

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

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

Coaches: Vekeman Christophe

Coaches: Januarius Bart

Coaches: Silvestre Coralie HEADCOACH

Coaches: Leemans Mats

PB => Personal Best time

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

Event number: 31: 200M FREESTYLE MEN 13-14					Heat:1, starttime: 14:42
Heat: 1/11 Lane : 4 Athlete: PEETERS TIBO					Q-time: 03:34:24
PB (50m pool): no time			PB (25m pool): 03:34.24 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: 31: 200M FREESTYLE MEN 13-14					Heat:4, starttime: 14:54
Heat: 4/11 Lane : 4 Athlete: DOBBELEIRE NIELS					Q-time: 02:48:34
PB (50m pool): 02:48.34 Lago Gent Rozebroeken 03/05/2026			PB (25m pool): 02:53.16 SB: 02:48.34 Lago Gent Rozebroeken 03/05/2026		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:38.60	01:21.75	02:06.78	02:48.34	
	00:38.60	00:43.15	00:45.03	00:41.56	
					

Coach feedback:

Event number: 31: 200M FREESTYLE MEN 13-14					Heat:10, starttime: 15:13
Heat: 10/11 Lane : 4 Athlete: BAS GASTON					Q-time: 02:26:88
PB (50m pool): 02:33.34 Antwerpen 19/04/2026			PB (25m pool): 02:26.88 SB: 02:33.34 Antwerpen 19/04/2026		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.24	01:12.61	01:53.34	02:33.34	
	00:34.24	00:38.37	00:40.73	00:40.00	
					

Coach feedback:

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Event number: 32: 50M FREESTYLE WOMEN 15+			Heat:13, starttime: 15:32
Heat: 13/14 Lane : 3 Athlete: GHISLAIN JULIETTE			Q-time: 00:29:83
PB (50m pool): 00:30.78 Antwerp 02/02/2025			PB (25m pool): 00:29.83 SB: 00:31.48 Gent 08/02/2026
	5 0 M		
PB	00:30.78		
	00:30.78		
			

Coach feedback:

Event number: 32: 50M FREESTYLE WOMEN 15+			Heat:13, starttime: 15:32
Heat: 13/14 Lane : 8 Athlete: HEYE MIRTHE			Q-time: 00:29:99
PB (50m pool): 00:30.69 Molenbeek 01/02/2026			PB (25m pool): 00:29.99 SB: 00:30.69 Molenbeek 01/02/2026
	5 0 M		
PB	00:30.69		
	00:30.69		
			

Coach feedback:

Event number: 33: 100M FREESTYLE MEN 11-12			Heat:2, starttime: 15:37
Heat: 2/11 Lane : 4 Athlete: DHONDT MICHIEL			Q-time: 01:30:81
PB (50m pool): 01:30.81 Antwerpen 15/03/2026			PB (25m pool): 01:32.93 SB: 01:30.81 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:42.95	01:30.81	
	00:42.95	00:47.86	
			

Coach feedback:

Event number: 33: 100M FREESTYLE MEN 11-12			Heat:6, starttime: 15:45
Heat: 6/11 Lane : 1 Athlete: JANUARIUS JULES			Q-time: 01:23:57
PB (50m pool): 01:23.57 Gent 08/02/2026			PB (25m pool): 01:24.26 SB: 01:23.57 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:39.25	01:23.57	
	00:39.25	00:44.32	
			

Coach feedback:

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Event number: 33: 100M FREESTYLE MEN 11-12				Heat:11, starttime: 15:54	
Heat: 11/11 Lane : 7 Athlete: HAAN ALEXANDER				Q-time: 01:12:36	
PB (50m pool): 01:12.36 Lago Gent Rozebroeken 03/05/2026 PB (25m pool): 01:14.06 SB: 01:12.36 Lago Gent Rozebroeken 03/05/2026					
	5 0 M	1 0 0 M			
PB	00:34.04	01:12.36			
	00:34.04	00:38.32			
					

Coach feedback:

Event number: 35: 200M FREESTYLE MEN 15+					Heat:4, starttime: 16:35	
Heat: 4/13 Lane : 6 Athlete: PEETERS KOBE					Q-time: 02:30:52	
PB (50m pool): 02:32.75 Lago Gent Rozebroeken 03/05/2026 PB (25m pool): 02:30.52 SB: 02:32.75 Lago Gent Rozebroeken 03/05/2026						
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:33.11	01:11.69	01:53.11	02:32.75		
	00:33.11	00:38.58	00:41.42	00:39.64		
						

Coach feedback:

Event number: 35: 200M FREESTYLE MEN 15+					Heat:5, starttime: 16:38								
Heat: 5/13 Lane : 2 Athlete: VEKEMAN KWINTÉ					Q-time: 02:26:19								
PB (50m pool): 02:26.19 Molenbeek 01/02/2026							PB (25m pool): 02:24.29 SB: 02:26.19 Molenbeek 01/02/2026						
	5 0 M		1 0 0 M		1 5 0 M		2 0 0 M						
PB	no time		01:11.30		no time		02:26.19						
	no time												
													

Coach feedback:

Event number: 37: 50M FREESTYLE MEN 13-14							Heat:10, starttime: 17:41		
Heat: 10/11 Lane : 7 Athlete: BAS GASTON							Q-time: 00:29:99		
PB (50m pool): 00:29.99 Antwerpen 15/03/2026							PB (25m pool): 00:30.42 SB: 00:29.99 Antwerpen 15/03/2026		
	5 0 M								
PB	00:29.99								
	00:29.99								
									

Coach feedback:

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Event number: 38: 100M BUTTERFLY WOMEN 15+			Heat:2, starttime: 17:46
Heat: 2/7 Lane : 6 Athlete: GHISLAIN EMILIE			Q-time: 01:29:20
PB (50m pool): 01:29.20 Molenbeek 01/02/2026			PB (25m pool): 01:34.15 SB: 01:29.20 Molenbeek 01/02/2026
	5 0 M	1 0 0 M	
PB	no time	01:29.20	
	no time		
			

Coach feedback:

Event number: 38: 100M BUTTERFLY WOMEN 15+			Heat:4, starttime: 17:50
Heat: 4/7 Lane : 4 Athlete: HEYE MIRTHE			Q-time: 01:20:54
PB (50m pool): 01:23.63 Gent 08/02/2026			PB (25m pool): 01:20.54 SB: 01:23.63 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:36.97	01:23.63	
	00:36.97	00:46.66	
			

Coach feedback:

Event number: 38: 100M BUTTERFLY WOMEN 15+			Heat:4, starttime: 17:50
Heat: 4/7 Lane : 6 Athlete: GHISLAIN JULIETTE			Q-time: 01:21:25
PB (50m pool): 01:25.54 Molenbeek 01/02/2026			PB (25m pool): 01:21.25 SB: 01:25.54 Molenbeek 01/02/2026
	5 0 M	1 0 0 M	
PB	no time	01:25.54	
	no time		
			

Coach feedback:

Event number: 38: 100M BUTTERFLY WOMEN 15+			Heat:7, starttime: 17:56
Heat: 7/7 Lane : 2 Athlete: LOUCKX CÉLIE			Q-time: 01:13:35
PB (50m pool): 01:15.18 Woluwe-Saint-Pierre 29/03/2025			PB (25m pool): 01:13.35 SB: 01:16.29 Aalst 26/04/2026
	5 0 M	1 0 0 M	
PB	no time	01:15.18	
	no time		
			

Coach feedback: