

CB-BK WE1 2026: Session: 5: COACH evaluation sheet for TEAM: KZK

Coachinfo: Warming up from: 07:00 untill 08:15. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Janart Michaël

Coaches: Dewulf Bart

Coaches: Duck Chantal

Coaches: Marquillie Martine HEADCOACH

PB => Personal Best time

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

Event number: 32: 400M FREESTYLE MEN 13-14							Heat:3, starttime: 08:41	
Heat: 3/9 Lane : 8 Athlete: VANDEMAELE EGON							Q-time: 04:56:68	
PB (50m pool): 04:56.68 Antwerpen 08/03/2026			PB (25m pool): 05:40.77 SB: 04:56.68 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	00:33.37	01:10.16	01:48.30	02:26.55	03:05.19	03:43.79	04:21.28	04:56.68
	00:33.37	00:36.79	00:38.14	00:38.25	00:38.64	00:38.60	00:37.49	00:35.40
								

Coach feedback:

Event number: 32: 400M FREESTYLE MEN 13-14							Heat:5, starttime: 08:52	
Heat: 5/9 Lane : 3 Athlete: VANNESTE DAAN							Q-time: 04:49:36	
PB (50m pool): 04:49.36 Kortrijk 26/12/2025			PB (25m pool): 04:47.01 SB: 04:49.36 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	00:32.79	01:09.68	01:46.69	02:23.58	03:00.44	03:37.79	04:14.37	04:49.36
	00:32.79	00:36.89	00:37.01	00:36.89	00:36.86	00:37.35	00:36.58	00:34.99
								

Coach feedback:

Event number: 32: 400M FREESTYLE MEN 13-14							Heat:7, starttime: 09:03	
Heat: 7/9 Lane : 4 Athlete: OLSZEWSKI MAXIME							Q-time: 04:43:49	
PB (50m pool): 04:55.54 Lago Kortrijk Weide 03/05/2026			PB (25m pool): 04:43.49SB: 04:55.54 Lago Kortrijk Weide 03/05/2026					
	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	00:32.66	01:09.35	01:47.89	02:25.86	03:04.54	03:42.94	04:21.01	04:55.54
	00:32.66	00:36.69	00:38.54	00:37.97	00:38.68	00:38.40	00:38.07	00:34.53
								

Coach feedback:

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Event number: 32: 400M FREESTYLE MEN 13-14							Heat:8, starttime: 09:08	
Heat: 8/9 Lane : 2 Athlete: PICEU SEPPE							Q-time: 04:39:90	
PB (50m pool): 04:39.90 Lago Kortrijk Weide 03/05/2026				PB (25m pool): 04:39.41 SB: 04:39.90 Lago Kortrijk Weide 03/05/2026				
	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	00:31.33	01:06.56	01:42.39	02:18.41	02:54.01	03:30.10	04:05.34	04:39.90
	00:31.33	00:35.23	00:35.83	00:36.02	00:35.60	00:36.09	00:35.24	00:34.56
								

Coach feedback:

Event number: 33: 800M FREESTYLE WOMEN 13-14							Heat:2, starttime: 09:30	
Heat: 2/3 Lane : 8 Athlete: DECUPERE LAURENCE							Q-time: 10:15:16	
PB (50m pool): 10:15.16 Kortrijk 15/02/2026				PB (25m pool): 10:07.01SB: 10:15.16 Kortrijk 15/02/2026				
	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	00:33.97	01:11.43	01:49.77	02:28.23	03:07.03	03:45.68	04:24.80	05:03.30
	00:33.97	00:37.46	00:38.34	00:38.46	00:38.80	00:38.65	00:39.12	00:38.50
								
	4 5 0 M	5 0 0 M	5 5 0 M	6 0 0 M	6 5 0 M	7 0 0 M	7 5 0 M	8 0 0 M
PB	05:42.75	06:21.59	07:01.06	07:39.89	08:19.75	08:58.82	09:37.99	10:15.16
	00:39.45	00:38.84	00:39.47	00:38.83	00:39.86	00:39.07	00:39.17	00:37.17
								

Coach feedback:

Event number: 34: 100M BUTTERFLY MEN 11-12							Heat:6, starttime: 10:02			
Heat: 6/11 Lane : 2 Athlete: GOEMAERE CYRIEL							Q-time: 01:26:04			
PB (50m pool): 01:26.04 Gent 08/02/2026				PB (25m pool): 01:20.45SB: 01:26.04 Gent 08/02/2026						
	5 0 M		1 0 0 M							
PB	00:36.06		01:26.04							
	00:36.06		00:49.98							
										

Coach feedback:

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Event number: 36: 100M BACKSTROKE MEN 13-14				Heat:5, starttime: 10:59	
Heat: 5/10 Lane : 1 Athlete: VANDEMAELE EGON				Q-time: 01:14:84	
PB (50m pool): 01:14.84 Antwerpen 08/03/2026				PB (25m pool): 01:13.52 SB: 01:14.84 Antwerpen 08/03/2026	
	5 0 M	1 0 0 M			
PB	00:36.49	01:14.84			
	00:36.49	00:38.35			
					

Coach feedback:

Event number: 36: 100M BACKSTROKE MEN 13-14				Heat:7, starttime: 11:03	
Heat: 7/10 Lane : 2 Athlete: DE BAL LUCAS				Q-time: 01:11:06	
PB (50m pool): 01:13.13 Olympic Pool Wezenberg, Antwer 29/03/2026				PB (25m pool): 01:11.06 SB: 01:13.13 Olympic Pool Wezenberg, Antwer 29/03/2026	
	5 0 M	1 0 0 M			
PB	00:34.78	01:13.13			
	00:34.78	00:38.35			
					

Coach feedback:

Event number: 37: 200M BREASTSTROKE WOMEN 13-14					Heat:2, starttime: 11:16	
Heat: 2/8 Lane : 6 Athlete: DUMORTIER ELISE					Q-time: 03:05:75	
PB (50m pool): 03:10.97 Lago Kortrijk Weide 03/05/2026					PB (25m pool): 03:05.75 SB: 03:10.97 Lago Kortrijk Weide 03/05/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:42.63	01:32.07	02:21.68	03:10.97		
	00:42.63	00:49.44	00:49.61	00:49.29		
						

Coach feedback:

Event number: 37: 200M BREASTSTROKE WOMEN 13-14					Heat:4, starttime: 11:23	
Heat: 4/8 Lane : 8 Athlete: SPILLEBEEN JUTTA					Q-time: 03:03:25	
PB (50m pool): 03:06.64 Antwerpen 13/07/2025					PB (25m pool): 03:03.25 SB: no time	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:43.17	01:31.00	02:19.67	03:06.64		
	00:43.17	00:47.83	00:48.67	00:46.97		
						

Coach feedback:

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Event number: 37: 200M BREASTSTROKE WOMEN 13-14					Heat:6, starttime: 11:30
Heat: 6/8 Lane : 5 Athlete: ROMBAUT CÉLINE					Q-time: 02:58:58
PB (50m pool): 02:58.58 Lago Kortrijk Weide 03/05/2026					PB (25m pool): 02:56.57 SB: 02:58.58 Lago Kortrijk Weide 03/05/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:40.97	01:26.52	02:13.42	02:58.58	
	00:40.97	00:45.55	00:46.90	00:45.16	
					

Coach feedback:

Event number: 37: 200M BREASTSTROKE WOMEN 13-14					Heat:6, starttime: 11:30
Heat: 6/8 Lane : 7 Athlete: LEMAHIEU LIESE					Q-time: 02:59:33
PB (50m pool): 02:59.33 Lago Kortrijk Weide 03/05/2026					PB (25m pool): 03:04.36 SB: 02:59.33 Lago Kortrijk Weide 03/05/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:41.76	01:28.57	02:14.70	02:59.33	
	00:41.76	00:46.81	00:46.13	00:44.63	
					

Coach feedback:

Event number: 38: 100M BREASTSTROKE MEN 13-14					Heat:2, starttime: 11:43
Heat: 2/8 Lane : 1 Athlete: VANDEMAELE EGON					Q-time: 01:25:51
PB (50m pool): 01:28.34 Gent 08/02/2026					PB (25m pool): 01:25.51 SB: 01:28.34 Gent 08/02/2026
	5 0 M	1 0 0 M			
PB	00:42.17	01:28.34			
	00:42.17	00:46.17			
					

Coach feedback:

Event number: 38: 100M BREASTSTROKE MEN 13-14					Heat:6, starttime: 11:50
Heat: 6/8 Lane : 1 Athlete: VANNESTE DAAN					Q-time: 01:19:06
PB (50m pool): 01:23.29 Kortrijk 15/02/2026					PB (25m pool): 01:19.06 SB: 01:23.29 Kortrijk 15/02/2026
	5 0 M	1 0 0 M			
PB	00:39.52	01:23.29			
	00:39.52	00:43.77			
					

Coach feedback:

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Event number: 38: 100M BREASTSTROKE MEN 13-14							Heat:6, starttime: 11:50			
Heat: 6/8 Lane : 5 Athlete: DE BAL LUCAS							Q-time: 01:18:54			
PB (50m pool): 01:28.32 Wezenberg 04/01/2026				PB (25m pool): 01:18.54 SB: 01:28.32 Wezenberg 04/01/2026						
	5 0 M		1 0 0 M							
PB	00:41.58		01:28.32							
	00:41.58		00:46.74							
										

Coach feedback:

Event number: 40: 4x100M FREESTYLE MIXED 13-14							Heat:2, starttime: 12:19	
Heat: 2/3 Lane : 2 Athlete: TEAM KZK 4							Q-time: 04:21:15	
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: