

ZC 2026: Session: 2: COACH evaluation sheet for TEAM: DMI

Coachinfo: Warming up from: 13:00 untill 13:45. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Moerman Pieter

Coaches: Van der Elst Astrid

Coaches: Claerhout John

PB => Personal Best time

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

Event number: 10: 100M BUTTERFLY WOMEN 13-14			Heat:1, starttime: 14:00
Heat: 1/4 Lane : 3 Athlete: BAECKELANDT JINTHE			Q-time: 01:53:82
PB (50m pool): 01:53.82 Lago Kortrijk Weide 03/05/2026			PB (25m pool): 01:54.34 SB: 01:53.82 Lago Kortrijk Weide 03/05/2026
	5 0 M	1 0 0 M	
PB	00:51.96	01:53.82	
	00:51.96	01:01.86	
			

Coach feedback:

Event number: 11: 100M BREASTSTROKE WOMEN 15+			Heat:1, starttime: 14:09
Heat: 1/9 Lane : 4 Athlete: VANDROOGENBROECK CHEYENNE			Q-time: 01:42:79
PB (50m pool): 01:42.79 Brugge 01/02/2026			PB (25m pool): 01:40.28 SB: 01:42.79 Brugge 01/02/2026
	5 0 M	1 0 0 M	
PB	00:48.67	01:42.79	
	00:48.67	00:54.12	
			

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 15+			Heat:1, starttime: 14:28
Heat: 1/15 Lane : 6 Athlete: VANKEMMELBEKE HECTOR			Q-time: 01:12:79
PB (50m pool): 01:12.79 Brugge 01/02/2026			PB (25m pool): 01:11.94 SB: 01:12.79 Brugge 01/02/2026
	5 0 M	1 0 0 M	
PB	00:35.32	01:12.79	
	00:35.32	00:37.47	
			

Coach feedback:

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Event number: 12: 100M FREESTYLE MEN 15+				Heat:5, starttime: 14:35	
Heat: 5/15 Lane : 6 Athlete: VANHOORNE ARNO				Q-time: 01:04:18	
PB (50m pool): 01:04.18 Lago Kortrijk Weide 03/05/2026				PB (25m pool): 01:03.09 SB: 01:04.18 Lago Kortrijk Weide 03/05/2026	
	5 0 M	1 0 0 M			
PB	00:31.28	01:04.18			
	00:31.28	00:32.90			
					

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 15+				Heat:15, starttime: 14:50	
Heat: 15/15 Lane : 7 Athlete: SINNAEVE MIRKO				Q-time: 00:57:76	
PB (50m pool): 00:57.76 Lago Kortrijk Weide 03/05/2026				PB (25m pool): 00:56.38 SB: 00:57.76 Lago Kortrijk Weide 03/05/2026	
	5 0 M	1 0 0 M			
PB	00:27.98	00:57.76			
	00:27.98	00:29.78			
					

Coach feedback:

Event number: 13: 200M MEDLEY MEN 11-12				Heat:2, starttime: 14:56	
Heat: 2/9 Lane : 8 Athlete: DEHONDT TUUR				Q-time: 03:42:23	
PB (50m pool): no time				PB (25m pool): 03:42.23 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:

Event number: 13: 200M MEDLEY MEN 11-12				Heat:5, starttime: 15:09	
Heat: 5/9 Lane : 1 Athlete: DE RYCK ALEXANDER				Q-time: 03:22:45	
PB (50m pool): 03:22.45 Lago Kortrijk Weide 03/05/2026				PB (25m pool): 03:26.50 SB: 03:22.45 Lago Kortrijk Weide 03/05/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:44.91	01:36.38	02:36.47	03:22.45	
	00:44.91	00:51.47	01:00.09	00:45.98	
					

Coach feedback:

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Event number: 13: 200M MEDLEY MEN 11-12					Heat:6, starttime: 15:13
Heat: 6/9 Lane : 5 Athlete: DE BUSSCHER VIC					Q-time: 03:16:66
PB (50m pool): 03:16.66 Lago Kortrijk Weide 03/05/2026					PB (25m pool): 03:18.59 SB: 03:16.66 Lago Kortrijk Weide 03/05/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:45.36	01:36.62	02:33.28	03:16.66	
	00:45.36	00:51.26	00:56.66	00:43.38	
					

Coach feedback:

Event number: 13: 200M MEDLEY MEN 11-12					Heat:9, starttime: 15:24
Heat: 9/9 Lane : 6 Athlete: GHYSELBRECHT BENT					Q-time: 03:03:11
PB (50m pool): 03:03.11 Lago Kortrijk Weide 03/05/2026					PB (25m pool): 02:58.38 SB: 03:03.11 Lago Kortrijk Weide 03/05/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:42.21	01:29.81	02:25.23	03:03.11	
	00:42.21	00:47.60	00:55.42	00:37.88	
					

Coach feedback:

Event number: 14: 50M BACKSTROKE WOMEN 13-14					Heat:1, starttime: 15:28
Heat: 1/6 Lane : 6 Athlete: BAECKELANDT JINTHE					Q-time: 00:48:80
PB (50m pool): no time					PB (25m pool): 00:48.80 SB: no time
	5 0 M				
PB	no time				
	no time				
					

Coach feedback:

Event number: 15: 200M BREASTSTROKE MEN 13-14					Heat:1, starttime: 15:38
Heat: 1/4 Lane : 8 Athlete: VLAMYNCK RIEN					Q-time: 04:05:92
PB (50m pool): no time					PB (25m pool): 03:50.24 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: 15: 200M BREASTSTROKE MEN 13-14					Heat:2, starttime: 15:43
Heat: 2/4 Lane : 2 Athlete: DECLERCQ IAN					Q-time: 03:29:38
PB (50m pool): 03:40.53 Antwerpen 13/07/2025					PB (25m pool): 03:45.90 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:49.75	01:47.21	02:46.14	03:40.53	
	00:49.75	00:57.46	00:58.93	00:54.39	
					

Coach feedback:

Event number: 17: 100M BACKSTROKE MEN 15+					Heat:1, starttime: 16:03
Heat: 1/9 Lane : 3 Athlete: VANKEMMELBEKE HECTOR					Q-time: 01:29:75
PB (50m pool): 01:34.55 Lago Kortrijk Weide 03/05/2026					PB (25m pool): 01:28.56 SB: 01:34.55 Lago Kortrijk Weide 03/05/2026
	5 0 M	1 0 0 M			
PB	00:46.00	01:34.55			
	00:46.00	00:48.55			
					

Coach feedback:

Event number: 17: 100M BACKSTROKE MEN 15+					Heat:2, starttime: 16:05
Heat: 2/9 Lane : 5 Athlete: VANHOORNE ARNO					Q-time: 01:19:94
PB (50m pool): 01:19.94 Brugge 01/02/2026					PB (25m pool): 01:17.64 SB: 01:19.94 Brugge 01/02/2026
	5 0 M	1 0 0 M			
PB	00:39.06	01:19.94			
	00:39.06	00:40.88			
					

Coach feedback:

Event number: 17: 100M BACKSTROKE MEN 15+					Heat:8, starttime: 16:19
Heat: 8/9 Lane : 5 Athlete: SINNAEVE MIRKO					Q-time: 01:08:10
PB (50m pool): 01:06.65 Zwembad Brigitte Becue Oostend 10/05/2025					PB (25m pool): 01:03.22 SB: 01:08.52 Lago Kortrijk Weide 03/05/2026
	5 0 M	1 0 0 M			
PB	no time	01:06.65			
	no time				
					

Coach feedback:

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Event number: 18: 50M BUTTERFLY WOMEN 11-12		Heat:2, starttime: 16:25
Heat: 2/10 Lane : 6 Athlete: NAESENS ANKE		Q-time: 00:57:13
PB (50m pool): 00:57.13 Brugge 01/02/2026		PB (25m pool): 00:52.23 SB: 00:57.13 Brugge 01/02/2026
	5 0 M	
PB	00:57.13	
	00:57.13	
		

Coach feedback: