

ZC 2026: Session: 4: COACH evaluation sheet for TEAM: AZL

Coachinfo: Warming up from: 13:00 untill 13:45. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Moreels Barbara

Coaches: Schepers Jérôme

Coaches: Bijloos Annie

Coaches: Dewit Isabelle

PB => Personal Best time

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

Event number: 29: 100M BACKSTROKE WOMEN 11-12			Heat:3, starttime: 14:06
Heat: 3/12 Lane : 7 Athlete: MORATO ALIX			Q-time: 01:43:27
PB (50m pool): 01:43.27 LOCHRISTI 25/01/2026			PB (25m pool): no time SB: 01:43.27 LOCHRISTI 25/01/2026
	5 0 M	1 0 0 M	
PB	no time	01:43.27	
	no time		
			

Coach feedback:

Event number: 29: 100M BACKSTROKE WOMEN 11-12			Heat:5, starttime: 14:11
Heat: 5/12 Lane : 1 Athlete: VANDERSTRAETEN HELENA			Q-time: 01:38:23
PB (50m pool): 01:38.23 Aalst 26/04/2026			PB (25m pool): 01:39.53 SB: 01:38.23 Aalst 26/04/2026
	5 0 M	1 0 0 M	
PB	00:48.50	01:38.23	
	00:48.50	00:49.73	
			

Coach feedback:

Event number: 29: 100M BACKSTROKE WOMEN 11-12			Heat:5, starttime: 14:11
Heat: 5/12 Lane : 6 Athlete: DE WOLF ROOS			Q-time: 01:38:15
PB (50m pool): 01:38.15 Antwerpen 15/03/2026			PB (25m pool): no time SB: 01:38.15 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:49.04	01:38.15	
	00:49.04	00:49.11	
			

Coach feedback:

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Event number: 29: 100M BACKSTROKE WOMEN 11-12				Heat:8, starttime: 14:19	
Heat: 8/12 Lane : 4 Athlete: BELMANS MARGAUX				Q-time: 01:32:13	
PB (50m pool): 01:32.13 Antwerpen 15/03/2026				PB (25m pool): 01:26.00 SB: 01:32.13 Antwerpen 15/03/2026	
	5 0 M	1 0 0 M			
PB	00:45.97	01:32.13			
	00:45.97	00:46.16			
					

Coach feedback:

Event number: 30: 50M BREASTSTROKE WOMEN 13-14				Heat:7, starttime: 14:39	
Heat: 7/8 Lane : 3 Athlete: DEBAETS ELIEN				Q-time: 00:42:10	
PB (50m pool): 00:42.10 Aalst 26/04/2026				PB (25m pool): 00:41.35 SB: 00:42.10 Aalst 26/04/2026	
	5 0 M				
PB	00:42.10				
	00:42.10				
					

Coach feedback:

Event number: 31: 200M FREESTYLE MEN 13-14					Heat:7, starttime: 15:04	
Heat: 7/11 Lane : 3 Athlete: BOEL ELIAS					Q-time: 02:37:63	
PB (50m pool): 02:37.63 Sportoase De Watermolen 29/03/2026					PB (25m pool): 02:35.98 SB: 02:37.63 Sportoase De Watermolen 29/03/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:35.64	01:15.86	01:57.52	02:37.63		
	00:35.64	00:40.22	00:41.66	00:40.11		
						

Coach feedback:

Event number: 31: 200M FREESTYLE MEN 13-14					Heat:7, starttime: 15:04	
Heat: 7/11 Lane : 5 Athlete: SCHEPERS RUBEN					Q-time: 02:37:34	
PB (50m pool): 02:37.34 Sportoase De Watermolen 29/03/2026					PB (25m pool): 02:32.91 SB: 02:37.34 Sportoase De Watermolen 29/03/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:35.23	01:15.43	01:57.09	02:37.34		
	00:35.23	00:40.20	00:41.66	00:40.25		
						

Coach feedback:

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Event number: 33: 100M FREESTYLE MEN 11-12				Heat:3, starttime: 15:39	
Heat: 3/11 Lane : 2 Athlete: PINTILIE FABIAN				Q-time: 01:28:32	
PB (50m pool): no time		PB (25m pool): 01:28.32SB: no time			
	5 0 M	1 0 0 M			
PB	no time	no time			
	no time				
					

Coach feedback:

Event number: 34: 100M BREASTSTROKE WOMEN 11-12							Heat:6, starttime: 16:09	
Heat: 6/12 Lane : 1 Athlete: VANDERSTRAETEN HELENA							Q-time: 01:51:82	
PB (50m pool): 01:51.82 Antwerpen 15/03/2026				PB (25m pool): 01:49.44SB: 01:51.82 Antwerpen 15/03/2026				
	5 0 M		1 0 0 M					
PB	00:51.99		01:51.82					
	00:51.99		00:59.83					
								

Coach feedback:

Event number: 34: 100M BREASTSTROKE WOMEN 11-12							Heat:11, starttime: 16:21		
Heat: 11/12 Lane : 5 Athlete: BELMANS MARGAUX							Q-time: 01:39:53		
PB (50m pool): 01:39.53 Antwerpen 15/03/2026				PB (25m pool): 01:31.04SB: 01:39.53 Antwerpen 15/03/2026					
	5 0 M		1 0 0 M						
PB	00:46.51		01:39.53						
	00:46.51		00:53.02						
									

Coach feedback:

Event number: 35: 200M FREESTYLE MEN 15+					Heat:7, starttime: 16:44
Heat: 7/13 Lane : 5 Athlete: BOONE FELIX				Q-time: 02:21:14	
PB (50m pool): 02:21.14 Lochristi 01/02/2026			PB (25m pool): 02:15.71 SB: 02:21.14 Lochristi 01/02/2026		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	01:07.26	no time	02:21.14	
	no time				
					

Coach feedback:

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Event number: 35: 200M FREESTYLE MEN 15+					Heat:8, starttime: 16:47
Heat: 8/13 Lane : 5 Athlete: DE COCK MATZ					Q-time: 02:19:14
PB (50m pool): 02:19.14 Sportoase De Watermolen 29/03/2026 PB (25m pool): 02:23.57 SB: 02:19.14 Sportoase De Watermolen 29/03/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:31.42	01:07.23	01:44.25	02:19.14	
	00:31.42	00:35.81	00:37.02	00:34.89	
					

Coach feedback:

Event number: 36: 100M BACKSTROKE WOMEN 13-14					Heat:6, starttime: 17:17
Heat: 6/11 Lane : 2 Athlete: HEYLEN ROOS					Q-time: 01:27:78
PB (50m pool): 01:27.78 Aalst 26/04/2026 PB (25m pool): 01:23.39 SB: 01:27.78 Aalst 26/04/2026					
	5 0 M	1 0 0 M			
PB	00:43.85	01:27.78			
	00:43.85	00:43.93			
					

Coach feedback:

Event number: 36: 100M BACKSTROKE WOMEN 13-14					Heat:6, starttime: 17:17
Heat: 6/11 Lane : 7 Athlete: DEBAETS ELIEN					Q-time: 01:28:00
PB (50m pool): 01:28.00 Aalst 26/04/2026 PB (25m pool): 01:26.77 SB: 01:28.00 Aalst 26/04/2026					
	5 0 M	1 0 0 M			
PB	00:43.30	01:28.00			
	00:43.30	00:44.70			
					

Coach feedback:

Event number: 37: 50M FREESTYLE MEN 13-14					Heat:5, starttime: 17:36
Heat: 5/11 Lane : 3 Athlete: BOEL ELIAS					Q-time: 00:33:10
PB (50m pool): 00:33.10 Antwerpen 15/03/2026 PB (25m pool): 00:33.86 SB: 00:33.10 Antwerpen 15/03/2026					
	5 0 M				
PB	00:33.10				
	00:33.10				
					

Coach feedback:

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Event number: 37: 50M FREESTYLE MEN 13-14										Heat:7, starttime: 17:38																				
Heat: 7/11 Lane : 2 Athlete: SCHEPERS RUBEN																				Q-time: 00:31:86										
PB (50m pool): 00:31.86 Antwerpen 15/03/2026										PB (25m pool): 00:31.90SB: 00:31.86 Antwerpen 15/03/2026																				
	5 0 M																													
PB	00:31.86																													
	00:31.86																													
																														

Coach feedback: