

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

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

Coaches: Claes Lieselotte

Coaches: Horemans Nathalie

Coaches: Schepens Koen HEADCOACH

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 : 5 Athlete: SCHEPENS TOOR			Q-time: 01:21:38
PB (50m pool): 01:21.38 Antwerpen 15/03/2026			PB (25m pool): 01:18.35 SB: 01:21.38 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:37.50	01:21.38	
	00:37.50	00:43.88	
			

Coach feedback:

Event number: 1: 100M BUTTERFLY MEN 13-14			Heat:4, starttime: 09:07
Heat: 4/4 Lane : 1 Athlete: ROCKELÉ LOWIE			Q-time: 01:18:81
PB (50m pool): 01:18.81 Antwerpen 15/03/2026			PB (25m pool): 01:15.21 SB: 01:18.81 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:38.28	01:18.81	
	00:38.28	00:40.53	
			

Coach feedback: