

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

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

Coaches: Rommers Dien

Coaches: Van Looveren An HEADCOACH

Coaches: Emmers Kelly

Coaches: Dekoninck Nicole

Coaches: Tisson Fabienne

PB => Personal Best time

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

Event number: 2: 100M BREASTSTROKE MEN 15+			Heat:8, starttime: 09:23
Heat: 8/9 Lane : 5 Athlete: DANILOV MICHAËL			Q-time: 01:16:07
PB (50m pool): 01:16.07 Seraing 26/01/2025			PB (25m pool): 01:14.35 SB: 01:16.80 Seraing 25/01/2026
	5 0 M	1 0 0 M	
PB	00:36.34	01:16.07	
	00:36.34	00:39.73	
			

Coach feedback:

Event number: 3: 100M FREESTYLE WOMEN 15+			Heat:8, starttime: 09:39
Heat: 8/15 Lane : 4 Athlete: VLASSAKS LENA			Q-time: 01:08:86
PB (50m pool): 01:08.86 Antwerpen 13/07/2025			PB (25m pool): 01:08.33 SB: 01:10.35 Eindhoven 22/03/2026
	5 0 M	1 0 0 M	
PB	00:33.48	01:08.86	
	00:33.48	00:35.38	
			

Coach feedback:

Event number: 3: 100M FREESTYLE WOMEN 15+			Heat:13, starttime: 09:47
Heat: 13/15 Lane : 7 Athlete: MAES HELENE			Q-time: 01:05:93
PB (50m pool): 01:05.74 Antwerpen 14/07/2024			PB (25m pool): 01:04.19 SB: 01:07.16 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	
PB	no time	01:05.74	
	no time		
			

Coach feedback:

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Event number: 5: 50M BACKSTROKE MEN 13-14			Heat:2, starttime: 10:31
Heat: 2/7 Lane : 2 Athlete: FRANSEN LUCIANO			Q-time: 00:43:22
PB (50m pool): 00:43.22 Mol 22/06/2025			PB (25m pool): 00:41.81 SB: no time
	5 0 M		
PB	00:43.22		
	00:43.22		
			

Coach feedback:

Event number: 5: 50M BACKSTROKE MEN 13-14			Heat:2, starttime: 10:31
Heat: 2/7 Lane : 3 Athlete: VAN DE POLDER KOBE			Q-time: 00:42:70
PB (50m pool): 00:42.70 Eindhoven 22/03/2026			PB (25m pool): 00:41.77 SB: 00:42.70 Eindhoven 22/03/2026
	5 0 M		
PB	00:42.70		
	00:42.70		
			

Coach feedback:

Event number: 8: 100M BACKSTROKE WOMEN 15+			Heat:7, starttime: 11:32
Heat: 7/10 Lane : 7 Athlete: VLASSAKS LENA			Q-time: 01:17:81
PB (50m pool): 01:17.81 Antwerpen 13/07/2025			PB (25m pool): 01:16.01 SB: 01:19.56 SportinGenk Park 24/05/2026
	5 0 M	1 0 0 M	
PB	00:38.05	01:17.81	
	00:38.05	00:39.76	
			

Coach feedback:

Event number: 8: 100M BACKSTROKE WOMEN 15+			Heat:8, starttime: 11:35
Heat: 8/10 Lane : 1 Athlete: MAES HELENE			Q-time: 01:17:32
PB (50m pool): 01:17.32 Antwerpen 13/07/2025			PB (25m pool): 01:14.60 SB: 01:19.68 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	
PB	00:37.84	01:17.32	
	00:37.84	00:39.48	
			

Coach feedback:

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Event number: 9: 50M BUTTERFLY MEN 11-12		Heat:1, starttime: 11:41
Heat: 1/9 Lane : 4 Athlete: VAN DINGENEN KOBE		Q-time: 00:53:72
PB (50m pool): 00:53.72 Seraing 25/01/2026		PB (25m pool): 00:55.54 SB: 00:53.72 Seraing 25/01/2026
	5 0 M	
PB	00:53.72	
	00:53.72	
		

Coach feedback:

Event number: 9: 50M BUTTERFLY MEN 11-12		Heat:7, starttime: 11:50
Heat: 7/9 Lane : 8 Athlete: VOSSEN NOAH		Q-time: 00:42:12
PB (50m pool): 00:42.12 SportinGenk Park 06/04/2026		PB (25m pool): no time SB: 00:42.12 SportinGenk Park 06/04/2026
	5 0 M	
PB	00:42.12	
	00:42.12	
		

Coach feedback:

Event number: 9: 50M BUTTERFLY MEN 11-12		Heat:8, starttime: 11:51
Heat: 8/9 Lane : 7 Athlete: MEYLAERS SEPPE		Q-time: 00:41:13
PB (50m pool): 00:40.35 Mol 28/06/2026		PB (25m pool): 00:45.82 SB: 00:40.35 Mol 28/06/2026
	5 0 M	
PB	00:40.35	
	00:40.35	
		

Coach feedback: