

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

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

Coaches: Nieuwenhuis Sven HEADCOACH

Coaches: Dillen Toon

Coaches: Vereecken Sven

PB => Personal Best time

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

Event number: 29: 100M BACKSTROKE WOMEN 11-12			Heat:2, starttime: 14:03
Heat: 2/12 Lane : 1 Athlete: BOECKX LISA			Q-time: 01:47:74
PB (50m pool): 01:47.74 Lago Gent Rozebroeken 03/05/2026 PB (25m pool): 01:49.39 SB: 01:47.74 Lago Gent Rozebroeken 03/05/2026			
	5 0 M	1 0 0 M	
PB	00:54.46	01:47.74	
	00:54.46	00:53.28	
			

Coach feedback:

Event number: 29: 100M BACKSTROKE WOMEN 11-12			Heat:4, starttime: 14:09
Heat: 4/12 Lane : 1 Athlete: VAN DE WEYER FOUKE			Q-time: 01:40:30
PB (50m pool): 01:47.01 Wezenberg 01/02/2026 PB (25m pool): 01:40.30 SB: 01:47.01 Wezenberg 01/02/2026			
	5 0 M	1 0 0 M	
PB	00:53.39	01:47.01	
	00:53.39	00:53.62	
			

Coach feedback:

Event number: 29: 100M BACKSTROKE WOMEN 11-12			Heat:5, starttime: 14:11
Heat: 5/12 Lane : 2 Athlete: VEREECKEN WANTER FELINE			Q-time: 01:38:16
PB (50m pool): 01:38.67 Lago Gent Rozebroeken 03/05/2026 PB (25m pool): 01:38.16 SB: 01:38.67 Lago Gent Rozebroeken 03/05/2026			
	5 0 M	1 0 0 M	
PB	00:49.42	01:38.67	
	00:49.42	00:49.25	
			

Coach feedback:

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Event number: 29: 100M BACKSTROKE WOMEN 11-12			Heat:5, starttime: 14:11
Heat: 5/12 Lane : 3 Athlete: SCHEPERS LENTHE			Q-time: 01:37:62
PB (50m pool): 01:37.62 Lago Gent Rozebroeken 03/05/2026 PB (25m pool): 01:52.25 SB: 01:37.62 Lago Gent Rozebroeken 03/05/2026			
	5 0 M	1 0 0 M	
PB	00:49.27	01:37.62	
	00:49.27	00:48.35	
			

Coach feedback:

Event number: 30: 50M BREASTSTROKE WOMEN 13-14			Heat:3, starttime: 14:34
Heat: 3/8 Lane : 5 Athlete: GOOSSENS MARTHE			Q-time: 00:45:98
PB (50m pool): 00:45.85 Mol 28/06/2026 PB (25m pool): 00:45.98 SB: 00:45.85 Mol 28/06/2026			
	5 0 M		
PB	00:45.85		
	00:45.85		
			

Coach feedback:

Event number: 30: 50M BREASTSTROKE WOMEN 13-14			Heat:3, starttime: 14:34
Heat: 3/8 Lane : 7 Athlete: NIEUWENHUIS ZOë			Q-time: 00:47:09
PB (50m pool): 00:46.30 Mol 28/06/2026 PB (25m pool): 00:47.15 SB: 00:46.30 Mol 28/06/2026			
	5 0 M		
PB	00:46.30		
	00:46.30		
			

Coach feedback:

Event number: 30: 50M BREASTSTROKE WOMEN 13-14			Heat:4, starttime: 14:36
Heat: 4/8 Lane : 4 Athlete: DJONOU IMBA ITZANA			Q-time: 00:44:78
PB (50m pool): 00:45.26 Wezenberg 04/01/2026 PB (25m pool): 00:44.78 SB: 00:45.26 Wezenberg 04/01/2026			
	5 0 M		
PB	00:45.26		
	00:45.26		
			

Coach feedback:

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Event number: 30: 50M BREASTSTROKE WOMEN 13-14							Heat:5, starttime: 14:37		
Heat: 5/8 Lane : 2 Athlete: HUFKENS ELINA							Q-time: 00:44:57		
PB (50m pool): 00:44.62 Antwerpen 15/03/2026				PB (25m pool): 00:44.57 SB: 00:44.62 Antwerpen 15/03/2026					
	5 0 M								
PB	00:44.62								
	00:44.62								
									

Coach feedback:

Event number: 30: 50M BREASTSTROKE WOMEN 13-14					Heat:5, starttime: 14:37				
Heat: 5/8 Lane : 6 Athlete: VAN ASTEN RENÉE					Q-time: 00:44:45				
PB (50m pool): 00:44.45 Antwerpen 15/03/2026					PB (25m pool): 00:46.46SB: 00:44.45 Antwerpen 15/03/2026				
	5 0 M								
PB	00:44.45								
	00:44.45								
									

Coach feedback:

Event number: 30: 50M BREASTSTROKE WOMEN 13-14							Heat:8, starttime: 14:40		
Heat: 8/8 Lane : 8 Athlete: MOERKENS FIEN							Q-time: 00:42:04		
PB (50m pool): 00:42.04 Antwerpen 19/04/2026							PB (25m pool): 00:42.11 SB: 00:42.04 Antwerpen 19/04/2026		
	5 0 M								
PB	00:42.04								
	00:42.04								
									

Coach feedback:

Event number: 31: 200M FREESTYLE MEN 13-14					Heat:2, starttime: 14:47
Heat: 2/11 Lane : 8 Athlete: GOOSSENS FERRE					Q-time: 03:31:07
PB (50m pool): no time			PB (25m pool): 03:31.07 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:

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Event number: 31: 200M FREESTYLE MEN 13-14					Heat:10, starttime: 15:13
Heat: 10/11 Lane : 2 Athlete: AGTEN VALERIO ÁLVARO				Q-time: 02:28:42	
PB (50m pool): 02:31.40 Lago Gent Rozebroeken 03/05/2026 PB (25m pool): 02:28.42 SB: 02:31.40 Lago Gent Rozebroeken 03/05/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.66	01:14.03	01:54.61	02:31.40	
	00:33.66	00:40.37	00:40.58	00:36.79	
					

Coach feedback:

Event number: 32: 50M FREESTYLE WOMEN 15+										Heat:8, starttime: 15:27																													
Heat: 8/14																				Lane : 5					Athlete: LEYSEN IMKE										Q-time: 00:31:37				
PB (50m pool): 00:31.82										Wezenberg					01/02/2026					PB (25m pool): 00:31.37 SB: 00:31.82										Wezenberg					01/02/2026				
		5 0 M																																					
PB		00:31.82																																					
		00:31.82																																					
																																							

Coach feedback:

Event number: 32: 50M FREESTYLE WOMEN 15+										Heat:9, starttime: 15:28																													
Heat: 9/14 Lane : 6 Athlete: COOLS YELENA																				Q-time: 00:30:97																			
PB (50m pool): 00:31.53 Wezenberg 01/02/2026																				PB (25m pool): 00:30.97 SB: 00:31.53 Wezenberg 01/02/2026																			
	5 0 M																																						
PB	00:31.53																																						
	00:31.53																																						
																																							

Coach feedback:

Event number: 32: 50M FREESTYLE WOMEN 15+										Heat:13, starttime: 15:32																													
Heat: 13/14																				Lane : 7					Athlete: CORNELIS KAAAT										Q-time: 00:29:95				
PB (50m pool): 00:29.95										Antwerpen 15/03/2026										PB (25m pool): 00:30.94										SB: 00:29.95					Antwerpen 15/03/2026				
	5 0 M																																						
PB	00:29.95																																						
	00:29.95																																						
																																							

Coach feedback:

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Event number: 32: 50M FREESTYLE WOMEN 15+					Heat:14, starttime: 15:33				
Heat: 14/14 Lane : 2 Athlete: WANTER ANN					Q-time: 00:29:34				
PB (50m pool): 00:30.31 Antwerpen 15/03/2026					PB (25m pool): 00:29.34 SB: 00:30.31 Antwerpen 15/03/2026				
	5 0 M								
PB	00:30.31								
	00:30.31								
									

Coach feedback:

Event number: 33: 100M FREESTYLE MEN 11-12				Heat:1, starttime: 15:35	
Heat: 1/11 Lane : 2 Athlete: NIEUWENHUIS ISAAC				Q-time: 01:43:67	
PB (50m pool): 01:43.67 Lago Gent Rozebroeken 03/05/2026 PB (25m pool): 01:44.10 SB: 01:43.67 Lago Gent Rozebroeken 03/05/2026					
	5 0 M	1 0 0 M			
PB	00:49.36	01:43.67			
	00:49.36	00:54.31			
					

Coach feedback:

Event number: 33: 100M FREESTYLE MEN 11-12				Heat:3, starttime: 15:39	
Heat: 3/11 Lane : 4 Athlete: VAN MEER RUNE				Q-time: 01:27:50	
PB (50m pool): 01:27.66 Lago Gent Rozebroeken 03/05/2026 PB (25m pool): 01:27.50SB: 01:27.66 Lago Gent Rozebroeken 03/05/2026					
	5 0 M	1 0 0 M			
PB	00:41.59	01:27.66			
	00:41.59	00:46.07			
					

Coach feedback:

Event number: 33: 100M FREESTYLE MEN 11-12							Heat:4, starttime: 15:41		
Heat: 4/11 Lane : 4 Athlete: CORREIA DE OLIVEIRA TIAGO							Q-time: 01:25:53		
PB (50m pool): 01:25.53 Antwerpen 15/03/2026				PB (25m pool): 01:27.33SB: 01:25.53 Antwerpen 15/03/2026					
	5 0 M		1 0 0 M						
PB	00:39.91		01:25.53						
	00:39.91		00:45.62						
									

Coach feedback:

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Event number: 33: 100M FREESTYLE MEN 11-12			Heat:6, starttime: 15:45
Heat: 6/11 Lane : 7 Athlete: DE FEYTER LUCAS			Q-time: 01:22:89
PB (50m pool): 01:24.40 Mol 28/06/2026			PB (25m pool): 01:22.89 SB: 01:24.40 Mol 28/06/2026
	5 0 M	1 0 0 M	
PB	00:40.45	01:24.40	
	00:40.45	00:43.95	
			

Coach feedback:

Event number: 34: 100M BREASTSTROKE WOMEN 11-12			Heat:2, starttime: 15:59
Heat: 2/12 Lane : 7 Athlete: VAN DE WEYER FOUKE			Q-time: 02:02:68
PB (50m pool): 02:02.68 Wezenberg 01/02/2026			PB (25m pool): 02:05.58 SB: 02:02.68 Wezenberg 01/02/2026
	5 0 M	1 0 0 M	
PB	00:58.58	02:02.68	
	00:58.58	01:04.10	
			

Coach feedback:

Event number: 34: 100M BREASTSTROKE WOMEN 11-12			Heat:2, starttime: 15:59
Heat: 2/12 Lane : 8 Athlete: VEREECKEN WANTER FELINE			Q-time: 02:03:76
PB (50m pool): 02:03.76 Antwerpen 15/03/2026			PB (25m pool): 02:09.52 SB: 02:03.76 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:56.56	02:03.76	
	00:56.56	01:07.20	
			

Coach feedback:

Event number: 34: 100M BREASTSTROKE WOMEN 11-12			Heat:5, starttime: 16:07
Heat: 5/12 Lane : 1 Athlete: SCHEPERS LENTHE			Q-time: 01:54:21
PB (50m pool): 01:54.21 Lago Gent Rozebroeken 03/05/2026			PB (25m pool): 01:57.67 SB: 01:54.21 Lago Gent Rozebroeken 03/05/2026
	5 0 M	1 0 0 M	
PB	00:55.39	01:54.21	
	00:55.39	00:58.82	
			

Coach feedback:

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Event number: 34: 100M BREASTSTROKE WOMEN 11-12			Heat:6, starttime: 16:09
Heat: 6/12 Lane : 6 Athlete: BOECKX LISA			Q-time: 01:50:50
PB (50m pool): 01:51.72 Lago Gent Rozebroeken 03/05/2026 PB (25m pool): 01:50.50 SB: 01:51.72 Lago Gent Rozebroeken 03/05/2026			
	5 0 M	1 0 0 M	
PB	00:55.08	01:51.72	
	00:55.08	00:56.64	
			

Coach feedback:

Event number: 36: 100M BACKSTROKE WOMEN 13-14			Heat:2, starttime: 17:07
Heat: 2/11 Lane : 6 Athlete: SEGERS EMMA			Q-time: 01:37:75
PB (50m pool): 01:37.75 Lago Gent Rozebroeken 03/05/2026 PB (25m pool): 01:38.51 SB: 01:37.75 Lago Gent Rozebroeken 03/05/2026			
	5 0 M	1 0 0 M	
PB	00:48.84	01:37.75	
	00:48.84	00:48.91	
			

Coach feedback:

Event number: 36: 100M BACKSTROKE WOMEN 13-14			Heat:3, starttime: 17:09
Heat: 3/11 Lane : 5 Athlete: NIEUWENHUIS ZOë			Q-time: 01:33:56
PB (50m pool): 01:36.24 Lago Gent Rozebroeken 03/05/2026 PB (25m pool): 01:33.56 SB: 01:36.24 Lago Gent Rozebroeken 03/05/2026			
	5 0 M	1 0 0 M	
PB	00:46.69	01:36.24	
	00:46.69	00:49.55	
			

Coach feedback:

Event number: 36: 100M BACKSTROKE WOMEN 13-14			Heat:9, starttime: 17:24
Heat: 9/11 Lane : 6 Athlete: GOOSSENS MARTHE			Q-time: 01:23:65
PB (50m pool): 01:28.78 Mol 28/06/2026 PB (25m pool): 01:23.65 SB: 01:28.78 Mol 28/06/2026			
	5 0 M	1 0 0 M	
PB	00:44.17	01:28.78	
	00:44.17	00:44.61	
			

Coach feedback:

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

Event number: 37: 50M FREESTYLE MEN 13-14			Heat:2, starttime: 17:33
Heat: 2/11 Lane : 8 Athlete: GOOSSENS FERRE			Q-time: 00:40:71
PB (50m pool): 00:40.01 Mol 28/06/2026			PB (25m pool): no time SB: 00:40.01 Mol 28/06/2026
	5 0 M		
PB	00:40.01		
	00:40.01		
			

Coach feedback:

Event number: 37: 50M FREESTYLE MEN 13-14			Heat:11, starttime: 17:42
Heat: 11/11 Lane : 2 Athlete: AGTEN VALERIO ÁLVARO			Q-time: 00:29:51
PB (50m pool): 00:30.22 Antwerpen 15/03/2026			PB (25m pool): 00:29.51 SB: 00:30.22 Antwerpen 15/03/2026
	5 0 M		
PB	00:30.22		
	00:30.22		
			

Coach feedback:

Event number: 38: 100M BUTTERFLY WOMEN 15+			Heat:7, starttime: 17:56
Heat: 7/7 Lane : 4 Athlete: WANTER ANN			Q-time: 01:10:47
PB (50m pool): 01:11.32 Aalst 22/12/2018			PB (25m pool): 01:09.91 SB: 01:12.26 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	no time	01:11.32	
	no time		
			

Coach feedback: