

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

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

Coaches: Slabbaert Ann HEADCOACH

Coaches: Uyttersprot Katrien

PB => Personal Best time

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

Event number: 2: 100M BREASTSTROKE MEN 15+

Heat:6, starttime: 09:19

Heat: 6/9 Lane : 3 Athlete: CLAES ELIAN

Q-time: 01:20:74

PB (50m pool): 01:22.33 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 01:20.74 SB: 01:22.33 Zwembad Brigitte Becue 26/04/2026

	5 0 M	1 0 0 M	
PB	00:39.04	01:22.33	
	00:39.04	00:43.29	
			

Coach feedback:

Event number: 2: 100M BREASTSTROKE MEN 15+

Heat:9, starttime: 09:25

Heat: 9/9 Lane : 8 Athlete: DELCOIGNE NATHAN

Q-time: 01:14:80

PB (50m pool): 01:18.34 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 01:14.80 SB: 01:18.34 Zwembad Brigitte Becue 26/04/2026

	5 0 M	1 0 0 M	
PB	00:36.31	01:18.34	
	00:36.31	00:42.03	
			

Coach feedback:

Event number: 3: 100M FREESTYLE WOMEN 15+

Heat:14, starttime: 09:49

Heat: 14/15 Lane : 4 Athlete: NSUBUGA SOFIA

Q-time: 01:04:88

PB (50m pool): 01:04.88 Antwerpen 19/04/2026 PB (25m pool): 01:05.01 SB: 01:04.88 Antwerpen 19/04/2026

	5 0 M	1 0 0 M	
PB	00:31.41	01:04.88	
	00:31.41	00:33.47	
			

Coach feedback:

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Event number: 4: 200M MEDLEY WOMEN 11-12					Heat:3, starttime: 10:02
Heat: 3/9 Lane : 7 Athlete: DE PRATER ELINE					Q-time: 03:35:11
PB (50m pool): no time PB (25m pool): 03:35.11 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:

Event number: 5: 50M BACKSTROKE MEN 13-14					Heat:5, starttime: 10:36
Heat: 5/7 Lane : 1 Athlete: CLAES TIEBE					Q-time: 00:38:46
PB (50m pool): 00:38.83 Antwerpen 15/03/2026 PB (25m pool): 00:38.46 SB: 00:38.83 Antwerpen 15/03/2026					
	5 0 M				
PB	00:38.83				
	00:38.83				
					

Coach feedback:

Event number: 6: 200M BREASTSTROKE WOMEN 13-14					Heat:2, starttime: 10:46
Heat: 2/7 Lane : 3 Athlete: TRONCKOE BENTE					Q-time: 03:44:80
PB (50m pool): 03:50.59 Charleroi 11/01/2026 PB (25m pool): 03:44.80 SB: 03:50.59 Charleroi 11/01/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:53.58	01:53.34	02:55.25	03:50.59	
	00:53.58	00:59.76	01:01.91	00:55.34	
					

Coach feedback:

Event number: 6: 200M BREASTSTROKE WOMEN 13-14					Heat:3, starttime: 10:50
Heat: 3/7 Lane : 8 Athlete: VERMEIR JOSEFIEN					Q-time: 03:37:88
PB (50m pool): 04:00.94 Charleroi 11/01/2026 PB (25m pool): 03:37.88 SB: 04:00.94 Charleroi 11/01/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:56.17	01:56.38	03:00.03	04:00.94	
	00:56.17	01:00.21	01:03.65	01:00.91	
					

Coach feedback:

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Event number: 6: 200M BREASTSTROKE WOMEN 13-14					Heat:5, starttime: 10:58
Heat: 5/7 Lane : 8 Athlete: DE WILDE HANNE					Q-time: 03:26:46
PB (50m pool): 03:31.05 Molenbeek 01/02/2026					PB (25m pool): 03:26.46 SB: 03:31.05 Molenbeek 01/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	01:43.72	no time	03:31.05	
	no time				
					

Coach feedback:

Event number: 7: 200M BUTTERFLY MEN 15+					Heat:2, starttime: 11:14
Heat: 2/2 Lane : 3 Athlete: TRONCKOE KOBE					Q-time: 02:32:37
PB (50m pool): 02:41.70 Gent 08/02/2026					PB (25m pool): 02:32.37 SB: 02:41.70 Gent 08/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.31	01:16.62	01:59.79	02:41.70	
	00:34.31	00:42.31	00:43.17	00:41.91	
					

Coach feedback:

Event number: 8: 100M BACKSTROKE WOMEN 15+					Heat:9, starttime: 11:37
Heat: 9/10 Lane : 8 Athlete: DE PRATER JUNO					Q-time: 01:16:31
PB (50m pool): 01:19.30 Zwembad Brigitte Becue 26/04/2026					PB (25m pool): 01:16.31 SB: 01:19.30 Zwembad Brigitte Becue 26/04/2026
	5 0 M	1 0 0 M			
PB	00:38.28	01:19.30			
	00:38.28	00:41.02			
					

Coach feedback:

Event number: 9: 50M BUTTERFLY MEN 11-12					Heat:5, starttime: 11:47
Heat: 5/9 Lane : 3 Athlete: JACQUEMYNS LEWIS					Q-time: 00:44:56
PB (50m pool): 00:50.22 Mol 22/06/2025					PB (25m pool): 00:44.56 SB: no time
	5 0 M				
PB	00:50.22				
	00:50.22				
					

Coach feedback: