

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

Coachinfo: Warming up from: 07:45 untill 08:45. Teamleadmeeting @

The listed starttimes are indicative!

Coaches: DE SAEDELEER Jodie

PB => Personal Best time

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

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

Heat:3, starttime: 09:05

Heat: 3/4 Lane : 3 Athlete: DERVAUX ARNOUT

Q-time: 01:22:18

PB (50m pool): 01:22.18 Antwerpen 15/03/2026

PB (25m pool): 01:26.54 SB: 01:22.18 Antwerpen 15/03/2026

	5 0 M	1 0 0 M	
PB	00:39.92	01:22.18	
	00:39.92	00:42.26	
			

Coach feedback:

Event number: 2: 100M BREASTSTROKE MEN 15+

Heat:5, starttime: 09:17

Heat: 5/9 Lane : 3 Athlete: PENEZ BEAU

Q-time: 01:21:35

PB (50m pool): 01:21.35 Antwerpen 15/03/2026

PB (25m pool): 01:24.75 SB: 01:21.35 Antwerpen 15/03/2026

	5 0 M	1 0 0 M	
PB	00:38.78	01:21.35	
	00:38.78	00:42.57	
			

Coach feedback:

Event number: 4: 200M MEDLEY WOMEN 11-12

Heat:2, starttime: 09:57

Heat: 2/9 Lane : 5 Athlete: TANGHE MARIT

Q-time: 03:43:05

PB (50m pool): 03:43.05 Lago Kortrijk Weide 03/05/2026

PB (25m pool): 03:48.00 SB: 03:43.05 Lago Kortrijk Weide 03/05/2026

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:55.95	01:48.63	02:56.73	03:43.05	
	00:55.95	00:52.68	01:08.10	00:46.32	
					

Coach feedback:

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

Event number: 4: 200M MEDLEY WOMEN 11-12					Heat:4, starttime: 10:06
Heat: 4/9 Lane : 2 Athlete: DUBOIS ERIN					Q-time: 03:29:06
PB (50m pool): 03:29.06 Lago Kortrijk Weide 03/05/2026					PB (25m pool): 03:31.25 SB: 03:29.06 Lago Kortrijk Weide 03/05/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:49.72	01:42.93	02:39.27	03:29.06	
	00:49.72	00:53.21	00:56.34	00:49.79	
					

Coach feedback:

Event number: 4: 200M MEDLEY WOMEN 11-12					Heat:9, starttime: 10:25
Heat: 9/9 Lane : 2 Athlete: DERVAUX ELLA					Q-time: 03:05:44
PB (50m pool): 03:05.44 Lago Kortrijk Weide 03/05/2026					PB (25m pool): 03:21.66 SB: 03:05.44 Lago Kortrijk Weide 03/05/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:42.77	01:32.74	02:23.27	03:05.44	
	00:42.77	00:49.97	00:50.53	00:42.17	
					

Coach feedback:

Event number: 5: 50M BACKSTROKE MEN 13-14					Heat:5, starttime: 10:36
Heat: 5/7 Lane : 2 Athlete: TANGHE BATIS					Q-time: 00:38:39
PB (50m pool): 00:38.39 Lago Kortrijk Weide 03/05/2026					PB (25m pool): no time SB: 00:38.39 Lago Kortrijk Weide 03/05/2026
	5 0 M				
PB	00:38.39				
	00:38.39				
					

Coach feedback:

Event number: 5: 50M BACKSTROKE MEN 13-14					Heat:5, starttime: 10:36
Heat: 5/7 Lane : 5 Athlete: DERVAUX ARNOUT					Q-time: 00:37:78
PB (50m pool): 00:42.76 Brugge 15/03/2025					PB (25m pool): 00:37.78 SB: no time
	5 0 M				
PB	00:42.76				
	00:42.76				
					

Coach feedback:

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

Event number: 5: 50M BACKSTROKE MEN 13-14							Heat:5, starttime: 10:36		
Heat: 5/7 Lane : 7 Athlete: RIGOLE MAURO							Q-time: 00:38:41		
PB (50m pool): 00:38.55 Antwerpen 15/03/2026				PB (25m pool): 00:38.41 SB: 00:38.55 Antwerpen 15/03/2026					
	5 0 M								
PB	00:38.55								
	00:38.55								
									

Coach feedback:

Event number: 7: 200M BUTTERFLY MEN 15+					Heat:2, starttime: 11:14	
Heat: 2/2 Lane : 7 Athlete: PENEZ BEAU					Q-time: 02:44:93	
PB (50m pool): 02:44.93 Brugge 01/02/2026			PB (25m pool): 03:01.40SB: 02:44.93 Brugge 01/02/2026			
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:36.86	01:18.24	02:02.35	02:44.93		
	00:36.86	00:41.38	00:44.11	00:42.58		
						

Coach feedback:

Event number: 9: 50M BUTTERFLY MEN 11-12										Heat:4, starttime: 11:46																													
Heat: 4/9																				Lane : 6					Athlete: VERPLANCKE BALDER										Q-time: 00:46:27				
PB (50m pool): 00:46.27										Antwerpen					15/03/2026					PB (25m pool): 00:49.49					SB: 00:46.27					Antwerpen					15/03/2026				
		5 0 M																																					
PB		00:46.27																																					
		00:46.27																																					
																																							

Coach feedback:

Event number: 9: 50M BUTTERFLY MEN 11-12										Heat:7, starttime: 11:50																			
Heat: 7/9 Lane : 5 Athlete: POOT RUBE																				Q-time: 00:41:38									
PB (50m pool): 00:41.38 Antwerpen 15/03/2026										PB (25m pool): 00:42.09SB: 00:41.38 Antwerpen 15/03/2026																			
	5 0 M																												
PB	00:41.38																												
	00:41.38																												
																													

Coach feedback:

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

Event number: 9: 50M BUTTERFLY MEN 11-12		Heat:8, starttime: 11:51
Heat: 8/9 Lane : 2 Athlete: DECOCK NAND		Q-time: 00:41:01
PB (50m pool): 00:41.12 Brugge 01/02/2026		PB (25m pool): 00:41.01 SB: 00:41.12 Brugge 01/02/2026
	5 0 M	
PB	00:41.12	
	00:41.12	
		

Coach feedback: