

BK WE1 2025: Session: 5: COACH evaluation sheet for TEAM: FAST

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

Teamleadmeeting @

The listed starttimes are indicative!

Coaches: Devriese Boris

Coaches: Vandorpe Aaron

PB => Personal Best time

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

Event number: 33: 800M FREESTYLE WOMEN 13-14 **Heat:2, starttime: 09:17**

Heat: 2/4 Lane : 5 Athlete: MALFAIT LIZANNA (LIZI) **Q-time: 10:15:81**

PB (50m pool): 10:15.81 Wachtebeke 2 Mar 2025 **PB (25m pool): 11:22.55 SB:**

	50 M	100 M	150 M	200 M	250 M	300 M	350 M	400 M
PB		1:13.24		2:31.24				5:08.21
		1:13.24		1:18.00				2:36.97

	450 M	500 M	550 M	600 M	650 M	700 M	750 M	800 M
PB								10:15.81
								5:07.60

Coach feedback:

Event number: 34: 100M BUTTERFLY MEN 11-12 **Heat:2, starttime: 09:51**

Heat: 2/11 Lane : 7 Athlete: DE VLIAGER ELIOTT **Q-time: 01:36:93**

PB (50m pool): 1:36.93 Antwerp 26 Jan 2025 **PB (25m pool): 1:34.49 SB:**

	50 M	100 M
PB	44.35	1:36.93
	44.35	52.58

Coach feedback:

Event number: 34: 100M BUTTERFLY MEN 11-12 **Heat:4, starttime: 09:55**

Heat: 4/11 Lane : 6 Athlete: VAN BRAECKEL SEPPE **Q-time: 01:28:83**

PB (50m pool): 1:28.83 Antwerp 26 Jan 2025 **PB (25m pool): 1:28.67 SB:**

	50 M	100 M
PB	41.36	1:28.83
	41.36	47.47

Coach feedback:

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Event number: 34: 100M BUTTERFLY MEN 11-12		Heat:6, starttime: 09:59	
Heat: 6/11 Lane : 8 Athlete: BOONEN KAREL		Q-time: 01:26:04	
PB (50m pool): 1:26.04 Antwerp 26 Jan 2025		PB (25m pool): 1:23.72 SB:	
	5 0 M	1 0 0 M	
PB	39.61	1:26.04	
	39.61	46.43	
	

Coach feedback: