

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

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

Coaches: Michiels Vicky

Coaches: Dierickx Kaat HEADCOACH

Coaches: De Ridder Elke

Coaches: De Letter Gerard

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 : 5 Athlete: TAEELMAN YANN			Q-time: 01:20:24
PB (50m pool): 01:23.33 Lochristi 01/02/2026			PB (25m pool): 01:20.24 SB: 01:23.33 Lochristi 01/02/2026
	5 0 M	1 0 0 M	
PB	no time	01:23.33	
	no time		
			

Coach feedback:

Event number: 3: 100M FREESTYLE WOMEN 15+			Heat:2, starttime: 09:29
Heat: 2/15 Lane : 5 Athlete: MAES LENA			Q-time: 01:14:11
PB (50m pool): 01:19.59 Lochristi 01/02/2026			PB (25m pool): 01:14.11 SB: 01:19.59 Lochristi 01/02/2026
	5 0 M	1 0 0 M	
PB	no time	01:19.59	
	no time		
			

Coach feedback:

Event number: 3: 100M FREESTYLE WOMEN 15+			Heat:5, starttime: 09:34
Heat: 5/15 Lane : 5 Athlete: DE MAEIJER ELENA			Q-time: 01:11:09
PB (50m pool): 01:13.38 Antwerpen 13/07/2025			PB (25m pool): 01:11.09 SB: 01:14.06 Lochristi 01/02/2026
	5 0 M	1 0 0 M	
PB	00:34.81	01:13.38	
	00:34.81	00:38.57	
			

Coach feedback:

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Event number: 3: 100M FREESTYLE WOMEN 15+				Heat:6, starttime: 09:36	
Heat: 6/15 Lane : 3 Athlete: DE WINTER LORE				Q-time: 01:10:18	
PB (50m pool): 01:11.15 Aalst 26/04/2026				PB (25m pool): 01:10.18 SB: 01:11.15 Aalst 26/04/2026	
	5 0 M	1 0 0 M			
PB	00:33.77	01:11.15			
	00:33.77	00:37.38			
					

Coach feedback:

Event number: 3: 100M FREESTYLE WOMEN 15+				Heat:10, starttime: 09:42	
Heat: 10/15 Lane : 6 Athlete: Taelman Yade				Q-time: 01:07:76	
PB (50m pool): 01:09.42 Aalst 26/04/2026				PB (25m pool): 01:07.76 SB: 01:09.42 Aalst 26/04/2026	
	5 0 M	1 0 0 M			
PB	00:34.07	01:09.42			
	00:34.07	00:35.35			
					

Coach feedback:

Event number: 7: 200M BUTTERFLY MEN 15+				Heat:2, starttime: 11:14	
Heat: 2/2 Lane : 1 Athlete: VAN NEER LOWIEK				Q-time: 02:49:36	
PB (50m pool): 02:49.36 Lago Gent Rozebroeken 04/05/2025				PB (25m pool): 02:51.69 SB: no time	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:37.13	01:20.72	02:05.27	02:49.36	
	00:37.13	00:43.59	00:44.55	00:44.09	
					

Coach feedback:

Event number: 8: 100M BACKSTROKE WOMEN 15+				Heat:2, starttime: 11:20	
Heat: 2/10 Lane : 1 Athlete: DE MAEIJER ELENA				Q-time: 01:25:55	
PB (50m pool): 01:25.55 Antwerpen 15/03/2026				PB (25m pool): 01:26.70 SB: 01:25.55 Antwerpen 15/03/2026	
	5 0 M	1 0 0 M			
PB	00:41.00	01:25.55			
	00:41.00	00:44.55			
					

Coach feedback:

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Event number: 8: 100M BACKSTROKE WOMEN 15+			Heat:2, starttime: 11:20
Heat: 2/10 Lane : 6 Athlete: MAES LENA			Q-time: 01:24:94
PB (50m pool): 01:27.00 Aalst 26/04/2026			PB (25m pool): 01:24.94 SB: 01:27.00 Aalst 26/04/2026
	5 0 M	1 0 0 M	
PB	00:43.06	01:27.00	
	00:43.06	00:43.94	
			

Coach feedback:

Event number: 8: 100M BACKSTROKE WOMEN 15+			Heat:3, starttime: 11:23
Heat: 3/10 Lane : 3 Athlete: DE WINTER LORE			Q-time: 01:22:51
PB (50m pool): 01:23.95 LOCHRISTI 25/01/2026			PB (25m pool): 01:22.51 SB: 01:23.95 LOCHRISTI 25/01/2026
	5 0 M	1 0 0 M	
PB	no time	01:23.95	
	no time		
			

Coach feedback:

Event number: 8: 100M BACKSTROKE WOMEN 15+			Heat:10, starttime: 11:39
Heat: 10/10 Lane : 7 Athlete: TAE LMAN YADE			Q-time: 01:14:69
PB (50m pool): 01:17.21 LOCHRISTI 25/01/2026			PB (25m pool): 01:14.69 SB: 01:17.21 LOCHRISTI 25/01/2026
	5 0 M	1 0 0 M	
PB	no time	01:17.21	
	no time		
			

Coach feedback: