

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

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

Coaches: Moerman Pieter

Coaches: Van der Elst Astrid

Coaches: Claerhout John

PB => Personal Best time

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

Event number: 19: 100M BACKSTROKE MEN 11-12			Heat:1, starttime: 08:30
Heat: 1/10 Lane : 2 Athlete: DEHONDT TUUR			Q-time: 01:50:86
PB (50m pool): no time			PB (25m pool): 01:46.86 SB: no time
PB	5 0 M	1 0 0 M	
	no time	no time	
	no time		
			

Coach feedback:

Event number: 19: 100M BACKSTROKE MEN 11-12			Heat:3, starttime: 08:36
Heat: 3/10 Lane : 1 Athlete: SYRYN JONAS			Q-time: 01:42:79
PB (50m pool): 01:42.79 Lago Kortrijk Weide 03/05/2026			PB (25m pool): 01:45.87 SB: 01:42.79 Lago Kortrijk Weide 03/05/2026
PB	5 0 M	1 0 0 M	
	00:50.08	01:42.79	
	00:50.08	00:52.71	
			

Coach feedback:

Event number: 19: 100M BACKSTROKE MEN 11-12			Heat:6, starttime: 08:44
Heat: 6/10 Lane : 3 Athlete: DE BUSSCHER VIC			Q-time: 01:32:02
PB (50m pool): 01:32.02 Lago Kortrijk Weide 03/05/2026			PB (25m pool): 01:31.46 SB: 01:32.02 Lago Kortrijk Weide 03/05/2026
PB	5 0 M	1 0 0 M	
	00:44.70	01:32.02	
	00:44.70	00:47.32	
			

Coach feedback:

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Event number: 19: 100M BACKSTROKE MEN 11-12				Heat:8, starttime: 08:49	
Heat: 8/10 Lane : 5 Athlete: DE RYCK ALEXANDER				Q-time: 01:27:65	
PB (50m pool): 01:27.65 Lago Kortrijk Weide 03/05/2026				PB (25m pool): 01:29.56 SB: 01:27.65 Lago Kortrijk Weide 03/05/2026	
	5 0 M	1 0 0 M			
PB	00:43.05	01:27.65			
	00:43.05	00:44.60			
					

Coach feedback:

Event number: 19: 100M BACKSTROKE MEN 11-12				Heat:10, starttime: 08:54	
Heat: 10/10 Lane : 6 Athlete: GHYSELBRECHT BENT				Q-time: 01:21:17	
PB (50m pool): 01:21.17 Lago Kortrijk Weide 03/05/2026				PB (25m pool): 01:22.50 SB: 01:21.17 Lago Kortrijk Weide 03/05/2026	
	5 0 M	1 0 0 M			
PB	00:39.58	01:21.17			
	00:39.58	00:41.59			
					

Coach feedback:

Event number: 20: 50M BREASTSTROKE MEN 13-14				Heat:5, starttime: 09:01	
Heat: 5/6 Lane : 5 Athlete: DECLERCQ IAN				Q-time: 00:42:06	
PB (50m pool): 00:42.06 Lago Kortrijk Weide 03/05/2026				PB (25m pool): 00:49.77 SB: 00:42.06 Lago Kortrijk Weide 03/05/2026	
	5 0 M				
PB	00:42.06				
	00:42.06				
					

Coach feedback:

Event number: 21: 200M FREESTYLE WOMEN 13-14				Heat:2, starttime: 09:08	
Heat: 2/14 Lane : 6 Athlete: BAECKELANDT JINTHE				Q-time: 03:09:63	
PB (50m pool): no time				PB (25m pool): 03:03.24 SB: no time	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	no time	
	no time				
					

Coach feedback:

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Event number: 21: 200M FREESTYLE WOMEN 13-14					Heat:3, starttime: 09:12
Heat: 3/14 Lane : 8 Athlete: DE COOMAN NORA					Q-time: 03:05:80
PB (50m pool): 03:15.25 Brugge 01/02/2026					PB (25m pool): 03:02.39 SB: 03:15.25 Brugge 01/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:44.15	01:35.50	02:25.99	03:15.25	
	00:44.15	00:51.35	00:50.49	00:49.26	
					

Coach feedback:

Event number: 21: 200M FREESTYLE WOMEN 13-14					Heat:5, starttime: 09:19
Heat: 5/14 Lane : 6 Athlete: VAN COLEN MAëLYNE					Q-time: 02:50:79
PB (50m pool): 02:50.79 Brugge 01/02/2026					PB (25m pool): 02:54.53 SB: 02:50.79 Brugge 01/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:39.13	01:24.22	02:09.06	02:50.79	
	00:39.13	00:45.09	00:44.84	00:41.73	
					

Coach feedback:

Event number: 22: 50M FREESTYLE MEN 15+					Heat:1, starttime: 09:52
Heat: 1/15 Lane : 7 Athlete: VANKEMMELBEKE HECTOR					Q-time: 00:32:75
PB (50m pool): 00:32.75 Lago Kortrijk Weide 03/05/2026					PB (25m pool): 00:32.51 SB: 00:32.75 Lago Kortrijk Weide 03/05/2026
	5 0 M				
PB	00:32.75				
	00:32.75				
					

Coach feedback:

Event number: 22: 50M FREESTYLE MEN 15+					Heat:4, starttime: 09:55
Heat: 4/15 Lane : 6 Athlete: VANHOORNE ARNO					Q-time: 00:29:95
PB (50m pool): 00:29.95 Lago Kortrijk Weide 03/05/2026					PB (25m pool): 00:30.66 SB: 00:29.95 Lago Kortrijk Weide 03/05/2026
	5 0 M				
PB	00:29.95				
	00:29.95				
					

Coach feedback:

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Event number: 22: 50M FREESTYLE MEN 15+				Heat:14, starttime: 10:05			
Heat: 14/15 Lane : 4 Athlete: SINNAEVE MIRKO				Q-time: 00:26:62			
PB (50m pool): 00:26.53 Antwerpen 14/07/2024				PB (25m pool): SB: 00:26.62 Lago Kortrijk Weide 03/05/2026			
	5 0 M						
PB	00:26.53						
	00:26.53						
							

Coach feedback:

Event number: 23: 100M FREESTYLE WOMEN 11-12				Heat:1, starttime: 10:07			
Heat: 1/12 Lane : 4 Athlete: NAESSENS ANKE				Q-time: 01:37:45			
PB (50m pool): 01:37.45 Lago Kortrijk Weide 03/05/2026				PB (25m pool): 01:37.10 SB: 01:37.45 Lago Kortrijk Weide 03/05/2026			
	5 0 M	1 0 0 M					
PB	00:45.30	01:37.45					
	00:45.30	00:52.15					
							

Coach feedback:

Event number: 24: 100M BREASTSTROKE MEN 11-12				Heat:2, starttime: 10:34			
Heat: 2/11 Lane : 4 Athlete: SYRYN JONAS				Q-time: 01:58:46			
PB (50m pool): 01:58.46 Brugge 01/02/2026				PB (25m pool): 01:54.20 SB: 01:58.46 Brugge 01/02/2026			
	5 0 M	1 0 0 M					
PB	00:56.48	01:58.46					
	00:56.48	01:01.98					
							

Coach feedback:

Event number: 24: 100M BREASTSTROKE MEN 11-12				Heat:4, starttime: 10:39			
Heat: 4/11 Lane : 2 Athlete: DEHONDT TUUR				Q-time: 01:53:85			
PB (50m pool): 01:53.85 Brugge 01/02/2026				PB (25m pool): 01:53.33 SB: 01:53.85 Brugge 01/02/2026			
	5 0 M	1 0 0 M					
PB	00:52.31	01:53.85					
	00:52.31	01:01.54					
							

Coach feedback:

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Event number: 24: 100M BREASTSTROKE MEN 11-12			Heat:6, starttime: 10:44
Heat: 6/11 Lane : 4 Athlete: DE RYCK ALEXANDER			Q-time: 01:48:28
PB (50m pool): 01:48.28 Brugge 01/02/2026			PB (25m pool): 01:42.97 SB: 01:48.28 Brugge 01/02/2026
	5 0 M	1 0 0 M	
PB	00:51.35	01:48.28	
	00:51.35	00:56.93	
			

Coach feedback:

Event number: 24: 100M BREASTSTROKE MEN 11-12			Heat:7, starttime: 10:46
Heat: 7/11 Lane : 6 Athlete: DE BUSSCHER VIC			Q-time: 01:47:04
PB (50m pool): 01:47.04 Lago Kortrijk Weide 03/05/2026			PB (25m pool): 01:43.71 SB: 01:47.04 Lago Kortrijk Weide 03/05/2026
	5 0 M	1 0 0 M	
PB	00:49.87	01:47.04	
	00:49.87	00:57.17	
			

Coach feedback:

Event number: 24: 100M BREASTSTROKE MEN 11-12			Heat:9, starttime: 10:50
Heat: 9/11 Lane : 4 Athlete: GHYSELBRECHT BENT			Q-time: 01:41:05
PB (50m pool): 01:41.05 Brugge 01/02/2026			PB (25m pool): 01:37.58 SB: 01:41.05 Brugge 01/02/2026
	5 0 M	1 0 0 M	
PB	no time	01:41.05	
	no time		
			

Coach feedback:

Event number: 26: 100M BACKSTROKE MEN 13-14			Heat:2, starttime: 11:38
Heat: 2/10 Lane : 2 Athlete: VLAMYNCK RIEN			Q-time: 01:33:85
PB (50m pool): 01:35.17 Lago Kortrijk Weide 03/05/2026			PB (25m pool): 01:40.34 SB: 01:35.17 Lago Kortrijk Weide 03/05/2026
	5 0 M	1 0 0 M	
PB	00:45.64	01:35.17	
	00:45.64	00:49.53	
			

Coach feedback:

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Event number: 26: 100M BACKSTROKE MEN 13-14			Heat:2, starttime: 11:38
Heat: 2/10 Lane : 4 Athlete: DECLERCQ IAN			Q-time: 01:32:43
PB (50m pool): 01:34.69 Brugge 01/02/2026			PB (25m pool): 01:32.48 SB: 01:34.69 Brugge 01/02/2026
	5 0 M	1 0 0 M	
PB	00:45.83	01:34.69	
	00:45.83	00:48.86	
			

Coach feedback:

Event number: 26: 100M BACKSTROKE MEN 13-14			Heat:10, starttime: 11:57
Heat: 10/10 Lane : 2 Athlete: SYRYN JASPER			Q-time: 01:14:33
PB (50m pool): 01:14.33 Lago Kortrijk Weide 03/05/2026			PB (25m pool): 01:12.17 SB: 01:14.33 Lago Kortrijk Weide 03/05/2026
	5 0 M	1 0 0 M	
PB	00:36.17	01:14.33	
	00:36.17	00:38.16	
			

Coach feedback:

Event number: 27: 50M FREESTYLE WOMEN 13-14			Heat:2, starttime: 12:01
Heat: 2/12 Lane : 1 Athlete: BAECKELANDT JINTHE			Q-time: 00:39:37
PB (50m pool): no time			PB (25m pool): 00:39.37 SB: no time
	5 0 M		
PB	no time		
	no time		
			

Coach feedback:

Event number: 27: 50M FREESTYLE WOMEN 13-14			Heat:2, starttime: 12:01
Heat: 2/12 Lane : 2 Athlete: VAN COLEN MAëLYNE			Q-time: 00:38:99
PB (50m pool): 00:38.99 Kortrijk 04/05/2025			PB (25m pool): 00:36.08 SB: no time
	5 0 M		
PB	00:38.99		
	00:38.99		
			

Coach feedback:

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Event number: 28: 100M BUTTERFLY MEN 15+			Heat:2, starttime: 12:15
Heat: 2/10 Lane : 7 Athlete: VANKEMMELBEKE HECTOR			Q-time: 01:28:36
PB (50m pool): no time			PB (25m pool): 01:30.39 SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
			

Coach feedback:

Event number: 28: 100M BUTTERFLY MEN 15+			Heat:6, starttime: 12:23
Heat: 6/10 Lane : 2 Athlete: VANHOORNE ARNO			Q-time: 01:12:20
PB (50m pool): 01:12.20 Lago Kortrijk Weide 03/05/2026			PB (25m pool): 01:13.16 SB: 01:12.20 Lago Kortrijk Weide 03/05/2026
	5 0 M	1 0 0 M	
PB	00:33.19	01:12.20	
	00:33.19	00:39.01	
			

Coach feedback:

Event number: 28: 100M BUTTERFLY MEN 15+			Heat:10, starttime: 12:30
Heat: 10/10 Lane : 5 Athlete: SINNAEVE MIRKO			Q-time: 01:04:01
PB (50m pool): 01:03.87 Antwerpen 14/07/2024			PB (25m pool): 01:01.72 SB: 01:04.01 Lago Kortrijk Weide 03/05/2026
	5 0 M	1 0 0 M	
PB	no time	01:03.87	
	no time		
			

Coach feedback: