

ZC 2026: Session: 1: COACH Evaluation sheet for TEAM: ALZV

Coachinfo: Warming up from: 07:45 untill 08:45. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Pinte Kevin HEADCOACH

PB => Personal Best time

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

Event number: 1: 100M BUTTERFLY MEN 13-14

Heat:4, starttime: 09:07

Heat: 4/4 Lane : 8 Athlete: VAN DEN BERGHE VINCE

Q-time: 01:19:76

PB (50m pool): 01:19.76 Antwerpen 15/03/2026

PB (25m pool): 01:20.47 SB: 01:19.76 Antwerpen 15/03/2026

	5 0 M	1 0 0 M	
PB	00:37.31	01:19.76	
	00:37.31	00:42.45	
			

Coach feedback:

Event number: 2: 100M BREASTSTROKE MEN 15+

Heat:4, starttime: 09:15

Heat: 4/9 Lane : 2 Athlete: VANDENBRANDEN INDI

Q-time: 01:24:57

PB (50m pool): 01:30.10 Antwerpen 14/07/2024

PB (25m pool): 01:24.57 SB: no time

	5 0 M	1 0 0 M	
PB	no time	01:30.10	
	no time		
			

Coach feedback:

Event number: 3: 100M FREESTYLE WOMEN 15+

Heat:15, starttime: 09:50

Heat: 15/15 Lane : 8 Athlete: VAN ROY YANA

Q-time: 01:04:87

PB (50m pool): 01:06.59 Gent 08/02/2026

PB (25m pool): 01:04.79 SB: 01:06.59 Gent 08/02/2026

	5 0 M	1 0 0 M	
PB	00:32.19	01:06.59	
	00:32.19	00:34.40	
			

Coach feedback:

ZC 2026: Session: 1: COACH Evaluation sheet for TEAM: ALZV

Event number: 5: 50M BACKSTROKE MEN 13-14										Heat:4, starttime: 10:34																			
Heat: 4/7 Lane : 7 Athlete: HERMAN WOUT																				Q-time: 00:39:53									
PB (50m pool): 00:39.53 Molenbeek 01/02/2026										PB (25m pool): 00:42.39SB: 00:39.53 Molenbeek 01/02/2026																			
	5 0 M																												
PB	00:39.53																												
	00:39.53																												
																													

Coach feedback:

Event number: 5: 50M BACKSTROKE MEN 13-14										Heat:6, starttime: 10:38																				
Heat: 6/7 Lane : 1 Athlete: VAN DEN BERGHE VINCE																				Q-time: 00:37:61										
PB (50m pool): 00:37.61 Antwerpen 15/03/2026										PB (25m pool): 00:37.70SB: 00:37.61 Antwerpen 15/03/2026																				
	5 0 M																													
PB	00:37.61																													
	00:37.61																													
																														

Coach feedback:

Event number: 5: 50M BACKSTROKE MEN 13-14										Heat:7, starttime: 10:39																				
Heat: 7/7 Lane : 5 Athlete: HERMANS VIKTOR																				Q-time: 00:34:81										
PB (50m pool): 00:34.81 Antwerpen 15/03/2026										PB (25m pool): 00:36.11 SB: 00:34.81 Antwerpen 15/03/2026																				
	5 0 M																													
PB	00:34.81																													
	00:34.81																													
																														

Coach feedback: