

ZC 2026: Session: 1: COACH evaluation sheet for TEAM: BRABO

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

Coaches: Caluwaerts Lynn HEADCOACH

PB => Personal Best time

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

Event number: 1: 100M BUTTERFLY MEN 13-14			Heat:2, starttime: 09:03
Heat: 2/4 Lane : 4 Athlete: CARPENTIER THIBO			Q-time: 01:30:88
PB (50m pool): 01:32.54 Zwembad Brigitte Becue 26/04/2026			PB (25m pool): 01:30.88 SB: 01:32.54 Zwembad Brigitte Becue 26/04/2026
	5 0 M	1 0 0 M	
PB	00:40.95	01:32.54	
	00:40.95	00:51.59	
			

Coach feedback:

Event number: 2: 100M BREASTSTROKE MEN 15+			Heat:5, starttime: 09:17
Heat: 5/9 Lane : 6 Athlete: MICHIELS JOHAN			Q-time: 01:21:67
PB (50m pool): 01:25.21 Kortrijk 21/06/2026			PB (25m pool): 01:23.08 SB: 01:25.21 Kortrijk 21/06/2026
	5 0 M	1 0 0 M	
PB	00:38.64	01:25.21	
	00:38.64	00:46.57	
			

Coach feedback:

Event number: 2: 100M BREASTSTROKE MEN 15+			Heat:8, starttime: 09:23
Heat: 8/9 Lane : 3 Athlete: DA SILVA CAMARATE SHAWN			Q-time: 01:16:45
PB (50m pool): 01:19.79 Antwerpen 15/03/2026			PB (25m pool): 01:16.45 SB: 01:19.79 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:36.90	01:19.79	
	00:36.90	00:42.89	
			

Coach feedback:

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Event number: 2: 100M BREASTSTROKE MEN 15+			Heat:8, starttime: 09:23
Heat: 8/9 Lane : 7 Athlete: ROOSEN THOMAS			Q-time: 01:16:66
PB (50m pool): 01:18.23 Antwerpen 15/03/2026			PB (25m pool): 01:16.66 SB: 01:18.23 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:36.27	01:18.23	
	00:36.27	00:41.96	
			

Coach feedback:

Event number: 3: 100M FREESTYLE WOMEN 15+			Heat:8, starttime: 09:39
Heat: 8/15 Lane : 7 Athlete: VAN REETH LISSE			Q-time: 01:09:18
PB (50m pool): 01:10.91 Antwerpen 15/03/2026			PB (25m pool): 01:09.18 SB: 01:10.91 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:33.56	01:10.91	
	00:33.56	00:37.35	
			

Coach feedback:

Event number: 3: 100M FREESTYLE WOMEN 15+			Heat:8, starttime: 09:39
Heat: 8/15 Lane : 8 Athlete: HOUVENAGHEL ELIEN			Q-time: 01:09:30
PB (50m pool): 01:09.38 Antwerpen 13/07/2025			PB (25m pool): 01:09.30 SB: 01:12.13 Wezenberg 03/01/2026
	5 0 M	1 0 0 M	
PB	00:32.92	01:09.38	
	00:32.92	00:36.46	
			

Coach feedback:

Event number: 3: 100M FREESTYLE WOMEN 15+			Heat:10, starttime: 09:42
Heat: 10/15 Lane : 4 Athlete: BALAJI YOUSRA			Q-time: 01:07:68
PB (50m pool): 01:09.17 Antwerpen 15/03/2026			PB (25m pool): 01:07.68 SB: 01:09.17 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:33.17	01:09.17	
	00:33.17	00:36.00	
			

Coach feedback:

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Event number: 4: 200M MEDLEY WOMEN 11-12					Heat:7, starttime: 10:17
Heat: 7/9 Lane : 5 Athlete: BOUQUET JULIETTE					Q-time: 03:16:35
PB (50m pool): 03:26.41 Olympic Pool Wezenberg, Antwer 29/03/2026					PB (25m pool): 03:16.35 SB: 03:26.41 Olympic Pool Wezenberg, Antwer 29/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:55.03	01:46.68	02:43.74	03:26.41	
	00:55.03	00:51.65	00:57.06	00:42.67	
					

Coach feedback:

Event number: 5: 50M BACKSTROKE MEN 13-14					Heat:2, starttime: 10:31
Heat: 2/7 Lane : 6 Athlete: GORIS FINN					Q-time: 00:43:13
PB (50m pool): 00:43.13 Antwerpen 15/03/2026					PB (25m pool): 00:43.38 SB: 00:43.13 Antwerpen 15/03/2026
	5 0 M				
PB	00:43.13				
	00:43.13				
					

Coach feedback:

Event number: 5: 50M BACKSTROKE MEN 13-14					Heat:2, starttime: 10:31
Heat: 2/7 Lane : 8 Athlete: NAGELS ROBBE					Q-time: 00:44:89
PB (50m pool): 00:49.09 Zwembad Brigitte Becue 26/04/2026					PB (25m pool): 00:44.89 SB: 00:49.09 Zwembad Brigitte Becue 26/04/2026
	5 0 M				
PB	00:49.09				
	00:49.09				
					

Coach feedback:

Event number: 5: 50M BACKSTROKE MEN 13-14					Heat:3, starttime: 10:33
Heat: 3/7 Lane : 2 Athlete: CARPENTIER THIBO					Q-time: 00:40:63
PB (50m pool): 00:40.63 Antwerpen 19/04/2026					PB (25m pool): 00:40.64 SB: 00:40.63 Antwerpen 19/04/2026
	5 0 M				
PB	00:40.63				
	00:40.63				
					

Coach feedback:

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Event number: 5: 50M BACKSTROKE MEN 13-14							Heat:5, starttime: 10:36		
Heat: 5/7 Lane : 8 Athlete: VERSCHEURE SAM							Q-time: 00:38:69		
PB (50m pool): 00:38.69 Antwerpen 15/03/2026				PB (25m pool): 00:39.59SB: 00:38.69 Antwerpen 15/03/2026					
	5 0 M								
PB	00:38.69								
	00:38.69								
									

Coach feedback:

Event number: 5: 50M BACKSTROKE MEN 13-14							Heat:7, starttime: 10:39		
Heat: 7/7 Lane : 3 Athlete: SNOECKX GUILLAUME							Q-time: 00:35:21		
PB (50m pool): 00:35.95 Sportoase De Watermolen 24/05/2026							PB (25m pool): 00:35.21 SB: 00:35.95 Sportoase De Watermolen 24/05/2026		
	5 0 M								
PB	00:35.95								
	00:35.95								
									

Coach feedback:

Event number: 5: 50M BACKSTROKE MEN 13-14							Heat:7, starttime: 10:39		
Heat: 7/7 Lane : 6 Athlete: MICHELS LINUS							Q-time: 00:35:21		
PB (50m pool): 00:35.21 Antwerpen 19/04/2026				PB (25m pool): 00:36.82 SB: 00:35.21 Antwerpen 19/04/2026					
	5 0 M								
PB	00:35.21								
	00:35.21								
									

Coach feedback:

Event number: 6: 200M BREASTSTROKE WOMEN 13-14					Heat:2, starttime: 10:46	
Heat: 2/7 Lane : 1 Athlete: VAN SEVEREN HASSE					Q-time: 03:54:45	
PB (50m pool): no time		PB (25m pool): 03:54.45 SB: no time				
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	no time	no time	no time	no time		
	no time					
						

Coach feedback:

ZC 2026: Session: 1: COACH evaluation sheet for TEAM: BRABO

Event number: 6: 200M BREASTSTROKE WOMEN 13-14					Heat:3, starttime: 10:50
Heat: 3/7 Lane : 4 Athlete: GORIS ZITA					Q-time: 03:32:46
PB (50m pool): 03:38.15 Olympic Pool Wezenberg, Antwer 29/03/2026					PB (25m pool): 03:32.46 SB: 03:38.15 Olympic Pool Wezenberg, Antwer 29/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:47.22	01:43.43	02:41.07	03:38.15	
	00:47.22	00:56.21	00:57.64	00:57.08	
					

Coach feedback:

Event number: 6: 200M BREASTSTROKE WOMEN 13-14					Heat:4, starttime: 10:54
Heat: 4/7 Lane : 6 Athlete: ZONNEKEYN CARO LINA					Q-time: 03:29:02
PB (50m pool): 03:29.02 Olympic Pool Wezenberg, Antwer 29/03/2026					PB (25m pool): 03:31.66 SB: 03:29.02 Olympic Pool Wezenberg, Antwer 29/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:45.51	01:38.13	02:33.59	03:29.02	
	00:45.51	00:52.62	00:55.46	00:55.43	
					

Coach feedback:

Event number: 8: 100M BACKSTROKE WOMEN 15+			Heat:3, starttime: 11:23		
Heat: 3/10 Lane : 7 Athlete: SOETEWY BIRGIT			Q-time: 01:22:95		
PB (50m pool): 01:26.97 Kortrijk 21/06/2026			PB (25m pool): 01:22.95 SB: 01:26.97 Kortrijk 21/06/2026		
	5 0 M	1 0 0 M			
PB	00:42.76	01:26.97			
	00:42.76	00:44.21			
					

Coach feedback:

Event number: 8: 100M BACKSTROKE WOMEN 15+			Heat:5, starttime: 11:28		
Heat: 5/10 Lane : 8 Athlete: VAN REETH LISSE			Q-time: 01:20:66		
PB (50m pool): 01:22.06 Antwerpen 15/03/2026			PB (25m pool): 01:20.66 SB: 01:22.06 Antwerpen 15/03/2026		
	5 0 M	1 0 0 M			
PB	00:39.65	01:22.06			
	00:39.65	00:42.41			
					

Coach feedback:

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Event number: 8: 100M BACKSTROKE WOMEN 15+			Heat:8, starttime: 11:35
Heat: 8/10 Lane : 2 Athlete: HOUVENAGHEL ELIEN			Q-time: 01:17:00
PB (50m pool): 01:20.43 Wezenberg 01/02/2026			PB (25m pool): 01:17.00 SB: 01:20.43 Wezenberg 01/02/2026
	5 0 M	1 0 0 M	
PB	00:38.53	01:20.43	
	00:38.53	00:41.90	
			

Coach feedback:

Event number: 9: 50M BUTTERFLY MEN 11-12			Heat:2, starttime: 11:43
Heat: 2/9 Lane : 2 Athlete: MICHELS NAND			Q-time: 00:51:69
PB (50m pool): no time			PB (25m pool): 00:51.69 SB: no time
	5 0 M		
PB	no time		
	no time		
			

Coach feedback:

Event number: 9: 50M BUTTERFLY MEN 11-12			Heat:2, starttime: 11:43
Heat: 2/9 Lane : 3 Athlete: GARREVOET LUCAS			Q-time: 00:51:29
PB (50m pool): no time			PB (25m pool): no time SB: no time
	5 0 M		
PB	no time		
	no time		
			

Coach feedback:

Event number: 9: 50M BUTTERFLY MEN 11-12			Heat:4, starttime: 11:46
Heat: 4/9 Lane : 8 Athlete: SNOECKX OLIVER			Q-time: 00:46:73
PB (50m pool): 00:46.73 Wezenberg 01/02/2026			PB (25m pool): no time SB: 00:46.73 Wezenberg 01/02/2026
	5 0 M		
PB	00:46.73		
	00:46.73		
			

Coach feedback:

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Event number: 9: 50M BUTTERFLY MEN 11-12										Heat:7, starttime: 11:50																				
Heat: 7/9 Lane : 1 Athlete: MICHIELS VINCE																				Q-time: 00:42:10										
PB (50m pool): 00:42.10 Antwerpen 15/03/2026										PB (25m pool): 00:42.66 SB: 00:42.10 Antwerpen 15/03/2026																				
	5 0 M																													
PB	00:42.10																													
	00:42.10																													
																														

Coach feedback:

Event number: 9: 50M BUTTERFLY MEN 11-12										Heat:7, starttime: 11:50																			
Heat: 7/9 Lane : 3 Athlete: VAN CRAENENBROECK VIK																				Q-time: 00:41:72									
PB (50m pool): 00:41.72 Antwerpen 15/03/2026										PB (25m pool): no time SB: 00:41.72 Antwerpen 15/03/2026																			
	5 0 M																												
PB	00:41.72																												
	00:41.72																												
																													

Coach feedback: