

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

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

Coaches: Lefever Elisa

Coaches: Tieghem Kristof

PB => Personal Best time

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

Event number: 11: 100M BREASTSTROKE WOMEN 15+			Heat:9, starttime: 14:26
Heat: 9/9 Lane : 4 Athlete: THYVELEN LISE			Q-time: 01:20:95
PB (50m pool): 01:25.07 Antwerpen 14/07/2024			PB (25m pool): 01:20.95 SB: 01:28.20 Lago Kortrijk Weide 03/05/2026
	5 0 M	1 0 0 M	
PB	no time	01:25.07	
	no time		
			

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 15+			Heat:12, starttime: 14:45
Heat: 12/15 Lane : 3 Athlete: DE GRYSE HAMZA			Q-time: 00:59:89
PB (50m pool): 01:01.62 Antwerp 02/02/2025			PB (25m pool): 00:59.89 SB: 01:02.43 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:29.86	01:01.62	
	00:29.86	00:31.76	
			

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 15+			Heat:14, starttime: 14:48
Heat: 14/15 Lane : 7 Athlete: DEVRIESE SKY			Q-time: 00:58:66
PB (50m pool): 00:59.58 Antwerpen 15/03/2026			PB (25m pool): 00:58.66 SB: 00:59.58 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:28.48	00:59.58	
	00:28.48	00:31.10	
			

Coach feedback:

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Event number: 12: 100M FREESTYLE MEN 15+				Heat:14, starttime: 14:48	
Heat: 14/15 Lane : 8 Athlete: SALOMEZ HAAKON				Q-time: 00:58:72	
PB (50m pool): 00:58.96 Zwembad Brigitte Becue Oostend 10/05/2025 PB (25m pool): 00:57.88 SB: 01:00.30 Antwerpen 15/03/2026					
	5 0 M	1 0 0 M			
PB	no time	00:58.96			
	no time				
					

Coach feedback:

Event number: 14: 50M BACKSTROKE WOMEN 13-14					Heat:5, starttime: 15:35				
Heat: 5/6 Lane : 5 Athlete: HOSTEN IRIS					Q-time: 00:39:14				
PB (50m pool): 00:41.06 Antwerpen 15/03/2026					PB (25m pool): 00:39.14SB: 00:41.06 Antwerpen 15/03/2026				
	5 0 M								
PB	00:41.06								
	00:41.06								
									

Coach feedback:

Event number: 14: 50M BACKSTROKE WOMEN 13-14					Heat:6, starttime: 15:37				
Heat: 6/6 Lane : 2 Athlete: DECEUNINCK EMMA					Q-time: 00:38:76				
PB (50m pool): 00:39.46 Antwerpen 15/03/2026					PB (25m pool): 00:38.76SB: 00:39.46 Antwerpen 15/03/2026				
	5 0 M								
PB	00:39.46								
	00:39.46								
									

Coach feedback:

Event number: 15: 200M BREASTSTROKE MEN 13-14					Heat:4, starttime: 15:51
Heat: 4/4 Lane : 2 Athlete: STAELEN QUINTEN					Q-time: 03:05:59
PB (50m pool): 03:10.87 Brugge 01/02/2026					PB (25m pool): 03:05.59SB: 03:10.87 Brugge 01/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:42.71	01:32.54	02:22.65	03:10.87	
	00:42.71	00:49.83	00:50.11	00:48.22	
					

Coach feedback:

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Event number: 17: 100M BACKSTROKE MEN 15+			Heat:9, starttime: 16:21
Heat: 9/9 Lane : 7 Athlete: SALOMEZ HAAKON			Q-time: 01:07:24
PB (50m pool): 01:07.18 ANTWERPEN 30/07/2023			PB (25m pool): 01:05.57 SB: 01:07.24 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	no time	01:07.18	
	no time		
			

Coach feedback:

Event number: 18: 50M BUTTERFLY WOMEN 11-12			Heat:3, starttime: 16:26
Heat: 3/10 Lane : 2 Athlete: DEMAREST JAYDA			Q-time: 00:50:86
PB (50m pool): 00:50.86 Brugge 25/01/2026			PB (25m pool): 00:51.68 SB: 00:50.86 Brugge 25/01/2026
	5 0 M		
PB	00:50.86		
	00:50.86		
			

Coach feedback: