

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

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

Coaches: Theunissen Davey

Coaches: De Wit Tessa HEADCOACH

Coaches: Smet Kathleen

Coaches: Splets Myriam

PB => Personal Best time

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

Event number: 29: 100M BACKSTROKE WOMEN 11-12			Heat:5, starttime: 14:11
Heat: 5/12 Lane : 8 Athlete: OOMS CÉLIA			Q-time: 01:38:40
PB (50m pool): 01:40.68 SportinGenk Park 24/05/2026			PB (25m pool): 01:38.40 SB: 01:40.68 SportinGenk Park 24/05/2026
	5 0 M	1 0 0 M	
PB	00:48.54	01:40.68	
	00:48.54	00:52.14	
			

Coach feedback:

Event number: 29: 100M BACKSTROKE WOMEN 11-12			Heat:7, starttime: 14:16
Heat: 7/12 Lane : 2 Athlete: VAES LIENE			Q-time: 01:34:35
PB (50m pool): 01:34.35 Antwerpen 15/03/2026			PB (25m pool): 01:34.40 SB: 01:34.35 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:45.39	01:34.35	
	00:45.39	00:48.96	
			

Coach feedback:

Event number: 29: 100M BACKSTROKE WOMEN 11-12			Heat:7, starttime: 14:16
Heat: 7/12 Lane : 3 Athlete: SIMONS FENA			Q-time: 01:33:69
PB (50m pool): 01:36.13 Wezenberg 04/01/2026			PB (25m pool): 01:33.69 SB: 01:36.13 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:46.18	01:36.13	
	00:46.18	00:49.95	
			

Coach feedback:

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Event number: 29: 100M BACKSTROKE WOMEN 11-12				Heat:12, starttime: 14:29	
Heat: 12/12 Lane : 4 Athlete: MEYERS TRAPMAN ANNALINA				Q-time: 01:25:36	
PB (50m pool): 01:27.15 Genk 01/02/2026				PB (25m pool): 01:25.36 SB: 01:27.15 Genk 01/02/2026	
	5 0 M	1 0 0 M			
PB	00:42.47	01:27.15			
	00:42.47	00:44.68			
					

Coach feedback:

Event number: 30: 50M BREASTSTROKE WOMEN 13-14				Heat:7, starttime: 14:39	
Heat: 7/8 Lane : 2 Athlete: MOONS AURÉLIE				Q-time: 00:42:32	
PB (50m pool): no time				PB (25m pool): 00:42.32 SB: no time	
	5 0 M				
PB	no time				
	no time				
					

Coach feedback:

Event number: 30: 50M BREASTSTROKE WOMEN 13-14				Heat:8, starttime: 14:40	
Heat: 8/8 Lane : 1 Athlete: MOORS NORA				Q-time: 00:41:75	
PB (50m pool): 00:42.37 SportinGenk Park 06/04/2026				PB (25m pool): 00:41.75 SB: 00:42.37 SportinGenk Park 06/04/2026	
	5 0 M				
PB	00:42.37				
	00:42.37				
					

Coach feedback:

Event number: 31: 200M FREESTYLE MEN 13-14				Heat:10, starttime: 15:13	
Heat: 10/11 Lane : 5 Athlete: LEMMENS LARS				Q-time: 02:26:99	
PB (50m pool): 02:32.08 Genk 01/02/2026				PB (25m pool): 02:26.99 SB: 02:32.08 Genk 01/02/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.24	01:13.05	01:54.32	02:32.08	
	00:34.24	00:38.81	00:41.27	00:37.76	
					

Coach feedback:

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Event number: 32: 50M FREESTYLE WOMEN 15+			Heat:2, starttime: 15:21
Heat: 2/14 Lane : 2 Athlete: CLAESKENS LINA			Q-time: 00:34:67
PB (50m pool): 00:34.67 Antwerpen 13/07/2025			PB (25m pool): 00:33.17 SB: 00:37.77 Mol 28/06/2026
	5 0 M		
PB	00:34.67		
	00:34.67		
			

Coach feedback:

Event number: 32: 50M FREESTYLE WOMEN 15+			Heat:13, starttime: 15:32
Heat: 13/14 Lane : 4 Athlete: HIEL LINA			Q-time: 00:29:53
PB (50m pool): 00:30.14 Genk 01/02/2026			PB (25m pool): 00:29.53 SB: 00:30.14 Genk 01/02/2026
	5 0 M		
PB	00:30.14		
	00:30.14		
			

Coach feedback:

Event number: 33: 100M FREESTYLE MEN 11-12			Heat:7, starttime: 15:47
Heat: 7/11 Lane : 4 Athlete: HENNING LIAM			Q-time: 01:19:88
PB (50m pool): 01:19.90 Wezenberg 04/01/2026			PB (25m pool): 01:19.88 SB: 01:19.90 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:38.18	01:19.90	
	00:38.18	00:41.72	
			

Coach feedback:

Event number: 33: 100M FREESTYLE MEN 11-12			Heat:10, starttime: 15:52
Heat: 10/11 Lane : 1 Athlete: MOORS LIAM			Q-time: 01:15:94
PB (50m pool): 01:18.35 SportinGenk Park 06/04/2026			PB (25m pool): 01:15.94 SB: 01:18.35 SportinGenk Park 06/04/2026
	5 0 M	1 0 0 M	
PB	00:37.27	01:18.35	
	00:37.27	00:41.08	
			

Coach feedback:

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Event number: 34: 100M BREASTSTROKE WOMEN 11-12			Heat:6, starttime: 16:09
Heat: 6/12 Lane : 2 Athlete: SIMONS FENA			Q-time: 01:51:53
PB (50m pool): 01:54.15 Antwerpen 15/03/2026			PB (25m pool): 01:51.53 SB: 01:54.15 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:53.94	01:54.15	
	00:53.94	01:00.21	
			

Coach feedback:

Event number: 34: 100M BREASTSTROKE WOMEN 11-12			Heat:9, starttime: 16:16
Heat: 9/12 Lane : 2 Athlete: VAES LIENE			Q-time: 01:47:01
PB (50m pool): 01:45.47 Mol 28/06/2026			PB (25m pool): 01:50.72 SB: 01:45.47 Mol 28/06/2026
	5 0 M	1 0 0 M	
PB	00:48.82	01:45.47	
	00:48.82	00:56.65	
			

Coach feedback:

Event number: 34: 100M BREASTSTROKE WOMEN 11-12			Heat:10, starttime: 16:18
Heat: 10/12 Lane : 6 Athlete: OOMS CÉLIA			Q-time: 01:44:10
PB (50m pool): 01:44.10 SportinGenk Park 24/05/2026			PB (25m pool): 01:47.01 SB: 01:44.10 SportinGenk Park 24/05/2026
	5 0 M	1 0 0 M	
PB	00:49.84	01:44.10	
	00:49.84	00:54.26	
			

Coach feedback:

Event number: 34: 100M BREASTSTROKE WOMEN 11-12			Heat:12, starttime: 16:23
Heat: 12/12 Lane : 4 Athlete: MEYERS TRAPMAN ANNALINA			Q-time: 01:32:26
PB (50m pool): 01:32.26 SportinGenk Park 24/05/2026			PB (25m pool): 01:40.25 SB: 01:32.26 SportinGenk Park 24/05/2026
	5 0 M	1 0 0 M	
PB	00:43.51	01:32.26	
	00:43.51	00:48.75	
			

Coach feedback:

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Event number: 35: 200M FREESTYLE MEN 15+					Heat:7, starttime: 16:44
Heat: 7/13 Lane : 6 Athlete: GIJBELS JUUL					Q-time: 02:22:28
PB (50m pool): 02:48.19 Genk 30/10/2021					PB (25m pool): 02:22.28 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	02:48.19	
	no time				
					

Coach feedback:

Event number: 35: 200M FREESTYLE MEN 15+					Heat:10, starttime: 16:53
Heat: 10/13 Lane : 5 Athlete: BALLEET EMILE					Q-time: 02:14:12
PB (50m pool): 02:19.63 Genk 01/02/2026					PB (25m pool): 02:14.12 SB: 02:19.63 Genk 01/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:31.60	01:07.74	01:44.68	02:19.63	
	00:31.60	00:36.14	00:36.94	00:34.95	
					

Coach feedback:

Event number: 35: 200M FREESTYLE MEN 15+					Heat:12, starttime: 16:58
Heat: 12/13 Lane : 2 Athlete: POELMANS KEANO					Q-time: 02:11:68
PB (50m pool): 02:13.81 SportinGenk Park 01/03/2025					PB (25m pool): 02:11.68 SB: 02:21.82 Genk 01/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	01:04.19	no time	02:13.81	
	no time				
					

Coach feedback:

Event number: 36: 100M BACKSTROKE WOMEN 13-14					Heat:5, starttime: 17:15
Heat: 5/11 Lane : 4 Athlete: BEERTEN FLORENCE					Q-time: 01:28:89
PB (50m pool): 01:28.89 Genk 01/02/2026					PB (25m pool): 01:29.80 SB: 01:28.89 Genk 01/02/2026
	5 0 M	1 0 0 M			
PB	00:42.71	01:28.89			
	00:42.71	00:46.18			
					

Coach feedback:

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Event number: 37: 50M FREESTYLE MEN 13-14			Heat:10, starttime: 17:41
Heat: 10/11 Lane : 4 Athlete: LEMMENS LARS			Q-time: 00:29:69
PB (50m pool): 00:30.97 Mol 28/06/2026			PB (25m pool): 00:29.69 SB: 00:30.97 Mol 28/06/2026
	5 0 M		
PB	00:30.97		
	00:30.97		
			

Coach feedback:

Event number: 38: 100M BUTTERFLY WOMEN 15+			Heat:3, starttime: 17:48
Heat: 3/7 Lane : 6 Athlete: CLAESKENS LINA			Q-time: 01:25:30
PB (50m pool): 01:24.98 Antwerpen 17/07/2022			PB (25m pool): 01:23.31 SB: 01:28.79 SportinGenk Park 06/04/2026
	5 0 M	1 0 0 M	
PB	no time	01:24.98	
	no time		
			

Coach feedback: