

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

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

Coaches: Delissen Kim

Coaches: Bettens Ben HEADCOACH

Coaches: Asselman Jasper

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 : 2 Athlete: MESTARI ABDERRAHMANE			Q-time: 01:20:83
PB (50m pool): 01:20.83 Antwerpen 19/04/2026			PB (25m pool): 01:19.68 SB: 01:20.83 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	
PB	00:36.10	01:20.83	
	00:36.10	00:44.73	
			

Coach feedback:

Event number: 3: 100M FREESTYLE WOMEN 15+			Heat:4, starttime: 09:32
Heat: 4/15 Lane : 3 Athlete: CORNEZ MAYLIE			Q-time: 01:12:06
PB (50m pool): 01:12.06 Antwerpen 19/04/2026			PB (25m pool): 01:10.83 SB: 01:12.06 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	
PB	00:34.14	01:12.06	
	00:34.14	00:37.92	
			

Coach feedback:

Event number: 3: 100M FREESTYLE WOMEN 15+			Heat:6, starttime: 09:36
Heat: 6/15 Lane : 7 Athlete: VAN DEN BOSSCHE LIA			Q-time: 01:10:51
PB (50m pool): 01:10.51 Antwerpen 13/07/2025			PB (25m pool): 01:11.59 SB: 01:12.71 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:33.95	01:10.51	
	00:33.95	00:36.56	
			

Coach feedback:

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Event number: 6: 200M BREASTSTROKE WOMEN 13-14					Heat:3, starttime: 10:50
Heat: 3/7 Lane : 5 Athlete: VANDE SOMPELE HASSE					Q-time: 03:32:82
PB (50m pool): 03:32.82 Lago Gent Rozebroeken 03/05/2026 PB (25m pool): 03:29.19 SB: 03:32.82 Lago Gent Rozebroeken 03/05/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:49.88	01:44.47	02:38.77	03:32.82	
	00:49.88	00:54.59	00:54.30	00:54.05	
					

Coach feedback:

Event number: 8: 100M BACKSTROKE WOMEN 15+					Heat:4, starttime: 11:25
Heat: 4/10 Lane : 8 Athlete: CORNEZ MAYLIE					Q-time: 01:22:27
PB (50m pool): 01:22.27 Gent 08/02/2026 PB (25m pool): 01:21.10 SB: 01:22.27 Gent 08/02/2026					
	5 0 M	1 0 0 M			
PB	00:40.11	01:22.27			
	00:40.11	00:42.16			
					

Coach feedback: