

ZC 2026: Session: 3: COACH evaluation sheet for TEAM: AZL

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

Coaches: Moreels Barbara

Coaches: Schepers Jérôme

Coaches: Bijloos Annie

Coaches: Dewit Isabelle

PB => Personal Best time

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

Event number: 19: 100M BACKSTROKE MEN 11-12					Heat:2, starttime: 08:33	
Heat: 2/10 Lane : 7 Athlete: PINTILIE FABIAN					Q-time: 01:44:02	
PB (50m pool): 01:44.02 Antwerpen 15/03/2026					PB (25m pool): no time SB: 01:44.02 Antwerpen 15/03/2026	
	5 0 M	1 0 0 M				
PB	00:51.42	01:44.02				
	00:51.42	00:52.60				
						

Coach feedback:

Event number: 19: 100M BACKSTROKE MEN 11-12				Heat:3, starttime: 08:36	
Heat: 3/10 Lane : 3 Athlete: REYNIERS WARRE				Q-time: 01:40:90	
PB (50m pool): 01:40.90 Lochristi 01/02/2026				PB (25m pool): 01:40.98SB: 01:40.90 Lochristi 01/02/2026	
	5 0 M	1 0 0 M			
PB	no time	01:40.90			
	no time				
					

Coach feedback:

Event number: 21: 200M FREESTYLE WOMEN 13-14					Heat:8, starttime: 09:29
Heat: 8/14 Lane : 1 Athlete: DEBAETS ELIEN					Q-time: 02:44:18
PB (50m pool): 02:44.18 Aalst 20/12/2025			PB (25m pool): 02:41.78 SB: 02:44.18 Aalst 20/12/2025		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:37.45	01:20.70	02:04.49	02:44.18	
	00:37.45	00:43.25	00:43.79	00:39.69	
					

Coach feedback:

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Event number: 21: 200M FREESTYLE WOMEN 13-14					Heat:8, starttime: 09:29
Heat: 8/14 Lane : 2 Athlete: HEYLEN ROOS					Q-time: 02:43:93
PB (50m pool): 02:43.93 Aalst 26/04/2026					PB (25m pool): 02:46.31 SB: 02:43.93 Aalst 26/04/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:38.03	01:20.79	02:03.06	02:43.93	
	00:38.03	00:42.76	00:42.27	00:40.87	
					

Coach feedback:

Event number: 22: 50M FREESTYLE MEN 15+					Heat:6, starttime: 09:57
Heat: 6/15 Lane : 2 Athlete: LUYPART EDEN					Q-time: 00:29:44
PB (50m pool): 00:29.44 Antwerpen 15/03/2026					PB (25m pool): 00:30.06 SB: 00:29.44 Antwerpen 15/03/2026
	5 0 M				
PB	00:29.44				
	00:29.44				
					

Coach feedback:

Event number: 22: 50M FREESTYLE MEN 15+					Heat:6, starttime: 09:57
Heat: 6/15 Lane : 4 Athlete: DE COCK MATZ					Q-time: 00:29:11
PB (50m pool): 00:29.11 Antwerpen 15/03/2026					PB (25m pool): 00:30.34 SB: 00:29.11 Antwerpen 15/03/2026
	5 0 M				
PB	00:29.11				
	00:29.11				
					

Coach feedback:

Event number: 22: 50M FREESTYLE MEN 15+					Heat:9, starttime: 10:00
Heat: 9/15 Lane : 4 Athlete: VAN DE WINKEL MILAN					Q-time: 00:28:39
PB (50m pool): 00:28.39 Aalst 26/04/2026					PB (25m pool): 00:28.92 SB: 00:28.39 Aalst 26/04/2026
	5 0 M				
PB	00:28.39				
	00:28.39				
					

Coach feedback:

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Event number: 23: 100M FREESTYLE WOMEN 11-12			Heat:4, starttime: 10:14
Heat: 4/12 Lane : 8 Athlete: MORATO ALIX			Q-time: 01:29:89
PB (50m pool): no time			PB (25m pool): 01:29.89 SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
			

Coach feedback:

Event number: 23: 100M FREESTYLE WOMEN 11-12			Heat:6, starttime: 10:18
Heat: 6/12 Lane : 5 Athlete: VANDERSTRAETEN HELENA			Q-time: 01:23:07
PB (50m pool): 01:23.07 Antwerpen 15/03/2026			PB (25m pool): 01:21.17 SB: 01:23.07 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:38.39	01:23.07	
	00:38.39	00:44.68	
			

Coach feedback:

Event number: 23: 100M FREESTYLE WOMEN 11-12			Heat:10, starttime: 10:25
Heat: 10/12 Lane : 4 Athlete: BELMANS MARGAUX			Q-time: 01:17:94
PB (50m pool): 01:17.94 Antwerpen 15/03/2026			PB (25m pool): 01:17.72 SB: 01:17.94 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:37.81	01:17.94	
	00:37.81	00:40.13	
			

Coach feedback:

Event number: 24: 100M BREASTSTROKE MEN 11-12			Heat:5, starttime: 10:41
Heat: 5/11 Lane : 1 Athlete: REYNIERS WARRE			Q-time: 01:52:87
PB (50m pool): 01:52.87 Antwerpen 15/03/2026			PB (25m pool): 01:58.47 SB: 01:52.87 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:52.86	01:52.87	
	00:52.86	01:00.01	
			

Coach feedback:

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Event number: 26: 100M BACKSTROKE MEN 13-14			Heat:5, starttime: 11:46
Heat: 5/10 Lane : 5 Athlete: BOEL ELIAS			Q-time: 01:23:72
PB (50m pool): 01:23.72 Antwerpen 15/03/2026			PB (25m pool): 01:21.57 SB: 01:23.72 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:41.24	01:23.72	
	00:41.24	00:42.48	
			

Coach feedback:

Event number: 26: 100M BACKSTROKE MEN 13-14			Heat:7, starttime: 11:50
Heat: 7/10 Lane : 4 Athlete: SCHEPERS RUBEN			Q-time: 01:20:59
PB (50m pool): 01:20.59 Antwerpen 15/03/2026			PB (25m pool): 01:17.14 SB: 01:20.59 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:38.99	01:20.59	
	00:38.99	00:41.60	
			

Coach feedback:

Event number: 27: 50M FREESTYLE WOMEN 13-14			Heat:4, starttime: 12:03
Heat: 4/12 Lane : 6 Athlete: DEBAETS ELIEN			Q-time: 00:35:50
PB (50m pool): 00:35.50 Aalst 11/05/2025			PB (25m pool): 00:35.82 SB: no time
	5 0 M		
PB	00:35.50		
	00:35.50		
			

Coach feedback:

Event number: 27: 50M FREESTYLE WOMEN 13-14			Heat:9, starttime: 12:09
Heat: 9/12 Lane : 8 Athlete: HEYLEN ROOS			Q-time: 00:33:02
PB (50m pool): 00:33.02 LOCHRISTI 25/01/2026			PB (25m pool): 00:33.94 SB: 00:33.02 LOCHRISTI 25/01/2026
	5 0 M		
PB	00:33.02		
	00:33.02		
			

Coach feedback:

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Event number: 28: 100M BUTTERFLY MEN 15+			Heat:3, starttime: 12:17
Heat: 3/10 Lane : 5 Athlete: LUYPAERT EDEN			Q-time: 01:19:15
PB (50m pool): 01:19.15 Antwerpen 15/03/2026			PB (25m pool): 01:17.29 SB: 01:19.15 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:34.66	01:19.15	
	00:34.66	00:44.49	
			

Coach feedback:

Event number: 28: 100M BUTTERFLY MEN 15+			Heat:4, starttime: 12:19
Heat: 4/10 Lane : 3 Athlete: VAN DE WINKEL MILAN			Q-time: 01:15:77
PB (50m pool): 01:15.77 Antwerpen 15/03/2026			PB (25m pool): 01:13.14 SB: 01:15.77 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:32.53	01:15.77	
	00:32.53	00:43.24	
			

Coach feedback: