

BK WE1 2025: Session: 2: COACH evaluation sheet for TEAM: KZK

Coachinfo: Warming up from: 12:30 until 14:15.

Teamleadmeeting @

The listed starttimes are indicative!

Coaches: Duck Chantal

Coaches: Daeleman Barbara HEADCOACH

Coaches: Dewulf Bart

PB => Personal Best time

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

Event number: 9: 400M MEDLEY WOMEN 13-14 **Heat:5, starttime: 14:55**

Heat: 5/6 Lane : 2 Athlete: FEYS FARAH **Q-time: 05:40:58**

PB (50m pool): 5:40.58 Antwerp 25 Jan 2025 **PB (25m pool): 5:39.14 SB:**

| | 50 M | 100 M | 150 M | 200 M | 250 M | 300 M | 350 M | 400 M |
|----|-------|---------|---------|---------|---------|---------|---------|---------|
| PB | 33.84 | 1:13.42 | 1:58.63 | 2:41.08 | 3:31.88 | 4:22.75 | 5:03.38 | 5:40.58 |
| | 33.84 | 39.58 | 45.21 | 42.45 | 50.80 | 50.87 | 40.63 | 37.20 |
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Coach feedback:

Event number: 10: 200M FREESTYLE MEN 13-14 **Heat:1, starttime: 15:07**

Heat: 1/7 Lane : 2 Athlete: VANNESTE DAAN **Q-time: 02:23:40**

PB (50m pool): 2:23.40 Antwerp 25 Jan 2025 **PB (25m pool): 2:24.38 SB:**

| | 50 M | 100 M | 150 M | 200 M |
|----|-------|---------|---------|---------|
| PB | 33.53 | 1:10.91 | 1:48.45 | 2:23.40 |
| | 33.53 | 37.38 | 37.54 | 34.95 |
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Coach feedback:

Event number: 12: 400M FREESTYLE MEN 11-12 **Heat:11, starttime: 16:53**

Heat: 11/12 Lane : 6 Athlete: VANDEMAELE EGON **Q-time: 05:04:96**

PB (50m pool): 5:04.96 Antwerpen 27 Apr 2025 **PB (25m pool): 5:40.77 SB:**

| | 50 M | 100 M | 150 M | 200 M | 250 M | 300 M | 350 M | 400 M |
|----|-------|---------|---------|---------|---------|---------|---------|---------|
| PB | 33.83 | 1:12.07 | 1:50.60 | 2:30.06 | 3:10.16 | 3:49.55 | 4:27.84 | 5:04.96 |
| | 33.83 | 38.24 | 38.53 | 39.46 | 40.10 | 39.39 | 38.29 | 37.12 |
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Coach feedback:

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|------------------------------------------------------|-------------|---------------------------------|--|
| Event number: 13: 100M BACKSTROKE WOMEN 13-14 | | Heat:3, starttime: 17:07 | |
| Heat: 3/9 Lane : 4 Athlete: FEYS FARAH | | Q-time: 01:15:84 | |
| PB (50m pool): 1:15.84 Wezenberg 5 Jan 2025 | | PB (25m pool): 1:12.64 SB: | |
| | 50 M | 100 M | |
| PB | 37.64 | 1:15.84 | |
| | 37.64 | 38.20 | |
| | | | |

Coach feedback:

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|---------------------------------------------------|-------------|---------------------------------|--|
| Event number: 14: 100M BUTTERFLY MEN 13-14 | | Heat:2, starttime: 17:20 | |
| Heat: 2/5 Lane : 4 Athlete: VANNESTE DAAN | | Q-time: 01:11:60 | |
| PB (50m pool): 1:11.60 Antwerpen 21 Jul 2024 | | PB (25m pool): 1:12.97 SB: | |
| | 50 M | 100 M | |
| PB | 33.69 | 1:11.60 | |
| | 33.69 | 37.91 | |
| | | | |

Coach feedback:

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|---------------------------------------------------|-------------|---------------------------------|--|
| Event number: 14: 100M BUTTERFLY MEN 13-14 | | Heat:3, starttime: 17:21 | |
| Heat: 3/5 Lane : 8 Athlete: PICEU SEPPE | | Q-time: 01:11:20 | |
| PB (50m pool): 1:11.20 Antwerp 25 Jan 2025 | | PB (25m pool): 1:09.06 SB: | |
| | 50 M | 100 M | |
| PB | 33.07 | 1:11.20 | |
| | 33.07 | 38.13 | |
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Coach feedback: