

CB-BK WE1 2026: Session: 2: COACH evaluation sheet for TEAM: IKZ

Coachinfo: Warming up from: 12:30 untill 14:15. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Vandeputte Pedro

Coaches: Lippens Mieke

Coaches: Demeyere Linda

Coaches: Vandeputte Debby

PB => Personal Best time

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

Event number: 9: 400M MEDLEY WOMEN 13-14							Heat:2, starttime: 14:37	
Heat: 2/8 Lane : 1 Athlete: DE WEVER MAUD							Q-time: 06:01:34	
PB (50m pool): no time			PB (25m pool): 06:01.34 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB	no time	no time	no time	no time	no time	no time	no time	no time
	<i>no time</i>							
								

Coach feedback:

Event number: 9: 400M MEDLEY WOMEN 13-14							Heat:6, starttime: 15:02	
Heat: 6/8 Lane : 5 Athlete: VERSTRAETE LINDE							Q-time: 05:39:40	
PB (50m pool): 05:39.40 Antwerpen 08/03/2026			PB (25m pool): 05:46.67 SB: 05:39.40 Antwerpen 08/03/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB	00:35.52	01:19.07	02:04.76	02:48.09	03:37.06	04:26.57	05:03.63	05:39.40
	00:35.52	00:43.55	00:45.69	00:43.33	00:48.97	00:49.51	00:37.06	00:35.77
								

Coach feedback:

Event number: 9: 400M MEDLEY WOMEN 13-14							Heat:8, starttime: 15:15	
Heat: 8/8 Lane : 3 Athlete: VELGHE LAURA							Q-time: 05:21:50	
PB (50m pool): 05:21.50 MOUSCRON 25/05/2026			PB (25m pool): 05:23.43SB: 05:21.50 MOUSCRON 25/05/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB	00:32.79	01:12.64	01:54.20	02:33.72	03:20.06	04:07.64	04:45.63	05:21.50
	00:32.79	00:39.85	00:41.56	00:39.52	00:46.34	00:47.58	00:37.99	00:35.87
								

Coach feedback:

CB-BK WE1 2026: Session: 2: COACH evaluation sheet for TEAM: IKZ

Event number: 12: 400M FREESTYLE MEN 11-12							Heat:9, starttime: 17:10	
Heat: 9/12 Lane : 6 Athlete: VANDEPUTTE JORBE							Q-time: 05:17:41	
PB (50m pool): 05:28.18 Antwerpen 20/07/2025				PB (25m pool): 05:17.41 SB: 05:43.06 Kortrijk 26/12/2025				
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB	00:37.68	01:19.40	02:02.53	02:45.04	03:27.81	04:09.40	04:51.12	05:28.18
	00:37.68	00:41.72	00:43.13	00:42.51	00:42.77	00:41.59	00:41.72	00:37.06
								

Coach feedback:

Event number: 13: 100M BACKSTROKE WOMEN 13-14							Heat:12, starttime: 17:58		
Heat: 12/15 Lane : 4 Athlete: NOPPE PAULINE							Q-time: 01:13:13		
PB (50m pool): 01:16.26 Antwerpen 15/03/2026				PB (25m pool): 01:15.15 SB: 01:16.26 Antwerpen 15/03/2026					
	5 0 M		1 0 0 M						
PB	00:38.27		01:16.26						
	00:38.27		00:37.99						
									

Coach feedback:

Event number: 15: 4x100M FREESTYLE WOMEN 13-14							Heat:3, starttime: 18:48	
Heat: 3/3 Lane : 7 Athlete: TEAM IKZ 1							Q-time: 04:18:88	
PB (50m pool):			PB (25m pool):			SB:		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB								
								

Coach feedback: