

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

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

Coaches: Vanden Abeele Syl

Coaches: Rigole Luna

Coaches: Planckaert Pieter HEADCOACH

PB => Personal Best time

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

Event number: 1: 400M FREESTYLE MIXED 10-9							Heat:2, starttime: 08:39	
Heat: 2/5 Lane : 4 Athlete: LAMAIRE ELLA-GRACE							Q-time: 08:12:75	
PB (25m pool): no time			PB (50m pool): 08:12.75SB: 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		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:3, starttime: 08:47	
Heat: 3/5 Lane : 2 Athlete: BOONE RAGNAR							Q-time: 07:14:96	
PB (25m pool): 07:14.96 LAGO Zwevegem 25/05/2026				PB (50m pool): 07:58.87 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		00:46.31		01:43.23		02:40.78		03:37.36
	00:46.31		00:56.92		00:57.55		00:56.58	
								
	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		04:33.19		05:30.05		06:26.48		07:14.96
	00:55.83		00:56.86		00:56.43		00:48.48	
								

Coach feedback:

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Event number: 1: 400M FREESTYLE MIXED 10-9							Heat:3, starttime: 08:47	
Heat: 3/5 Lane : 4 Athlete: DELFORCE EMIEL							Q-time: 07:07:15	
PB (25m pool): 07:07.15 LAGO Zwevegem 25/05/2026				PB (50m pool): 07:17.65 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		00:45.22		01:38.38		02:34.23		03:29.81
	00:45.22		00:53.16		00:55.85		00:55.58	
								
	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		04:23.53		05:19.69		06:15.00		07:07.15
	00:53.72		00:56.16		00:55.31		00:52.15	
								

Coach feedback:

Event number: 1: 400M FREESTYLE MIXED 10-9							Heat:4, starttime: 08:55	
Heat: 4/5 Lane : 3 Athlete: BOHIJN OTIS							Q-time: 06:33:42	
PB (25m pool): 06:33.42 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		00:43.40		01:33.94		02:25.47		03:17.50
	00:43.40		00:50.54		00:51.53		00:52.03	
								
	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		04:09.73		05:01.42		05:52.66		06:33.42
	00:52.23		00:51.69		00:51.24		00:40.76	
								

Coach feedback:

Event number: 1: 400M FREESTYLE MIXED 10-9							Heat:5, starttime: 09:03	
Heat: 5/5 Lane : 2 Athlete: DELEERSNYDER LOU							Q-time: 06:09:89	
PB (25m pool): 06:09.89 LAGO Zwevegem 25/05/2026				PB (50m pool): 06:20.03SB: 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		00:40.56		01:27.97		02:15.36		03:03.21
	00:40.56		00:47.41		00:47.39		00:47.85	
								
	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		03:51.68		04:39.31		05:26.72		06:09.89
	00:48.47		00:47.63		00:47.41		00:43.17	
								

Coach feedback:

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Event number: 2: 400M FREESTYLE WOMEN 11+							Heat:4, starttime: 09:32	
Heat: 4/8 Lane : 3 Athlete: BLEUZé DAKOTA							Q-time: 06:07:08	
PB (25m pool): 06:07.08 Veurne 19/10/2025				PB (50m pool): 06:08.94 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		01:29.27		no time		03:05.96
	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		06:07.08
								

Coach feedback:

Event number: 3: 400M FREESTYLE MEN 11+							Heat:3, starttime: 10:38	
Heat: 3/12 Lane : 3 Athlete: VANDEPUTTE RUBE							Q-time: 06:44:70	
PB (25m pool): 06:44.70 Veurne 19/10/2025				PB (50m pool): 07:25.33SB: 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		01:36.40		no time		03:20.53
	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		06:44.70
								

Coach feedback:

Event number: 3: 400M FREESTYLE MEN 11+							Heat:5, starttime: 10:52	
Heat: 5/12 Lane : 2 Athlete: WINDELS JACK							Q-time: 06:03:28	
PB (25m pool): 06:03.28 Meulebeke 10/05/2026				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		01:26.41		no time		02:59.31
	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		06:03.28
								

Coach feedback:

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Event number: 3: 400M FREESTYLE MEN 11+							Heat:6, starttime: 10:59	
Heat: 6/12 Lane : 1 Athlete: SANDRA TUUR							Q-time: 05:56:48	
PB (25m pool): 05:56.48 Meulebeke 10/05/2026				PB (50m pool): 06:03.55 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		01:26.88		no time		02:58.38
	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		05:56.48
								

Coach feedback:

Event number: 3: 400M FREESTYLE MEN 11+							Heat:7, starttime: 11:05	
Heat: 7/12 Lane : 5 Athlete: BOHIJN NAUD							Q-time: 05:44:58	
PB (25m pool): 05:44.58 Meulebeke 10/05/2026				PB (50m pool): 05:53.77 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		01:22.49		no time		02:52.45
	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		05:44.58
								

Coach feedback:

Event number: 3: 400M FREESTYLE MEN 11+							Heat:10, starttime: 11:23	
Heat: 10/12 Lane : 1 Athlete: MOENENS MATTEO							Q-time: 05:13:47	
PB (25m pool): 05:13.47 Veurne 19/10/2025				PB (50m pool): 05:23.67 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		01:17.22		no time		02:37.45
	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		05:13.47
								

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

Event number: 3: 400M FREESTYLE MEN 11+							Heat:10, starttime: 11:23	
Heat: 10/12 Lane : 3 Athlete: HEYLIGEN FELL							Q-time: 05:01:53	
PB (25m pool): 05:01.53 LAGO Zwevegem 25/05/2026				PB (50m pool): 05:05.89SB: 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		00:33.70		01:11.67		01:50.23		02:28.55
	00:33.70		00:37.97		00:38.56		00:38.32	
								
	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		03:07.60		03:46.67		04:24.93		05:01.53
	00:39.05		00:39.07		00:38.26		00:36.60	
								

Coach feedback: