

# BK WE1 2025: Session: 1: COACH evaluation sheet for TEAM: TSZ

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

Teamleadmeeting @

The listed starttimes are indicative!

Coaches: Verluyten Philippe

Coaches: Guldentops Kevin

Coaches: Michiels Hans HEADCOACH

PB => Personal Best time

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

**Event number: 1: 200M FREESTYLE WOMEN 13-14** Heat:2, starttime: 08:33

**Heat: 2/12 Lane : 7 Athlete: DEBRABANDERE LEONIE** Q-time: 02:26:48

PB (50m pool): 2:26.32 Aalst 28 Jun 2025 PB (25m pool): 2:25.14 SB:

	50 M	100 M	150 M	200 M	
PB	33.83	1:11.45	1:49.93	2:26.32	
	33.83	37.62	38.48	36.39	
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Coach feedback:

**Event number: 1: 200M FREESTYLE WOMEN 13-14** Heat:3, starttime: 08:36

**Heat: 3/12 Lane : 1 Athlete: STESENS EMMA-LOUISE** Q-time: 02:25:05

PB (50m pool): 2:25.05 Antwerp 26 Jan 2025 PB (25m pool): 2:20.83 SB:

	50 M	100 M	150 M	200 M	
PB	33.04	1:10.35	1:48.55	2:25.05	
	33.04	37.31	38.20	36.50	
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Coach feedback:

**Event number: 1: 200M FREESTYLE WOMEN 13-14** Heat:8, starttime: 08:49

**Heat: 8/12 Lane : 6 Athlete: VERLUYTEN NIENE** Q-time: 02:20:28

PB (50m pool): 2:20.28 Eindhoven (NED) 15 Mar 2025 PB (25m pool): 2:19.95 SB:

	50 M	100 M	150 M	200 M	
PB	32.53	1:08.27	1:44.74	2:20.28	
	32.53	35.74	36.47	35.54	
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Coach feedback:

# BK WE1 2025: Session: 1: COACH evaluation sheet for TEAM: TSZ

<b>Event number: 2: 200M BACKSTROKE MEN 13-14</b>					<b>Heat:1, starttime: 09:03</b>
<b>Heat: 1/9 Lane : 5 Athlete: RENDERS KLAAS</b>					<b>Q-time: 02:48:77</b>
PB (50m pool): 2:46.02 Aalst 28 Jun 2025			PB (25m pool): 2:43.64 SB:		
	<b>5 0 M</b>	<b>1 0 0 M</b>	<b>1 5 0 M</b>	<b>2 0 0 M</b>	
PB	40.07	1:23.86	2:05.38	2:46.02	
	40.07	43.79	41.52	40.64	
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Coach feedback:

<b>Event number: 2: 200M BACKSTROKE MEN 13-14</b>					<b>Heat:7, starttime: 09:21</b>
<b>Heat: 7/9 Lane : 8 Athlete: SCHRAUWEN BJARNE</b>					<b>Q-time: 02:33:74</b>
PB (50m pool): 2:33.74 Antwerp 20 Apr 2025			PB (25m pool): 2:30.43 SB:		
	<b>5 0 M</b>	<b>1 0 0 M</b>	<b>1 5 0 M</b>	<b>2 0 0 M</b>	
PB	36.04	1:15.26	1:54.86	2:33.74	
	36.04	39.22	39.60	38.88	
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Coach feedback:

<b>Event number: 3: 200M MEDLEY WOMEN 11-12</b>					<b>Heat:13, starttime: 10:11</b>
<b>Heat: 13/17 Lane : 2 Athlete: DERRE FLEUR</b>					<b>Q-time: 02:53:42</b>
PB (50m pool): 2:53.42 Antwerpen 27 Apr 2025			PB (25m pool): 2:53.22 SB:		
	<b>5 0 M</b>	<b>1 0 0 M</b>	<b>1 5 0 M</b>	<b>2 0 0 M</b>	
PB	39.93	1:23.24	2:14.39	2:53.42	
	39.93	43.31	51.15	39.03	
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Coach feedback:

<b>Event number: 3: 200M MEDLEY WOMEN 11-12</b>					<b>Heat:17, starttime: 10:23</b>
<b>Heat: 17/17 Lane : 4 Athlete: VAN BUNDER INEZ</b>					<b>Q-time: 02:41:72</b>
PB (50m pool): 2:41.72 Antwerpen 27 Apr 2025			PB (25m pool): 2:41.67 SB:		
	<b>5 0 M</b>	<b>1 0 0 M</b>	<b>1 5 0 M</b>	<b>2 0 0 M</b>	
PB	33.20	1:15.06	2:04.37	2:41.72	
	33.20	41.86	49.31	37.35	
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Coach feedback:

# BK WE1 2025: Session: 1: COACH evaluation sheet for TEAM: TSZ

<b>Event number: 4: 100M BACKSTROKE MEN 11-12</b>			<b>Heat:8, starttime: 10:40</b>		
<b>Heat: 8/12 Lane : 5 Athlete: SCIACCA EMILIO</b>			<b>Q-time: 01:21:34</b>		
PB (50m pool): 1:21.34 La Louviere 25 May 2025			PB (25m pool): 1:20.72 SB:		
	<b>5 0 M</b>	<b>1 0 0 M</b>			
PB	39.46	1:21.34			
	39.46	41.88			
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Coach feedback:

<b>Event number: 5: 100M BUTTERFLY WOMEN 13-14</b>			<b>Heat:3, starttime: 10:51</b>		
<b>Heat: 3/5 Lane : 6 Athlete: GAUDAEN MAUD</b>			<b>Q-time: 01:11:87</b>		
PB (50m pool): 1:11.87 La Louviere 25 May 2025			PB (25m pool): 1:13.11 SB:		
	<b>5 0 M</b>	<b>1 0 0 M</b>			
PB	33.72	1:11.87			
	33.72	38.15			
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Coach feedback:

<b>Event number: 6: 400M MEDLEY MEN 13-14</b>						<b>Heat:1, starttime: 10:56</b>		
<b>Heat: 1/6 Lane : 5 Athlete: AERENS JEF</b>						<b>Q-time: 05:58:63</b>		
PB (50m pool): 5:58.63 Antwerp 18 May 2025						PB (25m pool): 5:56.45 SB:		
	<b>5 0 M</b>	<b>1 0 0 M</b>	<b>1 5 0 M</b>	<b>2 0 0 M</b>	<b>2 5 0 M</b>	<b>3 0 0 M</b>	<b>3 5 0 M</b>	<b>4 0 0 M</b>
PB		1:22.88						5:58.63
		1:22.88						4:35.75
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Coach feedback:

<b>Event number: 8: 4x100M MEDLEY MIXED 13-14</b>						<b>Heat:3, starttime: 12:02</b>		
<b>Heat: 3/3 Lane : 3 Athlete: TEAM TSZ 21</b>						<b>Q-time: 04:38:85</b>		
PB (50m pool):						PB (25m pool): No time SB:		
	<b>5 0 M</b>	<b>1 0 0 M</b>	<b>1 5 0 M</b>	<b>2 0 0 M</b>	<b>2 5 0 M</b>	<b>3 0 0 M</b>	<b>3 5 0 M</b>	<b>4 0 0 M</b>
PB								
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Coach feedback: