

# VZC 2025: Session: 2: COACH evaluation sheet for TEAM: MZK

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

Teamleadmeeting @

The listed starttimes are indicative!

Coaches: RAMMANT Nancy HEADCOACH

Coaches: DEVRIESE Eddy

Coaches: MOERMAN Helena

Coaches: DE SAEDELEER Jodie

PB => Personal Best time

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

## Event number: 10: 200M FREESTYLE MEN 15+

Heat:6, starttime: 14:15

Heat: 6/11 Lane : 3 Athlete: DE MOOR MAXIME

Q-time: 02:19:61

PB (50m pool): 2:24.31 Kortrijk 26 Dec 2024

PB (25m pool): 2:19.61 SB: 02:24.31 Kortrijk 26/12/2024

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	32.63	1:09.21	1:47.33	2:24.31	
	32.63	36.58	38.12	36.98	
	. . . . .	. . . . .	. . . . .	. . . . .	

Coach feedback:

## Event number: 11: 200M BACKSTROKE WOMEN 15+

Heat:7, starttime: 14:52

Heat: 7/7 Lane : 4 Athlete: OVAERE LUNA

Q-time: 02:35:89

PB (50m pool): 3:06.16 Antwerpen 10 Feb 2018

PB (25m pool): 2:35.89 SB: no time

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	44.09	1:31.37	2:19.31	3:06.16	
	44.09	47.28	47.94	46.85	
	. . . . .	. . . . .	. . . . .	. . . . .	

Coach feedback:

## Event number: 12: 100M BUTTERFLY WOMEN 11-12

Heat:2, starttime: 14:58

Heat: 2/8 Lane : 5 Athlete: DERVAUX ELLA

Q-time: 99:99:99

PB (50m pool):

PB (25m pool): No time SB: no time

	5 0 M	1 0 0 M	
PB			
	. . . . .	. . . . .	

Coach feedback:

# VZC 2025: Session: 2: COACH evaluation sheet for TEAM: MZK

Event number: 12: 100M BUTTERFLY WOMEN 11-12										Heat:7, starttime: 15:10																			
Heat: 7/8 Lane : 3 Athlete: VERPLANCKE MARA																				Q-time: 01:37:69									
PB (50m pool): 1:37.69 Kortrijk 3 May 2025										PB (25m pool): 1:40.13 SB: 01:37.69 Kortrijk 04/05/2025																			
	5 0 M					1 0 0 M																							
PB	44.79					1:37.69																							
	44.79					52.90																							
	. . . . .					. . . . .																							

Coach feedback:

<b>Event number: 14: 200M MEDLEY MEN 15+</b>					<b>Heat:4, starttime: 16:14</b>
<b>Heat: 4/10 Lane : 1 Athlete: PENEZ BEAU</b>					<b>Q-time: 02:43:05</b>
PB (50m pool): 2:43.05 Kortrijk 4 May 2025					PB (25m pool): 2:45.31 SB: 02:43.05 Kortrijk 04/05/2025
	<b>5 0 M</b>	<b>1 0 0 M</b>	<b>1 5 0 M</b>	<b>2 0 0 M</b>	
PB	35.22	1:16.33	2:07.12	2:43.05	
	35.22	41.11	50.79	35.93	
	. . . . .	. . . . .	. . . . .	. . . . .	

Coach feedback:

<b>Event number: 14: 200M MEDLEY MEN 15+</b>					<b>Heat:5, starttime: 16:17</b>
<b>Heat: 5/10 Lane : 6 Athlete: DE MOOR MAXIME</b>					<b>Q-time: 02:38:83</b>
PB (50m pool): 2:38.83 Kortrijk 4 May 2025					PB (25m pool): 2:39.09 SB: 02:38.83 Kortrijk 04/05/2025
	<b>5 0 M</b>	<b>1 0 0 M</b>	<b>1 5 0 M</b>	<b>2 0 0 M</b>	
PB	33.93	1:13.29	2:03.06	2:38.83	
	33.93	39.36	49.77	35.77	
	. . . . .	. . . . .	. . . . .	. . . . .	

Coach feedback:

Event number: 15: 50M BREASTSTROKE WOMEN 15+										Heat:4, starttime: 16:38	
Heat: 4/10 Lane : 6 Athlete: OVAERE LUNA										Q-time: 00:42:30	
PB (50m pool): 42.30 Brugge 23 Feb 2025										PB (25m pool): 45.99 SB: 00:42.30 Brugge 23/02/2025	
	5 0 M										
PB	42.30										
	42.30										
	. . . . .										

Coach feedback:

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

Event number: 16: 200M FREESTYLE WOMEN 11-12					Heat:9, starttime: 17:14								
Heat: 9/11    Lane : 2    Athlete: VERPLANCKE MARA					Q-time: 02:52:32								
PB (50m pool): 2:52.32   Kortrijk   3 May 2025							PB (25m pool): 2:55.04   SB: 02:52.32   Kortrijk   04/05/2025						
	5 0 M		1 0 0 M		1 5 0 M		2 0 0 M						
PB	39.25		1:24.93		2:10.44		2:52.32						
	39.25		45.68		45.51		41.88						
	. . . . .		. . . . .		. . . . .		. . . . .						

Coach feedback: