

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

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

Coaches: Segaert Wim HEADCOACH

PB => Personal Best time

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

Event number: 2: 100M BREASTSTROKE MEN 15+

Heat:3, starttime: 09:13

Heat: 3/9 Lane : 7 Athlete: SEGAERT KOBE

Q-time: 01:28:60

PB (50m pool): 01:30.59 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 01:28.60 SB: 01:30.59 Zwembad Brigitte Becue 26/04/2026

	5 0 M	1 0 0 M	
PB	00:43.45	01:30.59	
	00:43.45	00:47.14	
			

Coach feedback:

Event number: 2: 100M BREASTSTROKE MEN 15+

Heat:5, starttime: 09:17

Heat: 5/9 Lane : 2 Athlete: VANSIELEGHEM JAYDEN

Q-time: 01:21:76

PB (50m pool): 01:25.57 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 01:21.76 SB: 01:25.57 Zwembad Brigitte Becue 26/04/2026

	5 0 M	1 0 0 M	
PB	00:41.34	01:25.57	
	00:41.34	00:44.23	
			

Coach feedback:

Event number: 3: 100M FREESTYLE WOMEN 15+

Heat:1, starttime: 09:27

Heat: 1/15 Lane : 3 Athlete: NAESSENS MYRTHE

Q-time: 01:19:61

PB (50m pool): 01:19.68 Antwerpen 14/07/2024 PB (25m pool): 01:18.86 SB: 01:26.02 Zwembad Brigitte Becue 26/04/2026

	5 0 M	1 0 0 M	
PB	no time	01:19.68	
	no time		
			

Coach feedback:

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Event number: 3: 100M FREESTYLE WOMEN 15+				Heat:13, starttime: 09:47
Heat: 13/15 Lane : 5 Athlete: VAN CAUWENBERGE CATHO				Q-time: 01:05:70
PB (50m pool): 01:05.56 Antwerp 28/01/2024 PB (25m pool): 01:05.20 SB: no time				
	5 0 M	1 0 0 M		
PB	no time	01:05.56		
	no time			
				

Coach feedback:

Event number: 3: 100M FREESTYLE WOMEN 15+				Heat:13, starttime: 09:47
Heat: 13/15 Lane : 6 Athlete: JUNGBLUTH ELISE				Q-time: 01:05:73
PB (50m pool): 01:06.90 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 01:05.33 SB: 01:06.90 Zwembad Brigitte Becue 26/04/2026				
	5 0 M	1 0 0 M		
PB	00:32.60	01:06.90		
	00:32.60	00:34.30		
				

Coach feedback:

Event number: 4: 200M MEDLEY WOMEN 11-12					Heat:6, starttime: 10:14
Heat: 6/9 Lane : 2 Athlete: VANDEVIJVERE LORE					Q-time: 03:20:44
PB (50m pool): 03:20.44 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 03:28.82 SB: 03:20.44 Zwembad Brigitte Becue 26/04/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:44.16	01:34.76	02:38.83	03:20.44	
	00:44.16	00:50.60	01:04.07	00:41.61	
					

Coach feedback:

Event number: 6: 200M BREASTSTROKE WOMEN 13-14					Heat:3, starttime: 10:50
Heat: 3/7 Lane : 3 Athlete: SEGAERT HANNE					Q-time: 03:34:53
PB (50m pool): no time PB (25m pool): 03:34.53 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:

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Event number: 8: 100M BACKSTROKE WOMEN 15+			Heat:4, starttime: 11:25
Heat: 4/10 Lane : 4 Athlete: JUNGBLUTH ELISE			Q-time: 01:21:07
PB (50m pool): 01:19.03 Zwembad Brigitte Becue Oostend 10/05/2025 PB (25m pool): no time SB: no time			
	5 0 M	1 0 0 M	
PB	no time	01:19.03	
	no time		
			

Coach feedback:

Event number: 8: 100M BACKSTROKE WOMEN 15+			Heat:9, starttime: 11:37
Heat: 9/10 Lane : 7 Athlete: VAN CAUWENBERGE CATHO			Q-time: 01:16:27
PB (50m pool): 01:18.67 ANTWERPEN 23/07/2023 PB (25m pool): 01:16.27 SB: no time			
	5 0 M	1 0 0 M	
PB	no time	01:18.67	
	no time		
			

Coach feedback: