

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

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

Coaches: Wouters Briana

Coaches: Heylen Hilde

Coaches: Lauwers Joakim

Coaches: Put Amélie

Coaches: Geelen Sofie HEADCOACH

PB => Personal Best time

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

Event number: 19: 100M BACKSTROKE MEN 11-12				Heat:3, starttime: 08:36	
Heat: 3/10 Lane : 5 Athlete: LENDERS ESTEBAN				Q-time: 01:40:37	
PB (50m pool): 01:40.37 Antwerpen 15/03/2026				PB (25m pool): 01:44.51 SB: 01:40.37 Antwerpen 15/03/2026	
	5 0 M	1 0 0 M			
PB	00:48.72	01:40.37			
	00:48.72	00:51.65			
					

Coach feedback:

Event number: 20: 50M BREASTSTROKE MEN 13-14				Heat:3, starttime: 08:59	
Heat: 3/6 Lane : 2 Athlete: LENDERS PABLO				Q-time: 00:46:57	
PB (50m pool): no time				PB (25m pool): 00:46.57 SB: no time	
	5 0 M				
PB	no time				
	no time				
					

Coach feedback:

Event number: 21: 200M FREESTYLE WOMEN 13-14					Heat:4, starttime: 09:16	
Heat: 4/14 Lane : 3 Athlete: FEYAERTS SAVANNAH					Q-time: 02:53:06	
PB (50m pool): 02:53.06 SportinGenk Park 24/05/2026					PB (25m pool): 03:22.09 SB: 02:53.06 SportinGenk Park 24/05/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:38.70	01:23.55	02:09.95	02:53.06		
	00:38.70	00:44.85	00:46.40	00:43.11		
						

Coach feedback:

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

Event number: 21: 200M FREESTYLE WOMEN 13-14					Heat:5, starttime: 09:19
Heat: 5/14 Lane : 4 Athlete: WILLEN LUNA					Q-time: 02:49:54
PB (50m pool): 02:49.40 Aalst 27/06/2026					PB (25m pool): 02:49.58 SB: 02:49.40 Aalst 27/06/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:39.32	01:23.68	02:08.30	02:49.40	
	00:39.32	00:44.36	00:44.62	00:41.10	
					

Coach feedback:

Event number: 21: 200M FREESTYLE WOMEN 13-14					Heat:13, starttime: 09:45
Heat: 13/14 Lane : 4 Athlete: MEURRENS LINA					Q-time: 02:33:32
PB (50m pool): 02:34.58 SportinGenk Park 24/05/2026					PB (25m pool): 02:33.32 SB: 02:34.58 SportinGenk Park 24/05/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.08	01:15.79	01:55.99	02:34.58	
	00:36.08	00:39.71	00:40.20	00:38.59	
					

Coach feedback:

Event number: 21: 200M FREESTYLE WOMEN 13-14					Heat:13, starttime: 09:45
Heat: 13/14 Lane : 5 Athlete: LEMBRECHTS SIEN					Q-time: 02:33:50
PB (50m pool): 02:37.40 Antwerpen 19/04/2026					PB (25m pool): 02:33.50 SB: 02:37.40 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:35.16	01:14.95	01:57.19	02:37.40	
	00:35.16	00:39.79	00:42.24	00:40.21	
					

Coach feedback:

Event number: 22: 50M FREESTYLE MEN 15+					Heat:2, starttime: 09:53
Heat: 2/15 Lane : 3 Athlete: LEMBRECHTS LARS					Q-time: 00:31:23
PB (50m pool): 00:31.23 Eindhoven 22/03/2026					PB (25m pool): 00:31.40 SB: 00:31.23 Eindhoven 22/03/2026
	5 0 M				
PB	00:31.23				
	00:31.23				
					

Coach feedback:

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

Event number: 22: 50M FREESTYLE MEN 15+										Heat:4, starttime: 09:55																																		
Heat: 4/15																				Lane : 1					Athlete: VERHEYEN MATS															Q-time: 00:30:26				
PB (50m pool): 00:32.17										Gent 08/02/2026					PB (25m pool): 00:30.26										SB: 00:32.17					Gent 08/02/2026														
		5 0 M																																										
PB		00:32.17																																										
		00:32.17																																										
																																												

Coach feedback:

Event number: 22: 50M FREESTYLE MEN 15+										Heat:5, starttime: 09:56																				
Heat: 5/15 Lane : 7 Athlete: VERHEYEN STEPHEN																				Q-time: 00:29:72										
PB (50m pool): 00:30.54 Antwerpen 15/03/2026										PB (25m pool): 00:29.72SB: 00:30.54 Antwerpen 15/03/2026																				
	5 0 M																													
PB	00:30.54																													
	00:30.54																													
																														

Coach feedback:

Event number: 22: 50M FREESTYLE MEN 15+										Heat:12, starttime: 10:03																																																											
Heat: 12/15																				Lane : 1										Athlete: VANHELMONT DANTE										Q-time: 00:27:78																													
PB (50m pool): 00:28.45																				Antwerpen 13/07/2025										PB (25m pool): 00:27.78																				SB: 00:28.57										Eindhoven 22/03/2026									
		5 0 M																																																																			
PB		00:28.45																																																																			
		00:28.45																																																																			
																																																																					

Coach feedback:

Event number: 22: 50M FREESTYLE MEN 15+										Heat:12, starttime: 10:03																																																											
Heat: 12/15										Lane : 3										Athlete: ASSCHERICKX SEBASTIAAN										Q-time: 00:27:60																																							
PB (50m pool): 00:27.96										Antwerpen										19/04/2026										PB (25m pool): 00:27.60										SB: 00:27.96										Antwerpen										19/04/2026									
		5 0 M																																																																			
PB		00:27.96																																																																			
		00:27.96																																																																			
																																																																					

Coach feedback:

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

Event number: 23: 100M FREESTYLE WOMEN 11-12			Heat:2, starttime: 10:09
Heat: 2/12 Lane : 8 Athlete: DEGREEF EMELIE			Q-time: 01:37:01
PB (50m pool): 01:40.43 Aalst 27/06/2026			PB (25m pool): 01:37.01 SB: 01:40.43 Aalst 27/06/2026
	5 0 M	1 0 0 M	
PB	00:46.65	01:40.43	
	00:46.65	00:53.78	
			

Coach feedback:

Event number: 23: 100M FREESTYLE WOMEN 11-12			Heat:3, starttime: 10:12
Heat: 3/12 Lane : 4 Athlete: PUT JULIE			Q-time: 01:29:94
PB (50m pool): 01:33.36 SportinGenk Park 24/05/2026			PB (25m pool): 01:29.94 SB: 01:33.36 SportinGenk Park 24/05/2026
	5 0 M	1 0 0 M	
PB	00:43.68	01:33.36	
	00:43.68	00:49.68	
			

Coach feedback:

Event number: 23: 100M FREESTYLE WOMEN 11-12			Heat:4, starttime: 10:14
Heat: 4/12 Lane : 4 Athlete: VERHEYEN CHARLOTTE			Q-time: 01:27:27
PB (50m pool): 01:34.38 Antwerpen 15/03/2026			PB (25m pool): 01:27.27 SB: 01:34.38 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:45.09	01:34.38	
	00:45.09	00:49.29	
			

Coach feedback:

Event number: 23: 100M FREESTYLE WOMEN 11-12			Heat:6, starttime: 10:18
Heat: 6/12 Lane : 2 Athlete: WILLEN LENTHE			Q-time: 01:23:54
PB (50m pool): 01:25.77 Antwerpen 15/03/2026			PB (25m pool): 01:23.54 SB: 01:25.77 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:40.43	01:25.77	
	00:40.43	00:45.34	
			

Coach feedback:

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

Event number: 23: 100M FREESTYLE WOMEN 11-12				Heat:10, starttime: 10:25	
Heat: 10/12 Lane : 7 Athlete: SMEKENS ELLA				Q-time: 01:18:55	
PB (50m pool): 01:20.26 Antwerpen 19/04/2026				PB (25m pool): 01:18.55 SB: 01:20.26 Antwerpen 19/04/2026	
	5 0 M	1 0 0 M			
PB	00:37.69	01:20.26			
	00:37.69	00:42.57			
					

Coach feedback:

Event number: 24: 100M BREASTSTROKE MEN 11-12				Heat:4, starttime: 10:39	
Heat: 4/11 Lane : 5 Athlete: LENDERS ESTEBAN				Q-time: 01:53:47	
PB (50m pool): 02:02.26 Molenbeek 01/02/2026				PB (25m pool): 01:53.47 SB: 02:02.26 Molenbeek 01/02/2026	
	5 0 M	1 0 0 M			
PB	no time	02:02.26			
	no time				
					

Coach feedback:

Event number: 25: 200M FREESTYLE WOMEN 15+					Heat:5, starttime: 11:11	
Heat: 5/12 Lane : 6 Athlete: DE CAT DO					Q-time: 02:34:45	
PB (50m pool): 02:34.45 Eindhoven 22/03/2026					PB (25m pool): 02:33.53 SB: 02:34.45 Eindhoven 22/03/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:35.77	01:15.67	01:55.88	02:34.45		
	00:35.77	00:39.90	00:40.21	00:38.57		
						

Coach feedback:

Event number: 25: 200M FREESTYLE WOMEN 15+					Heat:6, starttime: 11:14	
Heat: 6/12 Lane : 2 Athlete: VEREYCKEN ELISE					Q-time: 02:32:12	
PB (50m pool): 02:42.41 SportinGenk Park 24/05/2026					PB (25m pool): 02:32.12 SB: 02:42.41 SportinGenk Park 24/05/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:36.06	01:18.36	02:00.60	02:42.41		
	00:36.06	00:42.30	00:42.24	00:41.81		
						

Coach feedback:

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

Event number: 25: 200M FREESTYLE WOMEN 15+					Heat:8, starttime: 11:20
Heat: 8/12 Lane : 2 Athlete: GERARD CARYS					Q-time: 02:28:78
PB (50m pool): 02:29.34 Antwerpen 19/04/2026			PB (25m pool): 02:28.78 SB: 02:29.34 Antwerpen 19/04/2026		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.01	01:12.02	01:51.91	02:29.34	
	00:33.01	00:39.01	00:39.89	00:37.43	
					

Coach feedback:

Event number: 26: 100M BACKSTROKE MEN 13-14					Heat:4, starttime: 11:43
Heat: 4/10 Lane : 2 Athlete: KOLACNY TUUR					Q-time: 01:26:75
PB (50m pool): 01:36.54 SportinGenk Park 11/11/2025			PB (25m pool): 01:26.75 SB: 01:36.54 SportinGenk Park 11/11/2025		
	5 0 M	1 0 0 M			
PB	no time	01:36.54			
	no time				
					

Coach feedback:

Event number: 26: 100M BACKSTROKE MEN 13-14					Heat:4, starttime: 11:43
Heat: 4/10 Lane : 7 Athlete: LENDERS PABLO					Q-time: 01:27:60
PB (50m pool): 01:28.13 Antwerpen 15/03/2026			PB (25m pool): 01:27.60 SB: 01:28.13 Antwerpen 15/03/2026		
	5 0 M	1 0 0 M			
PB	00:43.66	01:28.13			
	00:43.66	00:44.47			
					

Coach feedback:

Event number: 27: 50M FREESTYLE WOMEN 13-14					Heat:8, starttime: 12:08
Heat: 8/12 Lane : 7 Athlete: FEYAERTS SAVANNAH					Q-time: 00:33:37
PB (50m pool): 00:33.37 Antwerpen 15/03/2026			PB (25m pool): 00:33.38 SB: 00:33.37 Antwerpen 15/03/2026		
	5 0 M				
PB	00:33.37				
	00:33.37				
					

Coach feedback:

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

Event number: 27: 50M FREESTYLE WOMEN 13-14			Heat:12, starttime: 12:12
Heat: 12/12 Lane : 2 Athlete: LEMBRECHTS SIEN			Q-time: 00:31:57
PB (50m pool): 00:32.68 Eindhoven 22/03/2026			PB (25m pool): 00:31.57 SB: 00:32.68 Eindhoven 22/03/2026
	5 0 M		
PB	00:32.68		
	00:32.68		
			

Coach feedback:

Event number: 28: 100M BUTTERFLY MEN 15+			Heat:1, starttime: 12:13
Heat: 1/10 Lane : 5 Athlete: LEMBRECHTS LARS			Q-time: 01:33:29
PB (50m pool): 01:35.86 Antwerpen 13/07/2025			PB (25m pool): 01:33.29 SB: 01:37.33 Aalst 27/06/2026
	5 0 M	1 0 0 M	
PB	00:42.59	01:35.86	
	00:42.59	00:53.27	
			

Coach feedback:

Event number: 28: 100M BUTTERFLY MEN 15+			Heat:4, starttime: 12:19
Heat: 4/10 Lane : 5 Athlete: VERHEYEN STEPHEN			Q-time: 01:15:48
PB (50m pool): 01:17.34 SportinGenk Park 24/05/2026			PB (25m pool): 01:15.48 SB: 01:17.34 SportinGenk Park 24/05/2026
	5 0 M	1 0 0 M	
PB	00:35.68	01:17.34	
	00:35.68	00:41.66	
			

Coach feedback:

Event number: 28: 100M BUTTERFLY MEN 15+			Heat:8, starttime: 12:26
Heat: 8/10 Lane : 1 Athlete: ASSCHERICKX SEBASTIAAN			Q-time: 01:09:26
PB (50m pool): 01:10.40 Gent 08/02/2026			PB (25m pool): 01:09.26 SB: 01:10.40 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:33.05	01:10.40	
	00:33.05	00:37.35	
			

Coach feedback: