

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

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

Coaches: Van Achter Rudy HEADCOACH

Coaches: Lammens Tim

PB => Personal Best time

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

Event number: 19: 100M BACKSTROKE MEN 11-12 Heat:10, starttime: 08:54

Heat: 10/10 Lane : 5 Athlete: NICQUE MATS			Q-time: 01:18:33
PB (50m pool): no time			PB (25m pool): no time SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
			

Coach feedback:

Event number: 21: 200M FREESTYLE WOMEN 13-14 Heat:4, starttime: 09:16

Heat: 4/14 Lane : 6 Athlete: VAN ACHTER JUNE					Q-time: 02:54:46
PB (50m pool): 02:54.46 Aalst 26/04/2026			PB (25m pool): 03:05.71 SB: 02:54.46 Aalst 26/04/2026		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:39.45	01:24.43	02:09.99	02:54.46	
	00:39.45	00:44.98	00:45.56	00:44.47	
					

Coach feedback:

Event number: 21: 200M FREESTYLE WOMEN 13-14 Heat:14, starttime: 09:48

Heat: 14/14 Lane : 8 Athlete: BOGAERT AMANI					Q-time: 02:32:86
PB (50m pool): 02:32.86 Lago Gent Rozebroeken 03/05/2026					PB (25m pool): 02:34.23 SB: 02:32.86 Lago Gent Rozebroeken 03/05/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.69	01:13.50	01:54.06	02:32.86	
	00:34.69	00:38.81	00:40.56	00:38.80	
					

Coach feedback:

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

Event number: 22: 50M FREESTYLE MEN 15+			Heat:8, starttime: 09:59
Heat: 8/15 Lane : 6 Athlete: VAN ACHTER MAURO			Q-time: 00:28:77
PB (50m pool): 00:28.77 LOCHRISTI 25/01/2026			PB (25m pool): 00:29.00 SB: 00:28.77 LOCHRISTI 25/01/2026
	5 0 M		
PB	00:28.77		
	00:28.77		
			

Coach feedback:

Event number: 22: 50M FREESTYLE MEN 15+			Heat:10, starttime: 10:01
Heat: 10/15 Lane : 8 Athlete: LAMMENS XANDER			Q-time: 00:28:34
PB (50m pool): 00:27.72 Lago Rozebroeken Gent 05/03/2023			PB (25m pool): 00:26.98 SB: 00:28.34 Gent 08/02/2026
	5 0 M		
PB	00:27.72		
	00:27.72		
			

Coach feedback:

Event number: 23: 100M FREESTYLE WOMEN 11-12			Heat:2, starttime: 10:09
Heat: 2/12 Lane : 4 Athlete: BOGAERT TIRZA			Q-time: 01:34:35
PB (50m pool): 01:34.35 Lago Gent Rozebroeken 03/05/2026			PB (25m pool): 01:37.69 SB: 01:34.35 Lago Gent Rozebroeken 03/05/2026
	5 0 M	1 0 0 M	
PB	00:44.55	01:34.35	
	00:44.55	00:49.80	
			

Coach feedback:

Event number: 24: 100M BREASTSTROKE MEN 11-12			Heat:11, starttime: 10:55
Heat: 11/11 Lane : 5 Athlete: NICQUE MATS			Q-time: 01:31:30
PB (50m pool): no time			PB (25m pool): no time SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
			

Coach feedback:

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Event number: 25: 200M FREESTYLE WOMEN 15+					Heat:10, starttime: 11:26
Heat: 10/12 Lane : 6 Athlete: JACOBS EVA					Q-time: 02:25:98
PB (50m pool): 02:25.98 Sportoase De Watermolen 29/03/2026 PB (25m pool): 02:32.67 SB: 02:25.98 Sportoase De Watermolen 29/03/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.03	01:11.38	01:49.61	02:25.98	
	00:34.03	00:37.35	00:38.23	00:36.37	
					

Coach feedback:

Event number: 27: 50M FREESTYLE WOMEN 13-14					Heat:2, starttime: 12:01
Heat: 2/12 Lane : 3 Athlete: VAN ACHTER JUNE					Q-time: 00:38:55
PB (50m pool): 00:42.45 LOCHRISTI 25/01/2026 PB (25m pool): 00:38.55 SB: 00:42.45 LOCHRISTI 25/01/2026					
	5 0 M				
PB	00:42.45				
	00:42.45				
					

Coach feedback:

Event number: 27: 50M FREESTYLE WOMEN 13-14					Heat:9, starttime: 12:09
Heat: 9/12 Lane : 5 Athlete: BOGAERT AMANI					Q-time: 00:32:71
PB (50m pool): no time PB (25m pool): 00:32.71 SB: no time					
	5 0 M				
PB	no time				
	no time				
					

Coach feedback:

Event number: 28: 100M BUTTERFLY MEN 15+					Heat:6, starttime: 12:23
Heat: 6/10 Lane : 4 Athlete: VAN ACHTER MAURO					Q-time: 01:11:37
PB (50m pool): 01:12.84 Aalst 11/05/2025 PB (25m pool): 01:11.37 SB: 01:14.56 Lago Gent Rozebroeken 03/05/2026					
	5 0 M	1 0 0 M			
PB	00:33.53	01:12.84			
	00:33.53	00:39.31			
					

Coach feedback: