

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

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

Coaches: Van Renterghem Delphine HEADCOACH

PB => Personal Best time

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

Event number: 19: 100M BACKSTROKE MEN 11-12			Heat:5, starttime: 08:41
Heat: 5/10 Lane : 1 Athlete: VAN HULLE MAURO			Q-time: 01:35:31
PB (50m pool): 01:35.31 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 01:41.67 SB: 01:35.31 Zwembad Brigitte Becue 26/04/2026			
	5 0 M	1 0 0 M	
PB	00:46.47	01:35.31	
	00:46.47	00:48.84	
			

Coach feedback:

Event number: 19: 100M BACKSTROKE MEN 11-12			Heat:10, starttime: 08:54
Heat: 10/10 Lane : 4 Athlete: WANNEYN LOUIS			Q-time: 01:13:93
PB (50m pool): 01:23.17 Antwerpen 15/03/2026 PB (25m pool): 01:13.93 SB: 01:23.17 Antwerpen 15/03/2026			
	5 0 M	1 0 0 M	
PB	00:40.72	01:23.17	
	00:40.72	00:42.45	
			

Coach feedback:

Event number: 20: 50M BREASTSTROKE MEN 13-14			Heat:2, starttime: 08:57
Heat: 2/6 Lane : 6 Athlete: GURICKX ALEXANDER			Q-time: 00:48:83
PB (50m pool): 00:48.83 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 00:44.52 SB: no time			
	5 0 M		
PB	00:48.83		
	00:48.83		
			

Coach feedback:

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

Event number: 20: 50M BREASTSTROKE MEN 13-14				Heat:2, starttime: 08:57
Heat: 2/6 Lane : 8 Athlete: MEERT JOLAN				Q-time: 00:51:18
PB (50m pool): 00:51.18 Gent 08/02/2026		PB (25m pool): 00:49.85 SB: 00:51.18 Gent 08/02/2026		
	5 0 M			
PB	00:51.18			
	00:51.18			
				

Coach feedback:

Event number: 21: 200M FREESTYLE WOMEN 13-14					Heat:7, starttime: 09:26
Heat: 7/14 Lane : 6 Athlete: SCHOENMAEKERS ALIX					Q-time: 02:45:76
PB (50m pool): 02:45.76 Lago Gent Rozebroeken 03/05/2026		PB (25m pool): 02:48.50 SB: 02:45.76 Lago Gent Rozebroeken 03/05/2026			
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:38.55	01:21.75	02:04.90	02:45.76	
	00:38.55	00:43.20	00:43.15	00:40.86	
					

Coach feedback:

Event number: 21: 200M FREESTYLE WOMEN 13-14					Heat:8, starttime: 09:29
Heat: 8/14 Lane : 6 Athlete: DE BAERE AUKE					Q-time: 02:43:82
PB (50m pool): 02:54.66 Gent 08/02/2026		PB (25m pool): 02:43.82 SB: 02:54.66 Gent 08/02/2026			
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	01:21.49	no time	02:54.66	
	no time				
					

Coach feedback:

Event number: 21: 200M FREESTYLE WOMEN 13-14					Heat:10, starttime: 09:36
Heat: 10/14 Lane : 2 Athlete: BAEYE ROMY					Q-time: 02:40:92
PB (50m pool): 02:40.92 Lago Gent Rozebroeken 03/05/2026		PB (25m pool): 02:46.78 SB: 02:40.92 Lago Gent Rozebroeken 03/05/2026			
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.75	01:18.39	02:00.52	02:40.92	
	00:36.75	00:41.64	00:42.13	00:40.40	
					

Coach feedback:

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

Event number: 21: 200M FREESTYLE WOMEN 13-14					Heat:11, starttime: 09:39
Heat: 11/14 Lane : 7 Athlete: MORTIER ALIX					Q-time: 02:39:30
PB (50m pool): 02:48.65 Antwerpen 13/07/2025					PB (25m pool): 02:39.30 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:40.91	01:25.58	02:07.92	02:48.65	
	00:40.91	00:44.67	00:42.34	00:40.73	
					

Coach feedback:

Event number: 21: 200M FREESTYLE WOMEN 13-14					Heat:14, starttime: 09:48
Heat: 14/14 Lane : 4 Athlete: VANHAECKE JULIETTE					Q-time: 02:25:58
PB (50m pool): 02:25.58 Gent 08/02/2026					PB (25m pool): 02:25.39 SB: 02:25.58 Gent 08/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	01:09.89	no time	02:25.58	
	no time				
					

Coach feedback:

Event number: 21: 200M FREESTYLE WOMEN 13-14					Heat:14, starttime: 09:48
Heat: 14/14 Lane : 7 Athlete: FRANKE MARIA LAYLA					Q-time: 02:32:57
PB (50m pool): 02:32.57 Lago Gent Rozebroeken 03/05/2026					PB (25m pool): 02:37.38 SB: 02:32.57 Lago Gent Rozebroeken 03/05/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:35.79	01:14.74	01:53.83	02:32.57	
	00:35.79	00:38.95	00:39.09	00:38.74	
					

Coach feedback:

Event number: 22: 50M FREESTYLE MEN 15+					Heat:2, starttime: 09:53
Heat: 2/15 Lane : 4 Athlete: DE STROOPER ZEV					Q-time: 00:30:85
PB (50m pool): 00:31.35 Antwerpen 13/07/2025					PB (25m pool): 00:30.85 SB: 00:31.41 Eindhoven 22/03/2026
	5 0 M				
PB	00:31.35				
	00:31.35				
					

Coach feedback:

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

Event number: 22: 50M FREESTYLE MEN 15+		Heat:4, starttime: 09:55
Heat: 4/15 Lane : 8 Athlete: POLLET MILO		Q-time: 00:30:38
PB (50m pool): 00:30.38 LOCHRISTI 25/01/2026		PB (25m pool): 00:31.05 SB: 00:30.38 LOCHRISTI 25/01/2026
	5 0 M	
PB	00:30.38	
	00:30.38	
		

Coach feedback:

Event number: 22: 50M FREESTYLE MEN 15+		Heat:9, starttime: 10:00
Heat: 9/15 Lane : 3 Athlete: ROSIERS MATHIAS		Q-time: 00:28:43
PB (50m pool): 00:28.43 LOCHRISTI 25/01/2026		PB (25m pool): 00:27.81 SB: 00:28.43 LOCHRISTI 25/01/2026
	5 0 M	
PB	00:28.43	
	00:28.43	
		

Coach feedback:

Event number: 22: 50M FREESTYLE MEN 15+		Heat:9, starttime: 10:00
Heat: 9/15 Lane : 7 Athlete: VIAENE MAXIM		Q-time: 00:28:47
PB (50m pool): 00:28.47 Zwembad Brigitte Becue 30/05/2025		PB (25m pool): 00:27.90 SB: 00:30.12 Antwerpen 15/03/2026
	5 0 M	
PB	00:28.47	
	00:28.47	
		

Coach feedback:

Event number: 23: 100M FREESTYLE WOMEN 11-12		Heat:5, starttime: 10:16
Heat: 5/12 Lane : 7 Athlete: RABAEYS LAURE		Q-time: 01:26:04
PB (50m pool): 01:26.04 Zwembad Brigitte Becue 26/04/2026		PB (25m pool): 01:18.47 SB: 01:26.04 Zwembad Brigitte Becue 26/04/2026
	5 0 M	1 0 0 M
PB	00:40.35	01:26.04
	00:40.35	00:45.69
		

Coach feedback:

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

Event number: 23: 100M FREESTYLE WOMEN 11-12			Heat:9, starttime: 10:23
Heat: 9/12 Lane : 6 Athlete: CHRISTIAENS NORE			Q-time: 01:19:87
PB (50m pool): 01:19.87 Antwerpen 15/03/2026			PB (25m pool): 01:24.40 SB: 01:19.87 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:38.51	01:19.87	
	00:38.51	00:41.36	
			

Coach feedback:

Event number: 23: 100M FREESTYLE WOMEN 11-12			Heat:10, starttime: 10:25
Heat: 10/12 Lane : 1 Athlete: VANSIELEGHEM AMBER			Q-time: 01:18:96
PB (50m pool): 01:18.96 Antwerpen 15/03/2026			PB (25m pool): 01:21.31 SB: 01:18.96 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:37.10	01:18.96	
	00:37.10	00:41.86	
			

Coach feedback:

Event number: 23: 100M FREESTYLE WOMEN 11-12			Heat:12, starttime: 10:29
Heat: 12/12 Lane : 8 Athlete: BRYN BARON YVONNE			Q-time: 01:16:21
PB (50m pool): 01:16.21 Antwerpen 15/03/2026			PB (25m pool): 01:16.73 SB: 01:16.21 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:36.55	01:16.21	
	00:36.55	00:39.66	
			

Coach feedback:

Event number: 24: 100M BREASTSTROKE MEN 11-12			Heat:5, starttime: 10:41
Heat: 5/11 Lane : 7 Athlete: VAN HULLE MAURO			Q-time: 01:52:67
PB (50m pool): 01:52.67 Antwerpen 15/03/2026			PB (25m pool): 01:52.52 SB: 01:52.67 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:54.31	01:52.67	
	00:54.31	00:58.36	
			

Coach feedback:

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

Event number: 24: 100M BREASTSTROKE MEN 11-12				Heat:6, starttime: 10:44	
Heat: 6/11 Lane : 6 Athlete: DE BAERDEMACHER JULES				Q-time: 01:48:40	
PB (50m pool): 01:48.40 Lago Gent Rozebroeken 03/05/2026 PB (25m pool): no time SB: 01:48.40 Lago Gent Rozebroeken 03/05/2026					
	5 0 M	1 0 0 M			
PB	00:51.48	01:48.40			
	00:51.48	00:56.92			
					

Coach feedback:

Event number: 24: 100M BREASTSTROKE MEN 11-12							Heat:7, starttime: 10:46		
Heat: 7/11 Lane : 5 Athlete: WANNEYN LOUIS							Q-time: 01:46:05		
PB (50m pool): 01:46.05 Antwerpen 15/03/2026							PB (25m pool): no time SB: 01:46.05 Antwerpen 15/03/2026		
	5 0 M		1 0 0 M						
PB	00:50.67		01:46.05						
	00:50.67		00:55.38						
									

Coach feedback:

Event number: 25: 200M FREESTYLE WOMEN 15+					Heat:3, starttime: 11:04
Heat: 3/12 Lane : 4 Athlete: GOOTJES JASMIJN				Q-time: 02:36:59	
PB (50m pool): 02:36.59 Lago Gent Rozebroeken 03/05/2026 PB (25m pool): 02:31.13 SB: 02:36.59 Lago Gent Rozebroeken 03/05/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:35.78	01:16.65	01:58.41	02:36.59	
	00:35.78	00:40.87	00:41.76	00:38.18	
					

Coach feedback:

Event number: 25: 200M FREESTYLE WOMEN 15+					Heat:4, starttime: 11:08
Heat: 4/12 Lane : 2 Athlete: SNOECK HANNELORE				Q-time: 02:36:17	
PB (50m pool): 02:36.17 Antwerpen 13/07/2025					PB (25m pool): 02:32.55 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.04	01:15.50	01:56.39	02:36.17	
	00:36.04	00:39.46	00:40.89	00:39.78	
					

Coach feedback:

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

Event number: 25: 200M FREESTYLE WOMEN 15+					Heat:4, starttime: 11:08
Heat: 4/12 Lane : 4 Athlete: ANSEEUW LIEZE					Q-time: 02:35:53
PB (50m pool): 02:35.53 Lochristi 01/02/2026					PB (25m pool): 02:27.22 SB: 02:35.53 Lochristi 01/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	01:15.70	no time	02:35.53	
	no time				
					

Coach feedback:

Event number: 25: 200M FREESTYLE WOMEN 15+					Heat:4, starttime: 11:08
Heat: 4/12 Lane : 5 Athlete: CLAEYS ELISE					Q-time: 02:35:91
PB (50m pool): 02:35.91 Antwerpen 13/07/2025					PB (25m pool): 02:31.66 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.78	01:17.67	01:57.41	02:35.91	
	00:36.78	00:40.89	00:39.74	00:38.50	
					

Coach feedback:

Event number: 25: 200M FREESTYLE WOMEN 15+					Heat:7, starttime: 11:17
Heat: 7/12 Lane : 3 Athlete: VINCK LORE					Q-time: 02:29:74
PB (50m pool): 02:29.74 Kortrijk 21/06/2026					PB (25m pool): no time SB: 02:29.74 Kortrijk 21/06/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.33	01:12.68	01:51.62	02:29.74	
	00:34.33	00:38.35	00:38.94	00:38.12	
					

Coach feedback:

Event number: 25: 200M FREESTYLE WOMEN 15+					Heat:11, starttime: 11:29
Heat: 11/12 Lane : 8 Athlete: BAEKE STINE					Q-time: 02:24:05
PB (50m pool): 02:24.05 Lago Gent Rozebroeken 03/05/2026					PB (25m pool): 02:23.88 SB: 02:24.05 Lago Gent Rozebroeken 03/05/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.73	01:09.23	01:46.72	02:24.05	
	00:33.73	00:35.50	00:37.49	00:37.33	
					

Coach feedback:

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

Event number: 25: 200M FREESTYLE WOMEN 15+					Heat:12, starttime: 11:32
Heat: 12/12 Lane : 3 Athlete: DEN BAES ELISE					Q-time: 02:19:52
PB (50m pool): 02:19.52 Gent 08/02/2026					PB (25m pool): 02:20.78 SB: 02:19.52 Gent 08/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	01:08.46	no time	02:19.52	
	no time				
					

Coach feedback:

Event number: 26: 100M BACKSTROKE MEN 13-14					Heat:3, starttime: 11:41
Heat: 3/10 Lane : 4 Athlete: DUMONT SIEBE					Q-time: 01:28:34
PB (50m pool): 01:28.34 Zwembad Brigitte Becue 26/04/2026					PB (25m pool): 01:30.48 SB: 01:28.34 Zwembad Brigitte Becue 26/04/2026
	5 0 M	1 0 0 M			
PB	00:43.14	01:28.34			
	00:43.14	00:45.20			
					

Coach feedback:

Event number: 26: 100M BACKSTROKE MEN 13-14					Heat:4, starttime: 11:43
Heat: 4/10 Lane : 1 Athlete: GURICKX ALEXANDER					Q-time: 01:27:63
PB (50m pool): 01:27.63 Zwembad Brigitte Becue 26/04/2026					PB (25m pool): 01:24.87 SB: 01:27.63 Zwembad Brigitte Becue 26/04/2026
	5 0 M	1 0 0 M			
PB	00:42.44	01:27.63			
	00:42.44	00:45.19			
					

Coach feedback:

Event number: 26: 100M BACKSTROKE MEN 13-14					Heat:5, starttime: 11:46
Heat: 5/10 Lane : 2 Athlete: MEERT JOLAN					Q-time: 01:24:52
PB (50m pool): 01:24.52 Zwembad Brigitte Becue 26/04/2026					PB (25m pool): no time SB: 01:24.52 Zwembad Brigitte Becue 26/04/2026
	5 0 M	1 0 0 M			
PB	00:42.62	01:24.52			
	00:42.62	00:41.90			
					

Coach feedback:

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

Event number: 26: 100M BACKSTROKE MEN 13-14			Heat:10, starttime: 11:57
Heat: 10/10 Lane : 7 Athlete: MARTELÉ STAN			Q-time: 01:14:71
PB (50m pool): 01:16.21 Antwerpen 08/03/2026			PB (25m pool): 01:14.71 SB: 01:16.21 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	
PB	00:37.14	01:16.21	
	00:37.14	00:39.07	
			

Coach feedback:

Event number: 27: 50M FREESTYLE WOMEN 13-14			Heat:5, starttime: 12:04
Heat: 5/12 Lane : 5 Athlete: MORTIER ALIX			Q-time: 00:34:17
PB (50m pool): 00:34.17 LOCHRISTI 25/01/2026			PB (25m pool): 00:35.17 SB: 00:34.17 LOCHRISTI 25/01/2026
	5 0 M		
PB	00:34.17		
	00:34.17		
			

Coach feedback:

Event number: 27: 50M FREESTYLE WOMEN 13-14			Heat:5, starttime: 12:04
Heat: 5/12 Lane : 6 Athlete: DE BAERE AUKE			Q-time: 00:34:30
PB (50m pool): 00:34.30 LOCHRISTI 25/01/2026			PB (25m pool): 00:36.68 SB: 00:34.30 LOCHRISTI 25/01/2026
	5 0 M		
PB	00:34.30		
	00:34.30		
			

Coach feedback:

Event number: 27: 50M FREESTYLE WOMEN 13-14			Heat:6, starttime: 12:05
Heat: 6/12 Lane : 4 Athlete: SCHOENMAEKERS ALIX			Q-time: 00:33:68
PB (50m pool): 00:33.68 Zwembad Brigitte Becue 26/04/2026			PB (25m pool): 00:35.10 SB: 00:33.68 Zwembad Brigitte Becue 26/04/2026
	5 0 M		
PB	00:33.68		
	00:33.68		
			

Coach feedback:

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

Event number: 27: 50M FREESTYLE WOMEN 13-14							Heat:8, starttime: 12:08		
Heat: 8/12 Lane : 2 Athlete: BAEYE ROMY							Q-time: 00:33:33		
PB (50m pool): 00:33.33 LOCHRISTI 25/01/2026							PB (25m pool): 00:34.25 SB: 00:33.33 LOCHRISTI 25/01/2026		
	5 0 M								
PB	00:33.33								
	00:33.33								
									

Coach feedback:

Event number: 27: 50M FREESTYLE WOMEN 13-14										Heat:8, starttime: 12:08																													
Heat: 8/12																				Lane : 6					Athlete: DELAGRANGE CéZANNE										Q-time: 00:33:30				
PB (50m pool): 00:33.30										LOCHRISTI 25/01/2026										PB (25m pool): 00:33.99										SB: 00:33.30					LOCHRISTI 25/01/2026				
		5 0 M																																					
PB		00:33.30																																					
		00:33.30																																					
																																							

Coach feedback:

Event number: 27: 50M FREESTYLE WOMEN 13-14							Heat:12, starttime: 12:12		
Heat: 12/12 Lane : 1 Athlete: FRANKE MARIA LAYLA							Q-time: 00:31:95		
PB (50m pool): 00:31.95 LOCHRISTI 25/01/2026							PB (25m pool): 00:32.58SB: 00:31.95 LOCHRISTI 25/01/2026		
	5 0 M								
PB	00:31.95								
	00:31.95								
									

Coach feedback:

Event number: 27: 50M FREESTYLE WOMEN 13-14							Heat:12, starttime: 12:12		
Heat: 12/12 Lane : 4 Athlete: VANHAECKE JULIETTE							Q-time: 00:30:49		
PB (50m pool): 00:30.49 Lochristi 01/02/2026							PB (25m pool): 00:31.06SB: 00:30.49 Lochristi 01/02/2026		
	5 0 M								
PB	00:30.49								
	00:30.49								
									

Coach feedback:

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

Event number: 28: 100M BUTTERFLY MEN 15+			Heat:4, starttime: 12:19
Heat: 4/10 Lane : 8 Athlete: POLLET MILO			Q-time: 01:17:41
PB (50m pool): 01:17.41 Lago Gent Rozebroeken 03/05/2026 PB (25m pool): 01:16.55 SB: 01:17.41 Lago Gent Rozebroeken 03/05/2026			
	5 0 M	1 0 0 M	
PB	00:36.57	01:17.41	
	00:36.57	00:40.84	
			

Coach feedback:

Event number: 28: 100M BUTTERFLY MEN 15+			Heat:7, starttime: 12:25
Heat: 7/10 Lane : 3 Athlete: VIAENE MAXIM			Q-time: 01:10:24
PB (50m pool): 01:10.24 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 01:11.64 SB: 01:10.24 Zwembad Brigitte Becue 26/04/2026			
	5 0 M	1 0 0 M	
PB	00:32.27	01:10.24	
	00:32.27	00:37.97	
			

Coach feedback: