

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

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

Coaches: Claessens Eline

Coaches: Van Hecke Maxim

PB => Personal Best time

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

Event number: 11: 100M BREASTSTROKE WOMEN 15+ Heat:1, starttime: 14:09

Heat: 1/9 Lane : 5 Athlete: VAN GEERT MARTHE Q-time: 01:43:33

PB (50m pool): 01:43.33 Gent 08/02/2026 PB (25m pool): 01:42.11 SB: 01:43.33 Gent 08/02/2026

	5 0 M	1 0 0 M	
PB	00:48.60	01:43.33	
	00:48.60	00:54.73	
			

Coach feedback:

Event number: 11: 100M BREASTSTROKE WOMEN 15+ Heat:8, starttime: 14:24

Heat: 8/9 Lane : 8 Athlete: VANDEN BERGHE YANA Q-time: 01:26:34

PB (50m pool): 01:26.34 Sportoase De Watermolen 29/03/2026 PB (25m pool): 01:25.11 SB: 01:26.34 Sportoase De Watermolen 29/03/2026

	5 0 M	1 0 0 M	
PB	00:40.02	01:26.34	
	00:40.02	00:46.32	
			

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 15+ Heat:7, starttime: 14:38

Heat: 7/15 Lane : 2 Athlete: HOFMAN OTIS Q-time: 01:02:98

PB (50m pool): 01:02.98 Lago Gent Rozebroeken 03/05/2026 PB (25m pool): 01:03.29 SB: 01:02.98 Lago Gent Rozebroeken 03/05/2026

	5 0 M	1 0 0 M	
PB	00:30.03	01:02.98	
	00:30.03	00:32.95	
			

Coach feedback:

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Event number: 13: 200M MEDLEY MEN 11-12					Heat:6, starttime: 15:13
Heat: 6/9 Lane : 6 Athlete: CLEYNENS STAF					Q-time: 03:18:81
PB (50m pool): 03:18.81 Sportoase De Watermolen 29/03/2026 PB (25m pool): no time SB: 03:18.81 Sportoase De Watermolen 29/03/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:47.72	01:36.75	02:35.63	03:18.81	
	00:47.72	00:49.03	00:58.88	00:43.18	
					

Coach feedback:

Event number: 14: 50M BACKSTROKE WOMEN 13-14					Heat:5, starttime: 15:35
Heat: 5/6 Lane : 3 Athlete: HOFMAN LILY					Q-time: 00:39:34
PB (50m pool): 00:39.34 Gent 08/02/2026 PB (25m pool): 00:40.05 SB: 00:39.34 Gent 08/02/2026					
	5 0 M				
PB	00:39.34				
	00:39.34				
					

Coach feedback:

Event number: 14: 50M BACKSTROKE WOMEN 13-14					Heat:6, starttime: 15:37
Heat: 6/6 Lane : 1 Athlete: HOFMAN ROSE					Q-time: 00:38:82
PB (50m pool): 00:40.54 Aalst 26/04/2026 PB (25m pool): 00:39.19 SB: 00:40.54 Aalst 26/04/2026					
	5 0 M				
PB	00:40.54				
	00:40.54				
					

Coach feedback:

Event number: 17: 100M BACKSTROKE MEN 15+					Heat:8, starttime: 16:19
Heat: 8/9 Lane : 1 Athlete: HOFMAN OTIS					Q-time: 01:08:94
PB (50m pool): 01:08.94 Lago Gent Rozebroeken 03/05/2026 PB (25m pool): 01:07.97 SB: 01:08.94 Lago Gent Rozebroeken 03/05/2026					
	5 0 M	1 0 0 M			
PB	00:33.39	01:08.94			
	00:33.39	00:35.55			
					

Coach feedback: