menen 01/05/2026				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		01:34.15		no time		03:20.26
	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		06:47.64
								

Coach feedback:

Event number: 2: 400M FREESTYLE WOMEN 11+							Heat:2, starttime: 09:17	
Heat: 2/8 Lane : 5 Athlete: DUBOIS ERIN							Q-time: 06:53:98	
PB (25m pool): 06:53.98 Diksmuide 12/10/2025				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		00:44.79		01:37.31		02:31.71		03:25.02
	00:44.79		00:52.52		00:54.40		00:53.31	
								
	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		04:18.89		05:11.79		06:05.03		06:53.98
	00:53.87		00:52.90		00:53.24		00:48.95	
								

Coach feedback:

Event number: 2: 400M FREESTYLE WOMEN 11+							Heat:6, starttime: 09:45	
Heat: 6/8 Lane : 1 Athlete: VERPLANCKE MARA							Q-time: 05:38:21	
PB (25m pool): 05:38.21 Menen 01/05/2026				PB (50m pool): 06:18.12SB: 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		01:17.22		no time		02:44.90
	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		05:38.21
								

Coach feedback:

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

Event number: 3: 400M FREESTYLE MEN 11+							Heat:4, starttime: 10:45	
Heat: 4/12 Lane : 4 Athlete: DHONDT MATTHIAS							Q-time: 06:22:04	
PB (25m pool): 06:22.04 Menen 01/05/2026				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		01:27.61		no time		03:04.71
	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		06:22.04
								

Coach feedback:

Event number: 3: 400M FREESTYLE MEN 11+							Heat:5, starttime: 10:52	
Heat: 5/12 Lane : 3 Athlete: DECOCK NAND							Q-time: 05:59:57	
PB (25m pool): 05:59.57 LAGO Zwevegem 09/06/2025				PB (50m pool): 06:34.60SB: 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		00:40.92		01:25.78		02:12.09		02:57.68
	00:40.92		00:44.86		00:46.31		00:45.59	
								
	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		03:43.53		04:29.69		05:15.26		05:59.57
	00:45.85		00:46.16		00:45.57		00:44.31	
								

Coach feedback:

Event number: 3: 400M FREESTYLE MEN 11+							Heat:6, starttime: 10:59	
Heat: 6/12 Lane : 2 Athlete: POOT RUBE							Q-time: 05:51:18	
PB (25m pool): 05:51.18 LAGO Zwevegem 09/06/2025				PB (50m pool): 06:37.21 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		00:39.96		01:23.05		02:07.67		02:52.22
	00:39.96		00:43.09		00:44.62		00:44.55	
								
	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		03:38.32		04:22.89		05:08.03		05:51.18
	00:46.10		00:44.57		00:45.14		00:43.15	
								

Coach feedback:

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Event number: 3: 400M FREESTYLE MEN 11+							Heat:9, starttime: 11:17	
Heat: 9/12 Lane : 4 Athlete: TANGHE BATIS							Q-time: 05:15:56	
PB (25m pool): 05:15.56 Menen 01/05/2026			PB (50m pool): 05:36.72SB: 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		01:16.19		no time		02:36.20
	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		05:15.56
								

Coach feedback:

Event number: 3: 400M FREESTYLE MEN 11+							Heat:10, starttime: 11:23	
Heat: 10/12 Lane : 4 Athlete: DERVAUX ARNOUT							Q-time: 05:04:06	
PB (25m pool): 05:04.06 Menen 01/05/2026				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		01:11.75		no time		02:29.69
	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		05:04.06
								

Coach feedback:

Event number: 3: 400M FREESTYLE MEN 11+							Heat:11, starttime: 11:29	
Heat: 11/12 Lane : 1 Athlete: RIGOLE MAURO							Q-time: 04:59:34	
PB (25m pool): 04:59.34 LAGO Zwevegem 25/05/2026				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		00:34.48		01:12.82		01:50.89		02:28.49
	00:34.48		00:38.34		00:38.07		00:37.60	
								
	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		03:07.09		03:45.36		04:23.35		04:59.34
	00:38.60		00:38.27		00:37.99		00:35.99	
								

Coach feedback: