

# 200M van TIELT 26: Session: 2: COACH evaluation sheet for TEAM: MZK

Coachinfo: Warming up from: 12:40 untill 13:55. 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: 4: 200M FREESTYLE WOMEN 11+       |           |           |           |                                        |           |           | Heat:8, starttime: 14:26 |           |
|-------------------------------------------------|-----------|-----------|-----------|----------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 8/10    Lane : 5    Athlete: WENES JOELIA |           |           |           |                                        |           |           | Q-time: 02:30:01         |           |
| PB (25m pool): 02:51.99    Diksmuide 15/10/2023 |           |           |           | PB (50m pool): 02:30.01    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                                              |           | no time   |           | no time                                |           | no time   |                          | 02:51.99  |
|                                                 | no time   |           |           |                                        |           |           |                          |           |
|                                                 | . . . . . | . . . . . | . . . . . | . . . . .                              | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 5: 200M FREESTYLE MEN 11+         |         |         |       |                                    |       |         | Heat:5, starttime: 14:54 |          |
|-------------------------------------------------|---------|---------|-------|------------------------------------|-------|---------|--------------------------|----------|
| Heat: 5/11    Lane : 5    Athlete: WENES FAUSTO |         |         |       |                                    |       |         | Q-time: 03:08:68         |          |
| PB (25m pool): 03:19.13    leper 07/01/2024     |         |         |       | PB (50m pool): 03:08.68SB: 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                                              |         | no time |       | no time                            |       | no time |                          | 03:19.13 |
|                                                 | no time |         |       |                                    |       |         |                          |          |
|                                                 | .....   | .....   | ..... | .....                              | ..... | .....   | .....                    | .....    |

Coach feedback:

| Event number: 5: 200M FREESTYLE MEN 11+      |           |           |           |                                     |           |           | Heat:8, starttime: 15:04 |           |
|----------------------------------------------|-----------|-----------|-----------|-------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 8/11    Lane : 1    Athlete: POOT RUBE |           |           |           |                                     |           |           | Q-time: 02:46:97         |           |
| PB (25m pool): 02:46.97    LEUVEN 21/12/2025 |           |           |           | PB (50m pool): 02:53.41 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                                           |           | 00:37.47  |           | 01:19.65                            |           | 02:03.86  |                          | 02:46.97  |
|                                              | 00:37.47  |           | 00:42.18  |                                     | 00:44.21  |           | 00:43.11                 |           |
|                                              | . . . . . | . . . . . | . . . . . | . . . . .                           | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

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| Event number: 5: 200M FREESTYLE MEN 11+         |           |           |           |                                    |           |           | Heat:9, starttime: 15:07 |           |
|-------------------------------------------------|-----------|-----------|-----------|------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 9/11    Lane : 2    Athlete: TANGHE BATIS |           |           |           |                                    |           |           | Q-time: 02:34:30         |           |
| PB (25m pool): 02:40.22    DIKSMUIDE 30/11/2025 |           |           |           | PB (50m pool): 02:34.30SB: 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                                              |           | 00:36.74  |           | 01:19.43                           |           | 02:02.34  |                          | 02:40.22  |
|                                                 | 00:36.74  |           | 00:42.69  |                                    | 00:42.91  |           | 00:37.88                 |           |
|                                                 | . . . . . | . . . . . | . . . . . | . . . . .                          | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 6: 200M FREESTYLE MIXED 10-9      |           |           |           |                                       |           |           | Heat:5, starttime: 15:34 |           |
|-------------------------------------------------|-----------|-----------|-----------|---------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 5/5    Lane : 5    Athlete: DERVAUX EWOUT |           |           |           |                                       |           |           | Q-time: 03:21:72         |           |
| PB (25m pool): 03:21.72    leper 05/01/2025     |           |           |           | PB (50m pool): no time    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                                              |           | 00:44.84  |           | 01:35.98                              |           | no time   |                          | 03:21.72  |
|                                                 | 00:44.84  |           | 00:51.14  |                                       |           |           |                          |           |
|                                                 | . . . . . | . . . . . | . . . . . | . . . . .                             | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 8: 200M BUTTERFLY MEN 11+        |           |           |           |                                       |           |           | Heat:3, starttime: 15:54 |           |
|------------------------------------------------|-----------|-----------|-----------|---------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 3/4    Lane : 3    Athlete: RIGOLE MAURO |           |           |           |                                       |           |           | Q-time: 03:49:26         |           |
| PB (25m pool): 03:49.26    leper 05/01/2025    |           |           |           | PB (50m pool): no time    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                                             |           | 00:51.11  |           | 01:50.47                              |           | no time   |                          | 03:49.26  |
|                                                | 00:51.11  |           | 00:59.36  |                                       |           |           |                          |           |
|                                                | . . . . . | . . . . . | . . . . . | . . . . .                             | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 8: 200M BUTTERFLY MEN 11+       |           |           |           |                                       |           |           | Heat:4, starttime: 15:58 |           |
|-----------------------------------------------|-----------|-----------|-----------|---------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 4/4    Lane : 5    Athlete: DECOCK NAND |           |           |           |                                       |           |           | Q-time: 03:15:69         |           |
| PB (25m pool): 03:15.69    LEUVEN 21/12/2025  |           |           |           | PB (50m pool): no time    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                                            |           | 00:42.89  |           | 01:32.71                              |           | 02:24.65  |                          | 03:15.69  |
|                                               | 00:42.89  |           | 00:49.82  |                                       | 00:51.94  |           | 00:51.04                 |           |
|                                               | . . . . . | . . . . . | . . . . . | . . . . .                             | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

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| Event number: 9: 200M BACKSTROKE WOMEN 11+     |           |           |                                       |           |           |           | Heat:3, starttime: 16:16 |           |
|------------------------------------------------|-----------|-----------|---------------------------------------|-----------|-----------|-----------|--------------------------|-----------|
| Heat: 3/7    Lane : 1    Athlete: TANGHE MARIT |           |           |                                       |           |           |           | 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     | 1 2 5     | 1 5 0     | 1 7 5                    | 2 0 0 M   |
| PB                                             |           | no time   |                                       | no time   |           | no time   |                          | no time   |
|                                                | no time   |           |                                       |           |           |           |                          |           |
|                                                | . . . . . | . . . . . | . . . . .                             | . . . . . | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 9: 200M BACKSTROKE WOMEN 11+          |           |           |           |                                    |           |           | Heat:5, starttime: 16:25 |           |
|-----------------------------------------------------|-----------|-----------|-----------|------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 5/7    Lane : 2    Athlete: VERPLANCKE MARA   |           |           |           |                                    |           |           | Q-time: 03:01:22         |           |
| PB (25m pool): 03:01.22    LAGO Zwevegem 25/05/2026 |           |           |           | PB (50m pool): 03:04.99SB: 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                                                  |           | 00:43.62  |           | 01:29.82                           |           | 02:16.14  |                          | 03:01.22  |
|                                                     | 00:43.62  |           | 00:46.20  |                                    | 00:46.32  |           | 00:45.08                 |           |
|                                                     | . . . . . | . . . . . | . . . . . | . . . . .                          | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 10: 200M BACKSTROKE MEN 11+         |           |           |                                      |           |           |           | Heat:2, starttime: 16:41 |           |
|---------------------------------------------------|-----------|-----------|--------------------------------------|-----------|-----------|-----------|--------------------------|-----------|
| Heat: 2/8   Lane : 4   Athlete: VERPLANCKE BALDER |           |           |                                      |           |           |           | Q-time: 03:45:86         |           |
| PB (25m pool): 03:45.86   Diksmuide 09/03/2025    |           |           | PB (50m pool): no time   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                                                |           | 00:52.54  |                                      | 01:51.47  |           | 02:49.36  |                          | 03:45.86  |
|                                                   | 00:52.54  |           | 00:58.93                             |           | 00:57.89  |           | 00:56.50                 |           |
|                                                   | . . . . . | . . . . . | . . . . .                            | . . . . . | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 10: 200M BACKSTROKE MEN 11+        |           |           |                                       |           |           |           | Heat:3, starttime: 16:45 |           |
|--------------------------------------------------|-----------|-----------|---------------------------------------|-----------|-----------|-----------|--------------------------|-----------|
| Heat: 3/8    Lane : 5    Athlete: DERVAUX ARNOUT |           |           |                                       |           |           |           | Q-time: 03:22:12         |           |
| PB (25m pool): 03:22.12    Menen 01/05/2025      |           |           | PB (50m pool): no time    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                                               |           | 00:47.57  |                                       | 01:38.58  |           | no time   |                          | 03:22.12  |
|                                                  | 00:47.57  |           | 00:51.01                              |           |           |           |                          |           |
|                                                  | . . . . . | . . . . . | . . . . .                             | . . . . . | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

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|                                                                                        |           |           |           |           |           |           |                          |           |
|----------------------------------------------------------------------------------------|-----------|-----------|-----------|-----------|-----------|-----------|--------------------------|-----------|
| Event number: 11: 200M BREASTSTROKE WOMEN 11+                                          |           |           |           |           |           |           | Heat:4, starttime: 17:22 |           |
| Heat: 4/7    Lane : 1    Athlete: DUBOIS ERIN                                          |           |           |           |           |           |           | Q-time: 03:39:20         |           |
| PB (25m pool): 03:58.31    Diksmuide 09/03/2025    PB (50m pool): 03:39.20 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                                                                                     |           | 00:54.37  |           | 01:55.44  |           | 02:57.82  |                          | 03:58.31  |
|                                                                                        | 00:54.37  |           | 01:01.07  |           | 01:02.38  |           | 01:00.49                 |           |
|                                                                                        | . . . . . | . . . . . | . . . . . | . . . . . | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback: