

ZC 2026: Session: 3: COACH Evaluation sheet for TEAM: ALZV

Coachinfo: Warming up from: 07:15 untill 08:15. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Pinte Kevin HEADCOACH

PB => Personal Best time

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

Event number: 20: 50M BREASTSTROKE MEN 13-14		Heat:4, starttime: 09:00
Heat: 4/6 Lane : 7 Athlete: DESMEDT TIMO		Q-time: 00:44:55
PB (50m pool): no time		PB (25m pool): 00:44.55 SB: no time
	5 0 M	
PB	no time	
	no time	
		

Coach feedback:

Event number: 20: 50M BREASTSTROKE MEN 13-14		Heat:6, starttime: 09:03
Heat: 6/6 Lane : 1 Athlete: VAN DEN BERGHE VINCE		Q-time: 00:41:24
PB (50m pool): 00:41.24 Antwerpen 15/03/2026		PB (25m pool): 00:42.50 SB: 00:41.24 Antwerpen 15/03/2026
	5 0 M	
PB	00:41.24	
	00:41.24	
		

Coach feedback:

Event number: 20: 50M BREASTSTROKE MEN 13-14		Heat:6, starttime: 09:03
Heat: 6/6 Lane : 7 Athlete: HERMAN WOUT		Q-time: 00:40:66
PB (50m pool): 00:40.66 Molenbeek 01/02/2026		PB (25m pool): 00:40.70 SB: 00:40.66 Molenbeek 01/02/2026
	5 0 M	
PB	00:40.66	
	00:40.66	
		

Coach feedback:

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Event number: 22: 50M FREESTYLE MEN 15+		Heat:14, starttime: 10:05
Heat: 14/15 Lane : 2 Athlete: PEERSMAN NIEL		Q-time: 00:26:99
PB (50m pool): 00:27.25 Olympic Pool Wezenberg, Antwer 29/03/26 PB (25m pool): 00:26.99 SB: 00:27.25 Olympic Pool Wezenberg, Antwer 29/03/26		
	5 0 M	
PB	00:27.25	
	00:27.25	
		

Coach feedback:

Event number: 26: 100M BACKSTROKE MEN 13-14		Heat:3, starttime: 11:41
Heat: 3/10 Lane : 3 Athlete: DESMEDT TIMO		Q-time: 01:30:30
PB (50m pool): 01:34.74 Antwerpen 15/03/2026 PB (25m pool): 01:30.30 SB: 01:34.74 Antwerpen 15/03/2026		
	5 0 M	1 0 0 M
PB	00:45.59	01:34.74
	00:45.59	00:49.15
		

Coach feedback:

Event number: 26: 100M BACKSTROKE MEN 13-14		Heat:10, starttime: 11:57
Heat: 10/10 Lane : 5 Athlete: HERMANS VIKTOR		Q-time: 01:13:57
PB (50m pool): 01:14.63 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 01:13.57 SB: 01:14.63 Zwembad Brigitte Becue 26/04/2026		
	5 0 M	1 0 0 M
PB	00:35.84	01:14.63
	00:35.84	00:38.79
		

Coach feedback: