

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

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

Coaches: Bogaert Ciaran

Coaches: Van Pelt Marie

Coaches: Kindt Joachim HEADCOACH

PB => Personal Best time

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

Event number: 29: 100M BACKSTROKE WOMEN 11-12			Heat:3, starttime: 14:06
Heat: 3/12 Lane : 5 Athlete: DE ZWAEF EMMA			Q-time: 01:41:40
PB (50m pool): 01:43.60 Antwerpen 15/03/2026			PB (25m pool): 01:41.40 SB: 01:43.60 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:49.58	01:43.60	
	00:49.58	00:54.02	
			

Coach feedback:

Event number: 29: 100M BACKSTROKE WOMEN 11-12			Heat:11, starttime: 14:27
Heat: 11/12 Lane : 5 Athlete: VAN LAETHEM MILA			Q-time: 01:27:85
PB (50m pool): 01:32.82 Antwerpen 15/03/2026			PB (25m pool): 01:27.85 SB: 01:32.82 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:44.46	01:32.82	
	00:44.46	00:48.36	
			

Coach feedback:

Event number: 30: 50M BREASTSTROKE WOMEN 13-14			Heat:2, starttime: 14:33
Heat: 2/8 Lane : 3 Athlete: DENEFF ELLA			Q-time: 00:48:34
PB (50m pool): 00:54.29 Aalst 28/04/2024			PB (25m pool): 00:50.17 SB: no time
	5 0 M		
PB	00:54.29		
	00:54.29		
			

Coach feedback:

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

Event number: 30: 50M BREASTSTROKE WOMEN 13-14										Heat:2, starttime: 14:33																			
Heat: 2/8 Lane : 6 Athlete: VELLEMANNS LORE																				Q-time: 00:48:52									
PB (50m pool): 00:48.52 Antwerpen 15/03/2026										PB (25m pool): 00:50.01 SB: 00:48.52 Antwerpen 15/03/2026																			
		5 0 M																											
PB		00:48.52																											
		00:48.52																											
																													

Coach feedback:

Event number: 30: 50M BREASTSTROKE WOMEN 13-14							Heat:2, starttime: 14:33		
Heat: 2/8 Lane : 8 Athlete: VAN AUDENHOVE LAURE							Q-time: 00:49:65		
PB (50m pool): 00:49.65 Aalst 11/05/2025							PB (25m pool): no time SB: 00:50.93 Aalst 26/04/2026		
	5 0 M								
PB	00:49.65								
	00:49.65								
									

Coach feedback:

Event number: 30: 50M BREASTSTROKE WOMEN 13-14										Heat:3, starttime: 14:34																			
Heat: 3/8 Lane : 1 Athlete: VANDORPE AMBER																				Q-time: 00:47:10									
PB (50m pool): 00:48.35 Aalst 26/04/2026										PB (25m pool): 00:47.27 SB: 00:48.35 Aalst 26/04/2026																			
		5 0 M																											
PB		00:48.35																											
		00:48.35																											
																													

Coach feedback:

Event number: 30: 50M BREASTSTROKE WOMEN 13-14							Heat:3, starttime: 14:34		
Heat: 3/8 Lane : 8 Athlete: DUYTSCHAEVER LOTTE							Q-time: 00:47:31		
PB (50m pool): 00:51.41 Aalst 28/06/2025							PB (25m pool): 00:47.31 SB: 00:53.32 Aalst 26/04/2026		
	5 0 M								
PB	00:51.41								
	00:51.41								
									

Coach feedback:

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

Event number: 30: 50M BREASTSTROKE WOMEN 13-14						Heat:8, starttime: 14:40	
Heat: 8/8 Lane : 5 Athlete: VAN NIEUWENHUYSE LOTTE						Q-time: 00:40:85	
PB (50m pool): 00:40.45 Aalst 27/06/2026						PB (25m pool): 00:40.93SB: 00:40.45 Aalst 27/06/2026	
	5 0 M						
PB	00:40.45						
	00:40.45						
							

Coach feedback:

Event number: 31: 200M FREESTYLE MEN 13-14					Heat:9, starttime: 15:10	
Heat: 9/11 Lane : 3 Athlete: BOMBEECK MATHIAS					Q-time: 02:29:60	
PB (50m pool): 02:29.60 Lochristi 01/02/2026					PB (25m pool): 02:42.60 SB: 02:29.60 Lochristi 01/02/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	no time	01:12.90	no time	02:29.60		
	no time					
						

Coach feedback:

Event number: 32: 50M FREESTYLE WOMEN 15+							Heat:8, starttime: 15:27		
Heat: 8/14 Lane : 8 Athlete: REYCHLER JINNE							Q-time: 00:31:57		
PB (50m pool): 00:31.90 LOCHRISTI 25/01/2026							PB (25m pool): 00:31.57 SB: 00:31.90 LOCHRISTI 25/01/2026		
	5 0 M								
PB	00:31.90								
	00:31.90								
									

Coach feedback:

Event number: 32: 50M FREESTYLE WOMEN 15+							Heat:9, starttime: 15:28	
Heat: 9/14 Lane : 7 Athlete: HOEBEECK TINNE							Q-time: 00:31:21	
PB (50m pool): 00:31.21 Antwerp 02/02/2025							PB (25m pool): 00:31.27 SB: 00:31.56 Aalst 26/04/2026	
	5 0 M							
PB	00:31.21							
	00:31.21							
								

Coach feedback:

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

Event number: 32: 50M FREESTYLE WOMEN 15+			Heat:11, starttime: 15:30
Heat: 11/14 Lane : 3 Athlete: VAN DORPE ADA			Q-time: 00:30:35
PB (50m pool): 00:30.41 Antwerpen 15/03/2026			PB (25m pool): 00:30.35 SB: 00:30.41 Antwerpen 15/03/2026
	5 0 M		
PB	00:30.41		
	00:30.41		
			

Coach feedback:

Event number: 32: 50M FREESTYLE WOMEN 15+			Heat:11, starttime: 15:30
Heat: 11/14 Lane : 5 Athlete: DE GROOTE LIESL			Q-time: 00:30:33
PB (50m pool): 00:30.46 LOCHRISTI 25/01/2026			PB (25m pool): 00:30.33 SB: 00:30.46 LOCHRISTI 25/01/2026
	5 0 M		
PB	00:30.46		
	00:30.46		
			

Coach feedback:

Event number: 34: 100M BREASTSTROKE WOMEN 11-12			Heat:4, starttime: 16:04
Heat: 4/12 Lane : 8 Athlete: VAN LAETHEM MILA			Q-time: 01:55:93
PB (50m pool): 01:55.93 Antwerpen 15/03/2026			PB (25m pool): 02:09.11 SB: 01:55.93 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:54.87	01:55.93	
	00:54.87	01:01.06	
			

Coach feedback:

Event number: 34: 100M BREASTSTROKE WOMEN 11-12			Heat:8, starttime: 16:14
Heat: 8/12 Lane : 1 Athlete: DE ZWAEF EMMA			Q-time: 01:48:32
PB (50m pool): 01:48.32 Antwerpen 15/03/2026			PB (25m pool): 01:54.58 SB: 01:48.32 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:51.40	01:48.32	
	00:51.40	00:56.92	
			

Coach feedback:

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

Event number: 35: 200M FREESTYLE MEN 15+					Heat:6, starttime: 16:41
Heat: 6/13 Lane : 4 Athlete: OSSELAER ELANO					Q-time: 02:23:66
PB (50m pool): 02:28.85 Aalst 20/12/2025					PB (25m pool): 02:23.66 SB: 02:28.85 Aalst 20/12/2025
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.12	01:13.34	01:52.39	02:28.85	
	00:34.12	00:39.22	00:39.05	00:36.46	
					

Coach feedback:

Event number: 35: 200M FREESTYLE MEN 15+					Heat:9, starttime: 16:50
Heat: 9/13 Lane : 7 Athlete: STASSIJNS NAND					Q-time: 02:18:45
PB (50m pool): 02:18.45 Sportoase De Watermolen 24/05/2026					PB (25m pool): 02:18.53 SB: 02:18.45 Sportoase De Watermolen 24/05/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:31.69	01:07.04	01:42.36	02:18.45	
	00:31.69	00:35.35	00:35.32	00:36.09	
					

Coach feedback:

Event number: 35: 200M FREESTYLE MEN 15+					Heat:11, starttime: 16:55
Heat: 11/13 Lane : 8 Athlete: VERHAEVERT NAN					Q-time: 02:13:59
PB (50m pool): 02:14.82 Aalst 26/04/2026					PB (25m pool): 02:13.59 SB: 02:14.82 Aalst 26/04/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:30.03	01:04.27	01:41.04	02:14.82	
	00:30.03	00:34.24	00:36.77	00:33.78	
					

Coach feedback:

Event number: 36: 100M BACKSTROKE WOMEN 13-14			Heat:2, starttime: 17:07		
Heat: 2/11 Lane : 5 Athlete: VELLEMAN'S LORE			Q-time: 01:36:47		
PB (50m pool): 01:36.47 Aalst 26/04/2026			PB (25m pool): 01:36.66 SB: 01:36.47 Aalst 26/04/2026		
	5 0 M	1 0 0 M			
PB	00:48.05	01:36.47			
	00:48.05	00:48.42			
					

Coach feedback:

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

Event number: 36: 100M BACKSTROKE WOMEN 13-14			Heat:3, starttime: 17:09
Heat: 3/11 Lane : 4 Athlete: VANDORPE AMBER			Q-time: 01:33:03
PB (50m pool): 01:34.80 Antwerpen 15/03/2026			PB (25m pool): 01:33.03 SB: 01:34.80 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:47.38	01:34.80	
	00:47.38	00:47.42	
			

Coach feedback:

Event number: 36: 100M BACKSTROKE WOMEN 13-14			Heat:3, starttime: 17:09
Heat: 3/11 Lane : 8 Athlete: VAN AUDENHOVE LAURE			Q-time: 01:35:50
PB (50m pool): 01:35.50 Aalst 26/04/2026			PB (25m pool): no time SB: 01:35.50 Aalst 26/04/2026
	5 0 M	1 0 0 M	
PB	00:45.41	01:35.50	
	00:45.41	00:50.09	
			

Coach feedback:

Event number: 36: 100M BACKSTROKE WOMEN 13-14			Heat:8, starttime: 17:22
Heat: 8/11 Lane : 1 Athlete: BADIDI CHAHD			Q-time: 01:24:99
PB (50m pool): 01:28.54 LOCHRISTI 25/01/2026			PB (25m pool): 01:24.99 SB: 01:28.54 LOCHRISTI 25/01/2026
	5 0 M	1 0 0 M	
PB	no time	01:28.54	
	no time		
			

Coach feedback:

Event number: 36: 100M BACKSTROKE WOMEN 13-14			Heat:8, starttime: 17:22
Heat: 8/11 Lane : 7 Athlete: JACOB EMMA			Q-time: 01:24:93
PB (50m pool): 01:27.83 Aalst 26/04/2026			PB (25m pool): 01:24.93 SB: 01:27.83 Aalst 26/04/2026
	5 0 M	1 0 0 M	
PB	00:43.90	01:27.83	
	00:43.90	00:43.93	
			

Coach feedback:

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

Event number: 37: 50M FREESTYLE MEN 13-14			Heat:3, starttime: 17:34
Heat: 3/11 Lane : 7 Athlete: DE RIDDER LEON			Q-time: 00:36:13
PB (50m pool): 00:35.18 Aalst 27/06/2026			PB (25m pool): no time SB: 00:35.18 Aalst 27/06/2026
	5 0 M		
PB	00:35.18		
	00:35.18		
			

Coach feedback:

Event number: 37: 50M FREESTYLE MEN 13-14			Heat:5, starttime: 17:36
Heat: 5/11 Lane : 7 Athlete: VERHAEVERT FEN			Q-time: 00:33:40
PB (50m pool): 00:33.40 LOCHRISTI 25/01/2026			PB (25m pool): 00:34.20 SB: 00:33.40 LOCHRISTI 25/01/2026
	5 0 M		
PB	00:33.40		
	00:33.40		
			

Coach feedback:

Event number: 37: 50M FREESTYLE MEN 13-14			Heat:11, starttime: 17:42
Heat: 11/11 Lane : 8 Athlete: BOMBEECK MATHIAS			Q-time: 00:29:68
PB (50m pool): 00:29.68 LOCHRISTI 25/01/2026			PB (25m pool): 00:29.73 SB: 00:29.68 LOCHRISTI 25/01/2026
	5 0 M		
PB	00:29.68		
	00:29.68		
			

Coach feedback:

Event number: 38: 100M BUTTERFLY WOMEN 15+			Heat:2, starttime: 17:46
Heat: 2/7 Lane : 5 Athlete: REYCHLER JINNE			Q-time: 01:28:14
PB (50m pool): 01:28.14 Sportoase De Watermolen 24/05/2026			PB (25m pool): 01:26.27 SB: 01:28.14 Sportoase De Watermolen 24/05/2026
	5 0 M	1 0 0 M	
PB	00:38.21	01:28.14	
	00:38.21	00:49.93	
			

Coach feedback:

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

Event number: 38: 100M BUTTERFLY WOMEN 15+			Heat:6, starttime: 17:54
Heat: 6/7 Lane : 3 Athlete: DE GROOTE LIESL			Q-time: 01:15:73
PB (50m pool): 01:17.61 Aalst 20/12/2025			PB (25m pool): 01:15.73 SB: 01:17.61 Aalst 20/12/2025
	5 0 M	1 0 0 M	
PB	00:34.93	01:17.61	
	00:34.93	00:42.68	
			

Coach feedback: