

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

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

Coaches: Rommers Dien

Coaches: Van Looveren An HEADCOACH

Coaches: Emmers Kelly

Coaches: Dekoninck Nicole

Coaches: Tisson Fabienne

PB => Personal Best time

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

Event number: 31: 200M FREESTYLE MEN 13-14					Heat:5, starttime: 14:57
Heat: 5/11 Lane : 1 Athlete: VAN DE POLDER KOBE					Q-time: 02:46:54
PB (50m pool): 02:46.54 Genk 01/02/2026					PB (25m pool): 02:52.78 SB: 02:46.54 Genk 01/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:38.83	01:21.40	02:05.00	02:46.54	
	00:38.83	00:42.57	00:43.60	00:41.54	
					

Coach feedback:

Event number: 32: 50M FREESTYLE WOMEN 15+					Heat:8, starttime: 15:27
Heat: 8/14 Lane : 1 Athlete: VLASSAKS LENA					Q-time: 00:31:52
PB (50m pool): 00:31.52 Antwerpen 20/04/2025					PB (25m pool): 00:31.74 SB: 00:32.80 Mol 28/06/2026
	5 0 M				
PB	00:31.52				
	00:31.52				
					

Coach feedback:

Event number: 32: 50M FREESTYLE WOMEN 15+					Heat:12, starttime: 15:31
Heat: 12/14 Lane : 7 Athlete: MAES HELENE					Q-time: 00:30:19
PB (50m pool): 00:30.19 Antwerpen 13/07/2025					PB (25m pool): 00:29.93 SB: 00:30.42 Eindhoven 10/05/2026
	5 0 M				
PB	00:30.19				
	00:30.19				
					

Coach feedback:

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Event number: 33: 100M FREESTYLE MEN 11-12			Heat:1, starttime: 15:35
Heat: 1/11 Lane : 5 Athlete: HAVERBEKE TUUR			Q-time: 01:36:87
PB (50m pool): 01:36.87 SportinGenk Park 06/04/2026			PB (25m pool): no time SB: 01:36.87 SportinGenk Park 06/04/2026
	5 0 M	1 0 0 M	
PB	00:46.91	01:36.87	
	00:46.91	00:49.96	
			

Coach feedback:

Event number: 33: 100M FREESTYLE MEN 11-12			Heat:2, starttime: 15:37
Heat: 2/11 Lane : 7 Athlete: VAN DINGENEN KOBE			Q-time: 01:35:58
PB (50m pool): 01:35.58 Seraing 25/01/2026			PB (25m pool): 01:34.06 SB: 01:35.58 Seraing 25/01/2026
	5 0 M	1 0 0 M	
PB	00:44.77	01:35.58	
	00:44.77	00:50.81	
			

Coach feedback:

Event number: 33: 100M FREESTYLE MEN 11-12			Heat:7, starttime: 15:47
Heat: 7/11 Lane : 6 Athlete: MEYLAERS SEPPE			Q-time: 01:20:24
PB (50m pool): 01:19.08 Mol 28/06/2026			PB (25m pool): 01:19.34 SB: 01:19.08 Mol 28/06/2026
	5 0 M	1 0 0 M	
PB	00:38.38	01:19.08	
	00:38.38	00:40.70	
			

Coach feedback:

Event number: 33: 100M FREESTYLE MEN 11-12			Heat:9, starttime: 15:51
Heat: 9/11 Lane : 4 Athlete: VOSSEN NOAH			Q-time: 01:16:02
PB (50m pool): 01:12.93 Mol 28/06/2026			PB (25m pool): 01:14.82 SB: 01:12.93 Mol 28/06/2026
	5 0 M	1 0 0 M	
PB	00:34.98	01:12.93	
	00:34.98	00:37.95	
			

Coach feedback:

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Event number: 35: 200M FREESTYLE MEN 15+					Heat:9, starttime: 16:50
Heat: 9/13 Lane : 3 Athlete: DANILOV MICHAËL					Q-time: 02:17:00
PB (50m pool): 02:17.00 Antwerpen 19/04/2026					PB (25m pool): 02:15.31 SB: 02:17.00 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:31.11	01:06.18	01:41.86	02:17.00	
	00:31.11	00:35.07	00:35.68	00:35.14	
					

Coach feedback:

Event number: 37: 50M FREESTYLE MEN 13-14					Heat:3, starttime: 17:34
Heat: 3/11 Lane : 3 Athlete: VAN DE POLDER KOBE					Q-time: 00:35:57
PB (50m pool): 00:35.57 Genk 01/02/2026					PB (25m pool): 00:36.17 SB: 00:35.57 Genk 01/02/2026
	5 0 M				
PB	00:35.57				
	00:35.57				
					

Coach feedback: