

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

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

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: 9: 400M MEDLEY WOMEN 13-14 **Heat:3, starttime: 14:43**

Heat: 3/6 Lane : 8 Athlete: DEMAREST HAILEY **Q-time: 05:50:86**

PB (50m pool): 5:50.86 Antwerp 25 Jan 2025 **PB (25m pool): 5:39.49 SB:**

	50 M	100 M	150 M	200 M	250 M	300 M	350 M	400 M
PB	38.96	1:26.09	2:12.19	2:56.41	3:42.10	4:29.04	5:10.93	5:50.86
	38.96	47.13	46.10	44.22	45.69	46.94	41.89	39.93

Coach feedback:

Event number: 11: 100M BUTTERFLY WOMEN 11-12 **Heat:4, starttime: 15:32**

Heat: 4/15 Lane : 5 Athlete: GHEKIERE JUNE **Q-time: 01:36:80**

PB (50m pool): 1:36.80 Kortrijk 3 May 2025 **PB (25m pool): 1:48.48 SB:**

	50 M	100 M
PB	43.35	1:36.80
	43.35	53.45

Coach feedback:

Event number: 12: 400M FREESTYLE MEN 11-12 **Heat:8, starttime: 16:36**

Heat: 8/12 Lane : 7 Athlete: VANHAECKE LOWIE **Q-time: 05:22:64**

PB (50m pool): 5:37.96 Kortrijk 26 Dec 2024 **PB (25m pool): 5:22.64 SB:**

	50 M	100 M	150 M	200 M	250 M	300 M	350 M	400 M
PB	40.66	1:22.78	2:05.85	2:49.51	3:33.59	4:14.77	5:00.39	5:37.96
	40.66	42.12	43.07	43.66	44.08	41.18	45.62	37.57

Coach feedback:

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Event number: 13: 100M BACKSTROKE WOMEN 13-14		Heat:7, starttime: 17:13	
Heat: 7/9 Lane : 5 Athlete: DELPORTE ELLE		Q-time: 01:12:22	
PB (50m pool): 1:12.22 Oostende 30 May 2025		PB (25m pool): 1:10.64 SB:	
	5 0 M	1 0 0 M	
PB	35.18	1:12.22	
	<i>35.18</i>	<i>37.04</i>	
	

Coach feedback: