

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

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

Coaches: Spincemaille Laura

Coaches: Mabbe Andy

Coaches: Vanden Abeele Syl

Coaches: Heyligen Bert

Coaches: Veys Lies

Coaches: Planckaert Pieter HEADCOACH

PB => Personal Best time

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

Event number: 2: 100M BREASTSTROKE MEN 15+ Heat:2, starttime: 09:11

Heat: 2/9 Lane : 7 Athlete: VANLERBERGHE MATTHIAS Q-time: 01:37:27

PB (50m pool): 01:37.27 Lago Gent Rozebroeken 03/05/2026 PB (25m pool): 01:33.41 SB: 01:37.27 Lago Gent Rozebroeken 03/05/2026

	5 0 M	1 0 0 M	
PB	00:45.82	01:37.27	
	00:45.82	00:51.45	
			

Coach feedback:

Event number: 2: 100M BREASTSTROKE MEN 15+ Heat:6, starttime: 09:19

Heat: 6/9 Lane : 7 Athlete: RéADY SEPPE Q-time: 01:20:93

PB (50m pool): 01:20.93 Lago Gent Rozebroeken 03/05/2026 PB (25m pool): 01:16.79 SB: 01:20.93 Lago Gent Rozebroeken 03/05/2026

	5 0 M	1 0 0 M	
PB	00:39.13	01:20.93	
	00:39.13	00:41.80	
			

Coach feedback:

Event number: 2: 100M BREASTSTROKE MEN 15+ Heat:9, starttime: 09:25

Heat: 9/9 Lane : 3 Athlete: DHAENE NIELS Q-time: 01:13:21

PB (50m pool): 01:17.34 Luxembourg - Kirchberg 15/03/2026 PB (25m pool): 01:13.21 SB: 01:17.34 Luxembourg - Kirchberg 15/03/2026

	5 0 M	1 0 0 M	
PB	00:36.97	01:17.34	
	00:36.97	00:40.37	
			

Coach feedback:

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Event number: 3: 100M FREESTYLE WOMEN 15+				Heat:3, starttime: 09:31	
Heat: 3/15 Lane : 2 Athlete: VANDEMAELE ELLIE				Q-time: 01:13:78	
PB (50m pool): 01:13.78 Lago Gent Rozebroeken 03/05/2026 PB (25m pool): 01:10.73 SB: 01:13.78 Lago Gent Rozebroeken 03/05/2026					
	5 0 M	1 0 0 M			
PB	00:36.44	01:13.78			
	00:36.44	00:37.34			
					

Coach feedback:

Event number: 3: 100M FREESTYLE WOMEN 15+							Heat:12, starttime: 09:46		
Heat: 12/15 Lane : 5 Athlete: CASIER CAMILLE							Q-time: 01:06:28		
PB (50m pool): 01:06.28 Antwerpen 13/07/2025							PB (25m pool): 01:05.22 SB: 01:07.99 Lago Gent Rozebroeken 03/05/2026		
	5 0 M		1 0 0 M						
PB	00:32.00		01:06.28						
	00:32.00		00:34.28						
									

Coach feedback:

Event number: 4: 200M MEDLEY WOMEN 11-12					Heat:9, starttime: 10:25
Heat: 9/9 Lane : 7 Athlete: DHUYVETTER EM					Q-time: 03:05:59
PB (50m pool): 03:05.59 Gent 08/02/2026					PB (25m pool): 03:06.50 SB: 03:05.59 Gent 08/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:41.97	01:30.84	02:25.79	03:05.59	
	00:41.97	00:48.87	00:54.95	00:39.80	
					

Coach feedback:

Event number: 8: 100M BACKSTROKE WOMEN 15+				Heat:1, starttime: 11:18	
Heat: 1/10 Lane : 5 Athlete: VANDEMAELE ELLIE				Q-time: 01:27:38	
PB (50m pool): 01:27.38 Lago Gent Rozebroeken 03/05/2026 PB (25m pool): 01:23.93 SB: 01:27.38 Lago Gent Rozebroeken 03/05/2026					
	5 0 M	1 0 0 M			
PB	00:43.43	01:27.38			
	00:43.43	00:43.95			
					

Coach feedback:

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Event number: 8: 100M BACKSTROKE WOMEN 15+			Heat:9, starttime: 11:37
Heat: 9/10 Lane : 1 Athlete: CASIER CAMILLE			Q-time: 01:16:30
PB (50m pool): 01:21.89 Seraing 25/01/2026			PB (25m pool): 01:16.30 SB: 01:21.89 Seraing 25/01/2026
	5 0 M	1 0 0 M	
PB	00:39.99	01:21.89	
	00:39.99	00:41.90	
			

Coach feedback:

Event number: 9: 50M BUTTERFLY MEN 11-12			Heat:3, starttime: 11:44
Heat: 3/9 Lane : 6 Athlete: VANDENDRIESSCHE MIRO			Q-time: 00:48:88
PB (50m pool): 00:48.88 Antwerpen 15/03/2026			PB (25m pool): 00:47.01 SB: 00:48.88 Antwerpen 15/03/2026
	5 0 M		
PB	00:48.88		
	00:48.88		
			

Coach feedback:

Event number: 9: 50M BUTTERFLY MEN 11-12			Heat:3, starttime: 11:44
Heat: 3/9 Lane : 7 Athlete: WINDELS LUCAS			Q-time: 00:49:43
PB (50m pool): 00:49.43 Antwerpen 15/03/2026			PB (25m pool): 00:51.62 SB: 00:49.43 Antwerpen 15/03/2026
	5 0 M		
PB	00:49.43		
	00:49.43		
			

Coach feedback:

Event number: 9: 50M BUTTERFLY MEN 11-12			Heat:7, starttime: 11:50
Heat: 7/9 Lane : 2 Athlete: WINDELS JACK			Q-time: 00:41:82
PB (50m pool): 00:41.82 Antwerpen 15/03/2026			PB (25m pool): 00:42.49 SB: 00:41.82 Antwerpen 15/03/2026
	5 0 M		
PB	00:41.82		
	00:41.82		
			

Coach feedback:

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Event number: 9: 50M BUTTERFLY MEN 11-12							Heat:8, starttime: 11:51		
Heat: 8/9 Lane : 3 Athlete: SANDRA TUUR							Q-time: 00:40:62		
PB (50m pool): 00:40.62 Antwerpen 15/03/2026							PB (25m pool): 00:44.19SB: 00:40.62 Antwerpen 15/03/2026		
	5 0 M								
PB	00:40.62								
	00:40.62								
									

Coach feedback:

Event number: 9: 50M BUTTERFLY MEN 11-12							Heat:9, starttime: 11:52		
Heat: 9/9 Lane : 6 Athlete: ROIJERS REMI							Q-time: 00:36:88		
PB (50m pool): 00:36.88 Brugge 01/02/2026							PB (25m pool): 00:37.41 SB: 00:36.88 Brugge 01/02/2026		
	5 0 M								
PB	00:36.88								
	00:36.88								
									

Coach feedback: