

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

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

Teamleadmeeting @

The listed starttimes are indicative!

Coaches: Lefever Valerie HEADCOACH

Coaches: Lefever Elisa

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 : 1 Athlete: CASTELEYN YANA** Q-time: 02:22:60

**PB (50m pool): 2:29.56 Kortrijk 3 May 2025** **PB (25m pool): 2:22.60 SB:**

|           | <b>50 M</b> | <b>100 M</b> | <b>150 M</b> | <b>200 M</b> |  |
|-----------|-------------|--------------|--------------|--------------|--|
| <b>PB</b> | 35.05       | 1:13.76      | 1:52.23      | 2:29.56      |  |
|           | 35.05       | 38.71        | 38.47        | 37.33        |  |
|           | .....       | .....        | .....        | .....        |  |

Coach feedback:

**Event number: 3: 200M MEDLEY WOMEN 11-12** Heat:7, starttime: 09:51

**Heat: 7/17 Lane : 7 Athlete: GHEKIERE JUNE** Q-time: 03:03:07

**PB (50m pool): 3:03.07 Oostende 29 May 2025** **PB (25m pool): 3:00.44 SB:**

|           | <b>50 M</b> | <b>100 M</b> | <b>150 M</b> | <b>200 M</b> |  |
|-----------|-------------|--------------|--------------|--------------|--|
| <b>PB</b> | 43.48       | 1:33.05      | 2:22.05      | 3:03.07      |  |
|           | 43.48       | 49.57        | 49.00        | 41.02        |  |
|           | .....       | .....        | .....        | .....        |  |

Coach feedback:

**Event number: 4: 100M BACKSTROKE MEN 11-12** Heat:12, starttime: 10:46

**Heat: 12/12 Lane : 8 Athlete: VANHAECKE LOWIE** Q-time: 01:16:04

**PB (50m pool): 1:16.04 Oostende 29 May 2025** **PB (25m pool): 1:18.95 SB:**

|           | <b>50 M</b> | <b>100 M</b> |  |
|-----------|-------------|--------------|--|
| <b>PB</b> | 37.56       | 1:16.04      |  |
|           | 37.56       | 38.48        |  |
|           | .....       | .....        |  |

Coach feedback: