

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

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

Coaches: Spincemaille Laura

Coaches: Mabbe Andy

Coaches: Vanden Abeele Syl

Coaches: Heyligen Bert

Coaches: Veys Lies

Coaches: Planckaert Pieter HEADCOACH

PB => Personal Best time

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

Event number: 19: 100M BACKSTROKE MEN 11-12 Heat:2, starttime: 08:33

Heat: 2/10 Lane : 1 Athlete: WINDELS LUCAS Q-time: 01:44:51

PB (50m pool): 01:44.51 Antwerpen 15/03/2026 PB (25m pool): 01:40.90 SB: 01:44.51 Antwerpen 15/03/2026

	5 0 M	1 0 0 M	
PB	00:50.36	01:44.51	
	00:50.36	00:54.15	
			

Coach feedback:

Event number: 19: 100M BACKSTROKE MEN 11-12 Heat:3, starttime: 08:36

Heat: 3/10 Lane : 8 Athlete: VANDENDRIESSCHE MIRO Q-time: 01:43:27

PB (50m pool): 01:43.27 Antwerpen 15/03/2026 PB (25m pool): 01:49.76 SB: 01:43.27 Antwerpen 15/03/2026

	5 0 M	1 0 0 M	
PB	00:52.15	01:43.27	
	00:52.15	00:51.12	
			

Coach feedback:

Event number: 19: 100M BACKSTROKE MEN 11-12 Heat:8, starttime: 08:49

Heat: 8/10 Lane : 8 Athlete: WINDELS JACK Q-time: 01:28:60

PB (50m pool): 01:28.60 Antwerpen 15/03/2026 PB (25m pool): 01:24.75 SB: 01:28.60 Antwerpen 15/03/2026

	5 0 M	1 0 0 M	
PB	00:42.30	01:28.60	
	00:42.30	00:46.30	
			

Coach feedback:

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Event number: 19: 100M BACKSTROKE MEN 11-12				Heat:9, starttime: 08:51	
Heat: 9/10 Lane : 1 Athlete: SANDRA TUUR				Q-time: 01:26:54	
PB (50m pool): 01:26.54 Antwerpen 15/03/2026				PB (25m pool): 01:25.32 SB: 01:26.54 Antwerpen 15/03/2026	
	5 0 M	1 0 0 M			
PB	00:42.99	01:26.54			
	00:42.99	00:43.55			
					

Coach feedback:

Event number: 19: 100M BACKSTROKE MEN 11-12				Heat:10, starttime: 08:54	
Heat: 10/10 Lane : 8 Athlete: ROIJERS REMI				Q-time: 01:23:65	
PB (50m pool): 01:23.65 Brugge 01/02/2026				PB (25m pool): 01:22.19 SB: 01:23.65 Brugge 01/02/2026	
	5 0 M	1 0 0 M			
PB	00:42.31	01:23.65			
	00:42.31	00:41.34			
					

Coach feedback:

Event number: 21: 200M FREESTYLE WOMEN 13-14				Heat:8, starttime: 09:29	
Heat: 8/14 Lane : 5 Athlete: BLEUZé DAKOTA				Q-time: 02:42:99	
PB (50m pool): no time				PB (25m pool): 02:42.99 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:

Event number: 21: 200M FREESTYLE WOMEN 13-14				Heat:9, starttime: 09:33	
Heat: 9/14 Lane : 4 Athlete: CALLENS MARGAUX				Q-time: 02:41:35	
PB (50m pool): 02:41.35 Brugge 01/02/2026				PB (25m pool): 02:30.96 SB: 02:41.35 Brugge 01/02/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:37.39	01:18.67	02:00.56	02:41.35	
	00:37.39	00:41.28	00:41.89	00:40.79	
					

Coach feedback:

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Event number: 21: 200M FREESTYLE WOMEN 13-14					Heat:12, starttime: 09:42
Heat: 12/14 Lane : 8 Athlete: HUYSENTRUYT FLORE-MARIE					Q-time: 02:36:92
PB (50m pool): 02:36.92 Lago Kortrijk Weide 03/05/2026					PB (25m pool): 02:29.97 SB: 02:36.92 Lago Kortrijk Weide 03/05/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.51	01:16.63	01:57.96	02:36.92	
	00:36.51	00:40.12	00:41.33	00:38.96	
					

Coach feedback:

Event number: 22: 50M FREESTYLE MEN 15+					Heat:10, starttime: 10:01
Heat: 10/15 Lane : 1 Athlete: MEERT TOMAS					Q-time: 00:28:31
PB (50m pool): 00:28.31 Antwerpen 15/03/2026					PB (25m pool): 00:27.11 SB: 00:28.31 Antwerpen 15/03/2026
	5 0 M				
PB	00:28.31				
	00:28.31				
					

Coach feedback:

Event number: 22: 50M FREESTYLE MEN 15+					Heat:11, starttime: 10:02
Heat: 11/15 Lane : 6 Athlete: HEYLIGEN LUTZ					Q-time: 00:27:96
PB (50m pool): 00:27.96 Antwerpen 15/03/2026					PB (25m pool): 00:27.73 SB: 00:27.96 Antwerpen 15/03/2026
	5 0 M				
PB	00:27.96				
	00:27.96				
					

Coach feedback:

Event number: 22: 50M FREESTYLE MEN 15+					Heat:14, starttime: 10:05
Heat: 14/15 Lane : 5 Athlete: HUYSENTRUYT FERRE-LOUIS					Q-time: 00:26:69
PB (50m pool): 00:27.19 Luxembourg - Kirchberg 15/03/2026					PB (25m pool): 00:26.69 SB: 00:27.19 Luxembourg - Kirchberg 15/03/2026
	5 0 M				
PB	00:27.19				
	00:27.19				
					

Coach feedback:

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Event number: 23: 100M FREESTYLE WOMEN 11-12			Heat:12, starttime: 10:29
Heat: 12/12 Lane : 7 Athlete: DHUYVETTER EM			Q-time: 01:15:54
PB (50m pool): 01:15.54 Antwerpen 15/03/2026			PB (25m pool): 01:12.57 SB: 01:15.54 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:36.61	01:15.54	
	00:36.61	00:38.93	
			

Coach feedback:

Event number: 24: 100M BREASTSTROKE MEN 11-12			Heat:2, starttime: 10:34
Heat: 2/11 Lane : 5 Athlete: VANDENDRIESSCHE MIRO			Q-time: 01:59:03
PB (50m pool): 01:59.03 Lago Kortrijk Weide 03/05/2026			PB (25m pool): 01:54.62 SB: 01:59.03 Lago Kortrijk Weide 03/05/2026
	5 0 M	1 0 0 M	
PB	00:56.64	01:59.03	
	00:56.64	01:02.39	
			

Coach feedback:

Event number: 24: 100M BREASTSTROKE MEN 11-12			Heat:9, starttime: 10:50
Heat: 9/11 Lane : 2 Athlete: SANDRA TUUR			Q-time: 01:41:74
PB (50m pool): 01:41.74 Antwerpen 15/03/2026			PB (25m pool): 01:42.31 SB: 01:41.74 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:48.77	01:41.74	
	00:48.77	00:52.97	
			

Coach feedback:

Event number: 24: 100M BREASTSTROKE MEN 11-12			Heat:9, starttime: 10:50
Heat: 9/11 Lane : 5 Athlete: ROIJERS REMI			Q-time: 01:41:07
PB (50m pool): 01:41.07 Lago Kortrijk Weide 03/05/2026			PB (25m pool): 01:36.34 SB: 01:41.07 Lago Kortrijk Weide 03/05/2026
	5 0 M	1 0 0 M	
PB	00:47.24	01:41.07	
	00:47.24	00:53.83	
			

Coach feedback:

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Event number: 24: 100M BREASTSTROKE MEN 11-12				Heat:9, starttime: 10:50	
Heat: 9/11 Lane : 8 Athlete: WINDELS LUCAS				Q-time: 01:43:12	
PB (50m pool): 01:43.12 Antwerpen 15/03/2026				PB (25m pool): 01:43.88 SB: 01:43.12 Antwerpen 15/03/2026	
	5 0 M	1 0 0 M			
PB	00:49.26	01:43.12			
	00:49.26	00:53.86			
					

Coach feedback:

Event number: 24: 100M BREASTSTROKE MEN 11-12				Heat:10, starttime: 10:53	
Heat: 10/11 Lane : 1 Athlete: WINDELS JACK				Q-time: 01:40:19	
PB (50m pool): 01:40.19 Brugge 01/02/2026				PB (25m pool): 01:37.73 SB: 01:40.19 Brugge 01/02/2026	
	5 0 M	1 0 0 M			
PB	00:47.41	01:40.19			
	00:47.41	00:52.78			
					

Coach feedback:

Event number: 25: 200M FREESTYLE WOMEN 15+				Heat:10, starttime: 11:26	
Heat: 10/12 Lane : 4 Athlete: CASIER CAMILLE				Q-time: 02:24:21	
PB (50m pool): 02:24.21 Antwerpen 13/07/2025				PB (25m pool): 02:21.36 SB: 02:27.53 Lago Gent Rozebroeken 03/05/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.99	01:11.65	01:48.77	02:24.21	
	00:33.99	00:37.66	00:37.12	00:35.44	
					

Coach feedback:

Event number: 26: 100M BACKSTROKE MEN 13-14				Heat:5, starttime: 11:46	
Heat: 5/10 Lane : 7 Athlete: DE BAERE ARNAUD				Q-time: 01:24:86	
PB (50m pool): 01:24.86 Antwerpen 15/03/2026				PB (25m pool): 01:21.30 SB: 01:24.86 Antwerpen 15/03/2026	
	5 0 M	1 0 0 M			
PB	00:40.02	01:24.86			
	00:40.02	00:44.84			
					

Coach feedback:

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Event number: 27: 50M FREESTYLE WOMEN 13-14			Heat:7, starttime: 12:06
Heat: 7/12 Lane : 4 Athlete: CALLENS MARGAUX			Q-time: 00:33:47
PB (50m pool): 00:33.47 Gent 08/02/2026			PB (25m pool): 00:31.31 SB: 00:33.47 Gent 08/02/2026
	5 0 M		
PB	00:33.47		
	00:33.47		
			

Coach feedback:

Event number: 27: 50M FREESTYLE WOMEN 13-14			Heat:10, starttime: 12:10
Heat: 10/12 Lane : 7 Athlete: HUYSENTRUYT FLORE-MARIE			Q-time: 00:32:51
PB (50m pool): 00:32.51 Antwerpen 15/03/2026			PB (25m pool): 00:32.58 SB: 00:32.51 Antwerpen 15/03/2026
	5 0 M		
PB	00:32.51		
	00:32.51		
			

Coach feedback:

Event number: 28: 100M BUTTERFLY MEN 15+			Heat:6, starttime: 12:23
Heat: 6/10 Lane : 1 Athlete: HUYSENTRUYT FERRE-LOUIS			Q-time: 01:12:66
PB (50m pool): 01:12.66 Lago Gent Rozebroeken 03/05/2026			PB (25m pool): 01:09.63 SB: 01:12.66 Lago Gent Rozebroeken 03/05/2026
	5 0 M	1 0 0 M	
PB	00:33.08	01:12.66	
	00:33.08	00:39.58	
			

Coach feedback:

Event number: 28: 100M BUTTERFLY MEN 15+			Heat:7, starttime: 12:25
Heat: 7/10 Lane : 7 Athlete: MEERT TOMAS			Q-time: 01:10:52
PB (50m pool): 01:10.52 Brugge 01/02/2026			PB (25m pool): 01:05.90 SB: 01:10.52 Brugge 01/02/2026
	5 0 M	1 0 0 M	
PB	00:31.75	01:10.52	
	00:31.75	00:38.77	
			

Coach feedback: