

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

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

Coaches: Theunissen Davey

Coaches: De Wit Tessa HEADCOACH

Coaches: Smet Kathleen

Coaches: Splets Myriam

PB => Personal Best time

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

Event number: 19: 100M BACKSTROKE MEN 11-12				Heat:8, starttime: 08:49	
Heat: 8/10 Lane : 7 Athlete: HENNING LIAM				Q-time: 01:27:90	
PB (50m pool): 01:32.84 Antwerpen 15/03/2026				PB (25m pool): 01:27.90 SB: 01:32.84 Antwerpen 15/03/2026	
	5 0 M	1 0 0 M			
PB	00:46.88	01:32.84			
	00:46.88	00:45.96			
					

Coach feedback:

Event number: 19: 100M BACKSTROKE MEN 11-12				Heat:9, starttime: 08:51	
Heat: 9/10 Lane : 8 Athlete: MOORS LIAM				Q-time: 01:27:21	
PB (50m pool): 01:30.96 Antwerpen 13/07/2025				PB (25m pool): 01:27.21 SB: 01:30.99 Genk 01/02/2026	
	5 0 M	1 0 0 M			
PB	00:43.51	01:30.96			
	00:43.51	00:47.45			
					

Coach feedback:

Event number: 21: 200M FREESTYLE WOMEN 13-14				Heat:5, starttime: 09:19	
Heat: 5/14 Lane : 1 Athlete: BEERTEN FLORENCE				Q-time: 02:51:36	
PB (50m pool): 02:51.36 Antwerpen 13/07/2025				PB (25m pool): 02:49.99 SB: no time	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:38.41	01:22.35	02:07.13	02:51.36	
	00:38.41	00:43.94	00:44.78	00:44.23	
					

Coach feedback:

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Event number: 21: 200M FREESTYLE WOMEN 13-14					Heat:10, starttime: 09:36
Heat: 10/14 Lane : 1 Athlete: MOORS NORA					Q-time: 02:41:21
PB (50m pool): 02:49.54 Genk 01/02/2026					PB (25m pool): 02:41.21 SB: 02:49.54 Genk 01/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:37.99	01:22.36	02:07.40	02:49.54	
	00:37.99	00:44.37	00:45.04	00:42.14	
					

Coach feedback:

Event number: 22: 50M FREESTYLE MEN 15+					Heat:7, starttime: 09:58
Heat: 7/15 Lane : 4 Athlete: GIJBELS JUUL					Q-time: 00:28:87
PB (50m pool): 00:28.87 Antwerpen 13/07/2025					PB (25m pool): 00:29.00 SB: no time
	5 0 M				
PB	00:28.87				
	00:28.87				
					

Coach feedback:

Event number: 22: 50M FREESTYLE MEN 15+					Heat:8, starttime: 09:59
Heat: 8/15 Lane : 5 Athlete: DEGRAEN DIEGO					Q-time: 00:28:68
PB (50m pool): 00:29.70 Mol 28/06/2026					PB (25m pool): 00:28.68 SB: 00:29.70 Mol 28/06/2026
	5 0 M				
PB	00:29.70				
	00:29.70				
					

Coach feedback:

Event number: 22: 50M FREESTYLE MEN 15+					Heat:12, starttime: 10:03
Heat: 12/15 Lane : 4 Athlete: BALLET EMILE					Q-time: 00:27:56
PB (50m pool): 00:27.69 Antwerpen 15/03/2026					PB (25m pool): 00:27.56 SB: 00:27.69 Antwerpen 15/03/2026
	5 0 M				
PB	00:27.69				
	00:27.69				
					

Coach feedback:

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Event number: 23: 100M FREESTYLE WOMEN 11-12			Heat:4, starttime: 10:14
Heat: 4/12 Lane : 6 Athlete: VAES LIENE			Q-time: 01:27:91
PB (50m pool): 01:27.15 Mol 28/06/2026			PB (25m pool): 01:27.91 SB: 01:27.15 Mol 28/06/2026
	5 0 M	1 0 0 M	
PB	00:39.18	01:27.15	
	00:39.18	00:47.97	
			

Coach feedback:

Event number: 23: 100M FREESTYLE WOMEN 11-12			Heat:5, starttime: 10:16
Heat: 5/12 Lane : 3 Athlete: SIMONS FENA			Q-time: 01:24:77
PB (50m pool): 01:24.77 Antwerpen 15/03/2026			PB (25m pool): 01:24.86 SB: 01:24.77 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:42.36	01:24.77	
	00:42.36	00:42.41	
			

Coach feedback:

Event number: 23: 100M FREESTYLE WOMEN 11-12			Heat:6, starttime: 10:18
Heat: 6/12 Lane : 7 Athlete: OOMS CÉLIA			Q-time: 01:23:68
PB (50m pool): 01:23.68 Antwerpen 15/03/2026			PB (25m pool): 01:28.55 SB: 01:23.68 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:40.08	01:23.68	
	00:40.08	00:43.60	
			

Coach feedback:

Event number: 23: 100M FREESTYLE WOMEN 11-12			Heat:10, starttime: 10:25
Heat: 10/12 Lane : 5 Athlete: MEYERS TRAPMAN ANNALINA			Q-time: 01:17:96
PB (50m pool): 01:17.96 SportinGenk Park 06/04/2026			PB (25m pool): 01:17.86 SB: 01:17.96 SportinGenk Park 06/04/2026
	5 0 M	1 0 0 M	
PB	00:37.36	01:17.96	
	00:37.36	00:40.60	
			

Coach feedback:

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Event number: 24: 100M BREASTSTROKE MEN 11-12				Heat:4, starttime: 10:39	
Heat: 4/11 Lane : 6 Athlete: HENNING LIAM				Q-time: 01:53:73	
PB (50m pool): 01:58.99 Genk 01/02/2026				PB (25m pool): 01:53.73 SB: 01:58.99 Genk 01/02/2026	
	5 0 M	1 0 0 M			
PB	00:55.27	01:58.99			
	00:55.27	01:03.72			
					

Coach feedback:

Event number: 24: 100M BREASTSTROKE MEN 11-12				Heat:11, starttime: 10:55	
Heat: 11/11 Lane : 2 Athlete: MOORS LIAM				Q-time: 01:33:28	
PB (50m pool): 01:37.25 SportinGenk Park 24/05/2026				PB (25m pool): 01:33.28 SB: 01:37.25 SportinGenk Park 24/05/2026	
	5 0 M	1 0 0 M			
PB	00:46.28	01:37.25			
	00:46.28	00:50.97			
					

Coach feedback:

Event number: 25: 200M FREESTYLE WOMEN 15+				Heat:11, starttime: 11:29	
Heat: 11/12 Lane : 5 Athlete: HIEL LINA				Q-time: 02:22:24	
PB (50m pool): 02:23.78 Antwerpen 21/07/2024				PB (25m pool): 02:20.46 SB: 02:26.05 Genk 01/02/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	02:23.78	
	no time				
					

Coach feedback:

Event number: 26: 100M BACKSTROKE MEN 13-14				Heat:10, starttime: 11:57	
Heat: 10/10 Lane : 4 Athlete: LEMMENS LARS				Q-time: 01:13:09	
PB (50m pool): 01:16.65 Antwerpen 15/03/2026				PB (25m pool): 01:13.09 SB: 01:16.65 Antwerpen 15/03/2026	
	5 0 M	1 0 0 M			
PB	00:37.59	01:16.65			
	00:37.59	00:39.06			
					

Coach feedback:

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Event number: 27: 50M FREESTYLE WOMEN 13-14			Heat:7, starttime: 12:06		
Heat: 7/12 Lane : 8 Athlete: MOORS NORA			Q-time: 00:33:68		
PB (50m pool): 00:34.00 Antwerpen 15/03/2026			PB (25m pool): 00:33.68 SB: 00:34.00 Antwerpen 15/03/2026		
	5 0 M				
PB	00:34.00				
	00:34.00				
					

Coach feedback:

Event number: 27: 50M FREESTYLE WOMEN 13-14			Heat:10, starttime: 12:10		
Heat: 10/12 Lane : 5 Athlete: MOONS AURÉLIE			Q-time: 00:32:34		
PB (50m pool): no time			PB (25m pool): 00:32.34 SB: no time		
	5 0 M				
PB	no time				
	no time				
					

Coach feedback:

Event number: 28: 100M BUTTERFLY MEN 15+			Heat:7, starttime: 12:25		
Heat: 7/10 Lane : 1 Athlete: DEGRAEN DIEGO			Q-time: 01:10:71		
PB (50m pool): 01:16.20 Mol 22/06/2025			PB (25m pool): 01:10.71 SB: 01:16.63 Genk 01/02/2026		
	5 0 M	1 0 0 M			
PB	00:34.25	01:16.20			
	00:34.25	00:41.95			
					

Coach feedback:

Event number: 28: 100M BUTTERFLY MEN 15+			Heat:7, starttime: 12:25		
Heat: 7/10 Lane : 2 Athlete: POELMANS KEANO			Q-time: 01:10:50		
PB (50m pool): 01:12.18 Antwerpen 13/07/2025			PB (25m pool): 01:10.50 SB: 01:13.82 Genk 01/02/2026		
	5 0 M	1 0 0 M			
PB	00:32.59	01:12.18			
	00:32.59	00:39.59			
					

Coach feedback: