

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

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

Coaches: De Backer Nele HEADCOACH

Coaches: De Backer Ruben

Coaches: Lesceu Philippe

PB => Personal Best time

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

Event number: 2: 100M BREASTSTROKE MEN 15+			Heat:9, starttime: 09:25
Heat: 9/9 Lane : 5 Athlete: BOLLU LUCA			Q-time: 01:12:29
PB (50m pool): 01:14.26 ANTWERPEN 30/07/2023			PB (25m pool): 01:12.02 SB: 01:17.22 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	no time	01:14.26	
	no time		
			

Coach feedback:

Event number: 3: 100M FREESTYLE WOMEN 15+			Heat:6, starttime: 09:36
Heat: 6/15 Lane : 6 Athlete: VAN STEENWINKEL ESTHER			Q-time: 01:10:43
PB (50m pool): 01:11.92 Antwerpen 13/07/2025			PB (25m pool): 01:10.43 SB: 01:13.61 Seraing 25/01/2026
	5 0 M	1 0 0 M	
PB	00:34.92	01:11.92	
	00:34.92	00:37.00	
			

Coach feedback:

Event number: 3: 100M FREESTYLE WOMEN 15+			Heat:7, starttime: 09:37
Heat: 7/15 Lane : 7 Athlete: DESENDER HANNELORE			Q-time: 01:09:74
PB (50m pool): 01:10.73 Antwerpen 16/07/2023			PB (25m pool): 01:09.74 SB: 01:13.67 Seraing 25/01/2026
	5 0 M	1 0 0 M	
PB	no time	01:10.73	
	no time		
			

Coach feedback:

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Event number: 3: 100M FREESTYLE WOMEN 15+							Heat:15, starttime: 09:50		
Heat: 15/15 Lane : 4 Athlete: ROELANT SISKA							Q-time: 01:03:81		
PB (50m pool): 01:05.63 Charleroi 24/05/2026							PB (25m pool): 01:03.81SB: 01:05.63 Charleroi 24/05/2026		
	5 0 M		1 0 0 M						
PB	00:31.58		01:05.63						
	00:31.58		00:34.05						
									

Coach feedback:

Event number: 4: 200M MEDLEY WOMEN 11-12					Heat:4, starttime: 10:06	
Heat: 4/9 Lane : 3 Athlete: VANBELLINGEN VERMEERE LANI					Q-time: 03:27:57	
PB (50m pool): no time					PB (25m pool): 03:27.57 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: 4: 200M MEDLEY WOMEN 11-12					Heat:7, starttime: 10:17	
Heat: 7/9 Lane : 7 Athlete: KEERSMAEKERS ELLA					Q-time: 03:17:28	
PB (50m pool): no time					PB (25m pool): 03:17.28 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 : 3 Athlete: BOLLU ADRIEN				Q-time: 00:38:14	
PB (50m pool): 00:39.94 La Louvière 25/05/2025				PB (25m pool): 00:38.14 SB: no time	
	5 0 M				
PB	00:39.94				
	00:39.94				
					

Coach feedback:

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Event number: 8: 100M BACKSTROKE WOMEN 15+			Heat:2, starttime: 11:20
Heat: 2/10 Lane : 8 Athlete: JANSSENS LOUISE			Q-time: 01:26:14
PB (50m pool): no time PB (25m pool): no time SB: no time			
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
			

Coach feedback:

Event number: 8: 100M BACKSTROKE WOMEN 15+			Heat:3, starttime: 11:23
Heat: 3/10 Lane : 1 Athlete: DESENDER HANNELORE			Q-time: 01:22:97
PB (50m pool): 01:23.61 Antwerpen 14/07/2024 PB (25m pool): 01:21.69 SB: no time			
	5 0 M	1 0 0 M	
PB	no time	01:23.61	
	no time		
			

Coach feedback:

Event number: 8: 100M BACKSTROKE WOMEN 15+			Heat:3, starttime: 11:23
Heat: 3/10 Lane : 8 Athlete: VAN STEENWINKEL ESTHER			Q-time: 01:23:04
PB (50m pool): 01:23.17 La Louvière 25/05/2025 PB (25m pool): 01:23.04 SB: 01:25.25 Charleroi 24/05/2026			
	5 0 M	1 0 0 M	
PB	00:41.14	01:23.17	
	00:41.14	00:42.03	
			

Coach feedback:

Event number: 8: 100M BACKSTROKE WOMEN 15+			Heat:8, starttime: 11:35
Heat: 8/10 Lane : 8 Athlete: ROELANT SISKI			Q-time: 01:17:42
PB (50m pool): 01:20.96 Antwerpen 15/03/2026 PB (25m pool): 01:17.42 SB: 01:20.96 Antwerpen 15/03/2026			
	5 0 M	1 0 0 M	
PB	00:39.55	01:20.96	
	00:39.55	00:41.41	
			

Coach feedback: