

VZC 2025: Session: 2: COACH evaluation sheet for TEAM: KLSVZ

Coachinfo: Warming up from: 12:45 untill 13:45.

Teamleadmeeting @

The listed starttimes are indicative!

Coaches: Fekkers Roos HEADCOACH

Coaches: Sevenants Marc

Coaches: Muls Quinten

PB => Personal Best time

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

Event number: 10: 200M FREESTYLE MEN 15+					Heat:4, starttime: 14:09
Heat: 4/11 Lane : 5 Athlete: CAMBRON WARD					Q-time: 02:24:41
PB (50m pool): 2:23.54 Antwerpen 14 Jul 2023					PB (25m pool): 2:16.63 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	32.10	1:08.94	1:47.22	2:23.54	
	32.10	36.84	38.28	36.32	
	

Coach feedback:

Event number: 10: 200M FREESTYLE MEN 15+					Heat:4, starttime: 14:09
Heat: 4/11 Lane : 7 Athlete: FLORES SéBASTIEN					Q-time: 02:25:86
PB (50m pool): 2:25.86 Antwerp 19 Apr 2025					PB (25m pool): 2:25.78 SB: 02:25.86 Antwerpen 20/04/2025
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	33.54	1:11.76	1:50.07	2:25.86	
	33.54	38.22	38.31	35.79	
	

Coach feedback:

Event number: 10: 200M FREESTYLE MEN 15+					Heat:8, starttime: 14:20
Heat: 8/11 Lane : 4 Athlete: DEHAEN FERRE					Q-time: 02:14:26
PB (50m pool): 2:14.26 Antwerpen 12 Jul 2024					PB (25m pool): 2:12.83 SB: 02:16.55 Antwerpen 20/04/2025
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	30.69	1:04.42	1:39.88	2:14.26	
	30.69	33.73	35.46	34.38	
	

Coach feedback:

VZC 2025: Session: 2: COACH evaluation sheet for TEAM: KLSVZ

Event number: 10: 200M FREESTYLE MEN 15+					Heat:10, starttime: 14:25
Heat: 10/11 Lane : 8 Athlete: CHAFWEHE THÉO					Q-time: 02:12:86
PB (50m pool): 2:12.86 Antwerpen 12 Jul 2024					PB (25m pool): 2:09.38 SB: 02:14.20 Antwerpen 20/04/2025
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	30.81	1:04.11	1:38.72	2:12.86	
	30.81	33.30	34.61	34.14	
	

Coach feedback:

Event number: 13: 200M MEDLEY WOMEN 13-14					Heat:7, starttime: 15:36
Heat: 7/14 Lane : 2 Athlete: ROOSEN TESS					Q-time: 03:06:85
PB (50m pool): 3:06.85 Seraing 23 Mar 2024					PB (25m pool): 2:59.00 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	43.30	1:31.04	2:26.16	3:06.85	
	43.30	47.74	55.12	40.69	
	

Coach feedback:

Event number: 13: 200M MEDLEY WOMEN 13-14					Heat:7, starttime: 15:36
Heat: 7/14 Lane : 6 Athlete: MINTEN PAULIEN					Q-time: 03:06:76
PB (50m pool): 3:06.76 Antwerpen 12 Jul 2024					PB (25m pool): 2:59.18 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	43.68	1:31.28	2:26.80	3:06.76	
	43.68	47.60	55.52	39.96	
	

Coach feedback:

Event number: 14: 200M MEDLEY MEN 15+					Heat:1, starttime: 16:03
Heat: 1/10 Lane : 6 Athlete: JORIS JESSE					Q-time: 03:18:02
PB (50m pool): 3:18.02 Antwerpen 12 Jul 2024					PB (25m pool): 2:48.82 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	43.75	1:36.22	2:33.28	3:18.02	
	43.75	52.47	57.06	44.74	
	

Coach feedback:

VZC 2025: Session: 2: COACH evaluation sheet for TEAM: KLSVZ

Event number: 14: 200M MEDLEY MEN 15+					Heat:4, starttime: 16:14
Heat: 4/10 Lane : 4 Athlete: DEHAEN FERRE					Q-time: 02:40:58
PB (50m pool): 2:40.58 Charleroi 11 May 2025					PB (25m pool): 2:35.12 SB: 02:40.58 Charleroi 11/05/2025
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	33.93	1:15.87	2:06.34	2:40.58	
	33.93	41.94	50.47	34.24	
	

Coach feedback:

Event number: 15: 50M BREASTSTROKE WOMEN 15+					Heat:1, starttime: 16:34
Heat: 1/10 Lane : 5 Athlete: FERNANDEZ PEDRERA TARIK MAISSA					Q-time: 00:47:42
PB (50m pool): 47.42 Seraing 28 Jan 2024					PB (25m pool): 46.26 SB: 00:50.90 Seraing 26/01/2025
	5 0 M				
PB	47.42				
	47.42				
				

Coach feedback:

Event number: 15: 50M BREASTSTROKE WOMEN 15+					Heat:2, starttime: 16:35
Heat: 2/10 Lane : 8 Athlete: FERNANDEZ PEDRERA TARIK LAILA					Q-time: 00:46:52
PB (50m pool): 46.52 Seraing 28 Jan 2024					PB (25m pool): 42.00 SB: no time
	5 0 M				
PB	46.52				
	46.52				
				

Coach feedback:

Event number: 15: 50M BREASTSTROKE WOMEN 15+					Heat:3, starttime: 16:37
Heat: 3/10 Lane : 3 Athlete: ALLOING MYRTHE					Q-time: 00:43:10
PB (50m pool): 43.10 Charleroi 11 May 2025					PB (25m pool): 40.44 SB: 00:43.10 Charleroi 11/05/2025
	5 0 M				
PB	43.10				
	43.10				
				

Coach feedback:

VZC 2025: Session: 2: COACH evaluation sheet for TEAM: KLSVZ

Event number: 15: 50M BREASTSTROKE WOMEN 15+						Heat:4, starttime: 16:38	
Heat: 4/10 Lane : 2 Athlete: VAN GORP CLARA						Q-time: 00:42:54	
PB (50m pool): 49.66 Mol 26 Jun 2022						PB (25m pool): 42.54 SB: no time	
	5 0 M						
PB	49.66						
	49.66						
						

Coach feedback:

Event number: 15: 50M BREASTSTROKE WOMEN 15+							Heat:9, starttime: 16:43		
Heat: 9/10 Lane : 1 Athlete: AMADOU CAMILLE							Q-time: 00:39:02		
PB (50m pool): 39.02 Antwerp 19 Apr 2025							PB (25m pool): 38.16 SB: 00:39.02 Antwerpen 20/04/2025		
	5 0 M								
PB	39.02								
	39.02								
								

Coach feedback:

Event number: 18: 4x50M FREESTYLE WOMEN 15+				Heat:2, starttime: 17:36	
Heat: 2/2 Lane : 8 Athlete: TEAM KLSVZ				Q-time: 02:07:71	
PB (50m pool):				PB (25m pool): No time SB:	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB					
	

Coach feedback: