

BK WE1 2025: Session: 1: COACH evaluation sheet for TEAM: IKZ

Coachinfo: Warming up from: 07:00 until 08:15.

Teamleadmeeting @

The listed starttimes are indicative!

Coaches: Desplenter Sharon

Coaches: Demeyere Linda HEADCOACH

Coaches: Vandeputte Debby

Coaches: Desmet Lindsay

PB => Personal Best time

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

Event number: 1: 200M FREESTYLE WOMEN 13-14 Heat:6, starttime: 08:44

Heat: 6/12 Lane : 8 Athlete: VERSTRAETE LINDE Q-time: 02:22:65

PB (50m pool): 2:29.77 Kortrijk 3 May 2025 PB (25m pool): 2:22.65 SB:

	50 M	100 M	150 M	200 M	
PB	35.34	1:13.61	1:52.91	2:29.77	
	35.34	38.27	39.30	36.86	
	

Coach feedback:

Event number: 1: 200M FREESTYLE WOMEN 13-14 Heat:9, starttime: 08:52

Heat: 9/12 Lane : 6 Athlete: VELGHE LAURA Q-time: 02:18:39

PB (50m pool): 2:22.14 Antwerp 26 Jan 2025 PB (25m pool): 2:18.39 SB:

	50 M	100 M	150 M	200 M	
PB	31.65	1:08.30	1:45.83	2:22.14	
	31.65	36.65	37.53	36.31	
	

Coach feedback:

Event number: 1: 200M FREESTYLE WOMEN 13-14 Heat:11, starttime: 08:57

Heat: 11/12 Lane : 8 Athlete: SCHACHT HANNE Q-time: 02:15:75

PB (50m pool): 2:23.36 Antwerp 26 Jan 2025 PB (25m pool): 2:15.75 SB:

	50 M	100 M	150 M	200 M	
PB	32.79	1:09.38	1:46.89	2:23.36	
	32.79	36.59	37.51	36.47	
	

Coach feedback:

BK WE1 2025: Session: 1: COACH evaluation sheet for TEAM: IKZ

Event number: 3: 200M MEDLEY WOMEN 11-12				Heat:3, starttime: 09:37	
Heat: 3/17 Lane : 2 Athlete: VANSTEENKISTE MARILOU				Q-time: 03:11:17	
PB (50m pool): 3:17.45 Kortrijk 3 May 2025			PB (25m pool): 3:11.17 SB:		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	47.71	1:37.53	2:33.75	3:17.45	
	47.71	49.82	56.22	43.70	
	

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11-12				Heat:10, starttime: 10:01	
Heat: 10/17 Lane : 4 Athlete: DE WEVER MAUD				Q-time: 02:56:45	
PB (50m pool): 3:00.94 Brugge 23 Feb 2025			PB (25m pool): 2:56.45 SB:		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	41.55	1:30.21	2:21.77	3:00.94	
	41.55	48.66	51.56	39.17	
	

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11-12				Heat:16, starttime: 10:20	
Heat: 16/17 Lane : 1 Athlete: LAGACIE AXELLE				Q-time: 02:48:72	
PB (50m pool): 2:48.72 Antwerp 26 Jan 2025			PB (25m pool): 2:46.33 SB:		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	37.36	1:20.39	2:11.77	2:48.72	
	37.36	43.03	51.38	36.95	
	

Coach feedback:

Event number: 4: 100M BACKSTROKE MEN 11-12			Heat:4, starttime: 10:32		
Heat: 4/12 Lane : 8 Athlete: VANDEPUTTE JORBE			Q-time: 01:28:81		
PB (50m pool): 1:31.00 Antwerp 25 Jan 2025			PB (25m pool): 1:28.81 SB:		
	5 0 M	1 0 0 M			
PB	46.34	1:31.00			
	46.34	44.66			
			

Coach feedback:

BK WE1 2025: Session: 1: COACH evaluation sheet for TEAM: IKZ

Event number: 5: 100M BUTTERFLY WOMEN 13-14		Heat:3, starttime: 10:51	
Heat: 3/5 Lane : 2 Athlete: VELGHE LAURA		Q-time: 01:12:19	
PB (50m pool): 1:15.93 Antwerpen 19 Jul 2024		PB (25m pool): 1:12.19 SB:	
	5 0 M	1 0 0 M	
PB	35.14	1:15.93	
	35.14	40.79	
	

Coach feedback: