

CB-BK WE1 2026: Session: 6: COACH evaluation sheet for TEAM: IKZ

Coachinfo: Warming up from: 12:30 untill 13:15. 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: 41: 200M MEDLEY WOMEN 13-14					Heat:4, starttime: 14:40
Heat: 4/20 Lane : 7 Athlete: DE WEVER MAUD					Q-time: 02:49:58
PB (50m pool): 02:56.16 Kortrijk 26/12/2025					PB (25m pool): 02:49.58 SB: 02:56.16 Kortrijk 26/12/2025
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:38.00	01:25.35	02:15.90	02:56.16	
	00:38.00	00:47.35	00:50.55	00:40.26	
					

Coach feedback:

Event number: 41: 200M MEDLEY WOMEN 13-14					Heat:5, starttime: 14:43
Heat: 5/20 Lane : 5 Athlete: NOPPE PAULINE					Q-time: 02:48:26
PB (50m pool): 02:48.84 Brugge 25/01/2026					PB (25m pool): 02:48.26 SB: 02:48.84 Brugge 25/01/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:35.64	01:19.27	02:12.07	02:48.84	
	00:35.64	00:43.63	00:52.80	00:36.77	
					

Coach feedback:

Event number: 41: 200M MEDLEY WOMEN 13-14					Heat:17, starttime: 15:22
Heat: 17/20 Lane : 4 Athlete: VERSTRAETE LINDE					Q-time: 02:39:02
PB (50m pool): 02:39.02 Lago Kortrijk Weide 03/05/2026					PB (25m pool): 02:41.21 SB: 02:39.02 Lago Kortrijk Weide 03/05/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.87	01:16.67	02:04.57	02:39.02	
	00:33.87	00:42.80	00:47.90	00:34.45	
					

Coach feedback:

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Event number: 41: 200M MEDLEY WOMEN 13-14					Heat:20, starttime: 15:32
Heat: 20/20 Lane : 3 Athlete: VELGHE LAURA					Q-time: 02:31:15
PB (50m pool): 02:33.46 Brugge 25/01/2026			PB (25m pool): 02:31.15 SB: 02:33.46 Brugge 25/01/2026		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.74	01:12.15	01:59.01	02:33.46	
	00:32.74	00:39.41	00:46.86	00:34.45	
					

Coach feedback:

Event number: 44: 100M BREASTSTROKE MEN 11-12					Heat:10, starttime: 16:46
Heat: 10/11 Lane : 8 Athlete: VANDEPUTTE JORBE					Q-time: 01:27:60
PB (50m pool): 01:29.40 Antwerpen 08/03/2026			PB (25m pool): 01:27.60 SB: 01:29.40 Antwerpen 08/03/2026		
	5 0 M	1 0 0 M			
PB	00:42.85	01:29.40			
	00:42.85	00:46.55			
					

Coach feedback:

Event number: 45: 100M FREESTYLE WOMEN 13-14					Heat:9, starttime: 17:03
Heat: 9/16 Lane : 5 Athlete: NOPPE PAULINE					Q-time: 01:05:28
PB (50m pool): 01:06.74 Antwerpen 15/03/2026			PB (25m pool): 01:05.28 SB: 01:06.74 Antwerpen 15/03/2026		
	5 0 M	1 0 0 M			
PB	00:32.34	01:06.74			
	00:32.34	00:34.40			
					

Coach feedback:

Event number: 45: 100M FREESTYLE WOMEN 13-14					Heat:15, starttime: 17:13
Heat: 15/16 Lane : 1 Athlete: VERSTRAETE LINDE					Q-time: 01:03:15
PB (50m pool): 01:04.43 Antwerpen 08/03/2026			PB (25m pool): 01:03.20 SB: 01:04.43 Antwerpen 08/03/2026		
	5 0 M	1 0 0 M			
PB	00:30.92	01:04.43			
	00:30.92	00:33.51			
					

Coach feedback:

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Event number: 45: 100M FREESTYLE WOMEN 13-14										Heat:16, starttime: 17:14														
Heat: 16/16 Lane : 6 Athlete: VELGHE LAURA															Q-time: 01:00:38									
PB (50m pool): 01:03.19 Lago Kortrijk Weide 03/05/2026															PB (25m pool): 01:03.89SB: 01:03.19 Lago Kortrijk Weide 03/05/2026									
	5 0 M				1 0 0 M																			
PB	00:30.46				01:03.19																			
	00:30.46				00:32.73																			
																								

Coach feedback:

Event number: 48: 4x100M MEDLEY WOMEN 13-14							Heat:3, starttime: 18:12	
Heat: 3/3 Lane : 1 Athlete: TEAM IKZ 2							Q-time: 04:51:78	
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: