

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

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

Coaches: Boets Philippe

Coaches: Luyten Sjobbe

Coaches: Beyens Sam

PB => Personal Best time

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

Event number: 29: 100M BACKSTROKE WOMEN 11-12			Heat:1, starttime: 14:00
Heat: 1/12 Lane : 5 Athlete: HOEYBERGHS RYLEY			Q-time: 01:49:13
PB (50m pool): 01:52.66 Lago Kortrijk Weide 03/05/2026			PB (25m pool): 01:49.13 SB: 01:52.66 Lago Kortrijk Weide 03/05/2026
	5 0 M	1 0 0 M	
PB	00:53.58	01:52.66	
	00:53.58	00:59.08	
			

Coach feedback:

Event number: 30: 50M BREASTSTROKE WOMEN 13-14			Heat:2, starttime: 14:33
Heat: 2/8 Lane : 2 Athlete: HUYSMANS ILIANA			Q-time: 00:48:63
PB (50m pool): 00:48.63 Lago Kortrijk Weide 03/05/2026			PB (25m pool): no time SB: 00:48.63 Lago Kortrijk Weide 03/05/2026
	5 0 M		
PB	00:48.63		
	00:48.63		
			

Coach feedback:

Event number: 30: 50M BREASTSTROKE WOMEN 13-14			Heat:6, starttime: 14:38
Heat: 6/8 Lane : 1 Athlete: DIRIX LILY			Q-time: 00:43:72
PB (50m pool): 00:46.61 SportinGenk Park 06/04/2026			PB (25m pool): 00:43.72 SB: 00:46.61 SportinGenk Park 06/04/2026
	5 0 M		
PB	00:46.61		
	00:46.61		
			

Coach feedback:

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Event number: 30: 50M BREASTSTROKE WOMEN 13-14				Heat:8, starttime: 14:40	
Heat: 8/8 Lane : 3 Athlete: CEULEMANS LENA				Q-time: 00:40:94	
PB (50m pool): 00:42.73 SportinGenk Park 06/04/2026				PB (25m pool): 00:40.94 SB: 00:42.73 SportinGenk Park 06/04/2026	
	5 0 M				
PB	00:42.73				
	00:42.73				
					

Coach feedback:

Event number: 31: 200M FREESTYLE MEN 13-14					Heat:1, starttime: 14:42	
Heat: 1/11 Lane : 3 Athlete: VAN DEN BROEK LAURENS					Q-time: 03:49:44	
PB (50m pool): 03:49.44 Lago Kortrijk Weide 03/05/2026					PB (25m pool): no time SB: 03:49.44 Lago Kortrijk Weide 03/05/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:52.10	01:53.39	02:56.33	03:49.44		
	00:52.10	01:01.29	01:02.94	00:53.11		
						

Coach feedback:

Event number: 31: 200M FREESTYLE MEN 13-14					Heat:9, starttime: 15:10	
Heat: 9/11 Lane : 5 Athlete: VAN HOVE VICTOR					Q-time: 02:29:41	
PB (50m pool): 02:31.73 Wezenberg 01/02/2026					PB (25m pool): 02:29.41 SB: 02:31.73 Wezenberg 01/02/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:34.83	01:13.63	01:53.34	02:31.73		
	00:34.83	00:38.80	00:39.71	00:38.39		
						

Coach feedback:

Event number: 32: 50M FREESTYLE WOMEN 15+					Heat:4, starttime: 15:23	
Heat: 4/14 Lane : 7 Athlete: MEEKERS RANIA					Q-time: 00:32:95	
PB (50m pool): 00:32.95 Mol 22/06/2025					PB (25m pool): 00:41.48 SB: 00:33.03 Mol 28/06/2026	
	5 0 M					
PB	00:32.95					
	00:32.95					
						

Coach feedback:

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Event number: 32: 50M FREESTYLE WOMEN 15+				Heat:8, starttime: 15:27	
Heat: 8/14 Lane : 7 Athlete: HACHED LINA				Q-time: 00:31:49	
PB (50m pool): 00:32.07 Antwerpen 13/07/2025				PB (25m pool): 00:31.49 SB: 00:32.41 Lago Kortrijk Weide 03/05/2026	
	5 0 M				
PB	00:32.07				
	00:32.07				
					

Coach feedback:

Event number: 32: 50M FREESTYLE WOMEN 15+				Heat:13, starttime: 15:32	
Heat: 13/14 Lane : 6 Athlete: BAYGUNES DEFNE				Q-time: 00:29:89	
PB (50m pool): 00:30.58 Lago Kortrijk Weide 03/05/2026				PB (25m pool): 00:29.89 SB: 00:30.58 Lago Kortrijk Weide 03/05/2026	
	5 0 M				
PB	00:30.58				
	00:30.58				
					

Coach feedback:

Event number: 34: 100M BREASTSTROKE WOMEN 11-12				Heat:2, starttime: 15:59	
Heat: 2/12 Lane : 5 Athlete: HOEYBERGHS RILEY				Q-time: 02:00:17	
PB (50m pool): 02:07.76 Mol 28/06/2026				PB (25m pool): 02:00.17 SB: 02:07.76 Mol 28/06/2026	
	5 0 M	1 0 0 M			
PB	00:59.66	02:07.76			
	00:59.66	01:08.10			
					

Coach feedback:

Event number: 35: 200M FREESTYLE MEN 15+				Heat:3, starttime: 16:32	
Heat: 3/13 Lane : 5 Athlete: NIJS LENNERT				Q-time: 02:34:43	
PB (50m pool): 02:34.61 Lago Kortrijk Weide 03/05/2026				PB (25m pool): 02:34.43 SB: 02:34.61 Lago Kortrijk Weide 03/05/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:35.02	01:14.71	01:55.34	02:34.61	
	00:35.02	00:39.69	00:40.63	00:39.27	
					

Coach feedback:

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Event number: 36: 100M BACKSTROKE WOMEN 13-14			Heat:1, starttime: 17:04
Heat: 1/11 Lane : 3 Athlete: HUYSMANS ILIANA			Q-time: 01:45:14
PB (50m pool): 01:45.14 Lago Kortrijk Weide 03/05/2026			PB (25m pool): 01:50.45 SB: 01:45.14 Lago Kortrijk Weide 03/05/2026
	5 0 M	1 0 0 M	
PB	00:51.39	01:45.14	
	00:51.39	00:53.75	
			

Coach feedback:

Event number: 36: 100M BACKSTROKE WOMEN 13-14			Heat:10, starttime: 17:27
Heat: 10/11 Lane : 3 Athlete: DIRIX LILY			Q-time: 01:21:19
PB (50m pool): 01:25.77 Lago Kortrijk Weide 03/05/2026			PB (25m pool): 01:21.19 SB: 01:25.77 Lago Kortrijk Weide 03/05/2026
	5 0 M	1 0 0 M	
PB	00:42.30	01:25.77	
	00:42.30	00:43.47	
			

Coach feedback:

Event number: 37: 50M FREESTYLE MEN 13-14			Heat:1, starttime: 17:32
Heat: 1/11 Lane : 6 Athlete: VAN DEN BROEK LAURENS			Q-time: 00:44:02
PB (50m pool): 00:44.02 SportinGenk Park 06/04/2026			PB (25m pool): no time SB: 00:44.02 SportinGenk Park 06/04/2026
	5 0 M		
PB	00:44.02		
	00:44.02		
			

Coach feedback:

Event number: 37: 50M FREESTYLE MEN 13-14			Heat:7, starttime: 17:38
Heat: 7/11 Lane : 3 Athlete: JACOBS JOB			Q-time: 00:31:75
PB (50m pool): 00:31.00 Mol 28/06/2026			PB (25m pool): 00:31.75 SB: 00:31.00 Mol 28/06/2026
	5 0 M		
PB	00:31.00		
	00:31.00		
			

Coach feedback:

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Event number: 37: 50M FREESTYLE MEN 13-14			Heat:8, starttime: 17:39
Heat: 8/11 Lane : 1 Athlete: DE MESSEMAEKER ZYDRICH			Q-time: 00:31:41
PB (50m pool): 00:30.68 Mol 28/06/2026			PB (25m pool): 00:31.94 SB: 00:30.68 Mol 28/06/2026
	5 0 M		
PB	00:30.68		
	00:30.68		
			

Coach feedback:

Event number: 37: 50M FREESTYLE MEN 13-14			Heat:9, starttime: 17:40
Heat: 9/11 Lane : 6 Athlete: VAN HOVE VICTOR			Q-time: 00:30:68
PB (50m pool): 00:29.60 Mol 28/06/2026			PB (25m pool): 00:30.68 SB: 00:29.60 Mol 28/06/2026
	5 0 M		
PB	00:29.60		
	00:29.60		
			

Coach feedback:

Event number: 38: 100M BUTTERFLY WOMEN 15+			Heat:7, starttime: 17:56
Heat: 7/7 Lane : 6 Athlete: BAYGUNES DEFNE			Q-time: 01:12:97
PB (50m pool): 01:12.97 Antwerp 02/02/2025			PB (25m pool): 01:13.90 SB: 01:17.89 Lago Kortrijk Weide 03/05/2026
	5 0 M	1 0 0 M	
PB	00:34.15	01:12.97	
	00:34.15	00:38.82	
			

Coach feedback: