

VZC 2025: Session: 3: COACH evaluation sheet for TEAM: IKZ

Coachinfo: Warming up from: 07:15 untill 08:15.

Teamleadmeeting @

The listed starttimes are indicative!

Coaches: Demeyere Linda

Coaches: Lippens Mieke

Coaches: Vandeputte Debby

Coaches: Vandeputte Pedro

PB => Personal Best time

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

Event number: 20: 100M BACKSTROKE WOMEN 15+					Heat:4, starttime: 08:56	
Heat: 4/12 Lane : 3 Athlete: POTTER KRYSTLE					Q-time: 01:21:79	
PB (50m pool):			PB (25m pool): No time SB: no time			
	5 0 M	1 0 0 M				
PB						
				

Coach feedback:

Event number: 21: 200M MEDLEY MEN 11-12					Heat:2, starttime: 09:16	
Heat: 2/10 Lane : 3 Athlete: STEEN REMI					Q-time: 03:45:78	
PB (50m pool):			PB (25m pool): No time SB: no time			
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB						
		

Coach feedback:

Event number: 21: 200M MEDLEY MEN 11-12					Heat:6, starttime: 09:32
Heat: 6/10 Lane : 1 Athlete: VANBRABANT ESBEN				Q-time: 03:20:51	
PB (50m pool): 3:25.32 Kortrijk 4 May 2025			PB (25m pool): 3:20.51 SB: 03:25.32 Kortrijk 04/05/2025		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	52.11	1:42.55	2:39.56	3:25.32	
	52.11	50.44	57.01	45.76	
	

Coach feedback:

VZC 2025: Session: 3: COACH evaluation sheet for TEAM: IKZ

Event number: 21: 200M MEDLEY MEN 11-12					Heat:6, starttime: 09:32
Heat: 6/10 Lane : 7 Athlete: SINNESAEEL CASPER					Q-time: 03:19:67
PB (50m pool):					PB (25m pool): No time SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB					
	

Coach feedback:

Event number: 23: 100M FREESTYLE WOMEN 13-14					Heat:20, starttime: 10:52
Heat: 20/20 Lane : 4 Athlete: NOPPE PAULINE					Q-time: 01:06:10
PB (50m pool): 1:08.72 Antwerp 1 Feb 2025					PB (25m pool): 1:06.10 SB: 01:08.72 Antwerp 02/02/2025
	5 0 M	1 0 0 M			
PB	32.93	1:08.72			
	32.93	35.79			
			

Coach feedback:

Event number: 25: 100M FREESTYLE MEN 11-12					Heat:6, starttime: 11:23
Heat: 6/12 Lane : 1 Athlete: VANBRABANT ESBEN					Q-time: 01:23:20
PB (50m pool): 1:23.20 Antwerp 1 Feb 2025					PB (25m pool): 1:23.70 SB: 01:23.20 Antwerp 02/02/2025
	5 0 M	1 0 0 M			
PB	41.09	1:23.20			
	41.09	42.11			
			

Coach feedback:

Event number: 25: 100M FREESTYLE MEN 11-12					Heat:6, starttime: 11:23
Heat: 6/12 Lane : 6 Athlete: SINNESAEEL CASPER					Q-time: 01:23:08
PB (50m pool): 1:28.64 Mouscron 20 May 2024					PB (25m pool): 1:23.08 SB: no time
	5 0 M	1 0 0 M			
PB	42.53	1:28.64			
	42.53	46.11			
			

Coach feedback:

VZC 2025: Session: 3: COACH evaluation sheet for TEAM: IKZ

Event number: 25: 100M FREESTYLE MEN 11-12			Heat:11, starttime: 11:32
Heat: 11/12 Lane : 5 Athlete: STEEN REMI			Q-time: 01:13:86
PB (50m pool): Izegem 22 Jun 2024			PB (25m pool): 1:13.86 SB: no time
	5 0 M	1 0 0 M	
PB			
	

Coach feedback:

Event number: 27: 100M BUTTERFLY WOMEN 13-14			Heat:5, starttime: 12:07
Heat: 5/11 Lane : 4 Athlete: NOPPE PAULINE			Q-time: 01:29:19
PB (50m pool): 1:30.90 Antwerp 1 Feb 2025			PB (25m pool): 1:29.19 SB: 01:30.90 Antwerp 02/02/2025
	5 0 M	1 0 0 M	
PB	40.68	1:30.90	
	40.68	50.22	
	

Coach feedback:

Event number: 28: 50M BUTTERFLY WOMEN 15+			Heat:6, starttime: 12:25
Heat: 6/13 Lane : 5 Athlete: POTTER KRYSTLE			Q-time: 00:35:44
PB (50m pool): 35.44M Antwerp 2 Feb 2025			PB (25m pool): No time SB: 00:35.44 Antwerp 02/02/2025
	5 0 M		
PB	35.44M		
	35.44M		
		

Coach feedback:

Event number: 28: 50M BUTTERFLY WOMEN 15+			Heat:12, starttime: 12:31
Heat: 12/13 Lane : 6 Athlete: DEPUYDT HASSE			Q-time: 00:32:76
PB (50m pool): 32.76 Brugge 15 Mar 2025			PB (25m pool): 33.59 SB: 00:32.76 Brugge 15/03/2025
	5 0 M		
PB	32.76		
	32.76		
		

Coach feedback: