

ZC 2026: Session: 5: COACH evaluation sheet for TEAM: DMI

Coachinfo: Warming up from: 08:15 untill 09:15. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Moerman Pieter

Coaches: Van der Elst Astrid

Coaches: Claerhout John

PB => Personal Best time

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

Event number: 39: 100M FREESTYLE WOMEN 13-14				Heat:1, starttime: 09:30
Heat: 1/12 Lane : 7 Athlete: DE COOMAN NORA				Q-time: 01:27:81
PB (50m pool): 01:30.38 Brugge 01/02/2026		PB (25m pool): 01:25.48 SB: 01:30.38 Brugge 01/02/2026		
	5 0 M	1 0 0 M		
PB	00:42.70	01:30.38		
	00:42.70	00:47.68		
				

Coach feedback:

Event number: 39: 100M FREESTYLE WOMEN 13-14				Heat:4, starttime: 09:36
Heat: 4/12 Lane : 7 Athlete: VAN COLEN MAëLYNE				Q-time: 01:16:72
PB (50m pool): 01:18.22 Brugge 01/02/2026		PB (25m pool): 01:17.52 SB: 01:18.22 Brugge 01/02/2026		
	5 0 M	1 0 0 M		
PB	00:37.87	01:18.22		
	00:37.87	00:40.35		
				

Coach feedback:

Event number: 40: 200M BACKSTROKE MEN 13-14				Heat:5, starttime: 10:09
Heat: 5/5 Lane : 3 Athlete: SYRYN JASPER				Q-time: 02:39:92
PB (50m pool): 02:39.92 Lago Kortrijk Weide 03/05/2026		PB (25m pool): 02:34.71 SB: 02:39.92 Lago Kortrijk Weide 03/05/2026		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M
PB	00:37.59	01:18.78	02:00.81	02:39.92
	00:37.59	00:41.19	00:42.03	00:39.11
				

Coach feedback:

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Event number: 41: 50M BREASTSTROKE WOMEN 15+				Heat:1, starttime: 10:13	
Heat: 1/8 Lane : 5 Athlete: VANDROOGENBROECK CHEYENNE				Q-time: 00:47:50	
PB (50m pool): 00:47.50 Lago Kortrijk Weide 03/05/2026				PB (25m pool): 00:46.24 SB: 00:47.50 Lago Kortrijk Weide 03/05/2026	
	5 0 M				
PB	00:47.50				
	00:47.50				
					

Coach feedback:

Event number: 42: 50M BACKSTROKE MEN 15+				Heat:7, starttime: 10:33	
Heat: 7/7 Lane : 7 Athlete: SINNAEVE MIRKO				Q-time: 00:30:93	
PB (50m pool): 00:30.64 Zwembad Brigitte Becue Oostend 10/05/2026				PB (25m pool): 00:29.45 SB: 00:30.93 Lago Kortrijk Weide 03/05/2026	
	5 0 M				
PB	00:30.64				
	00:30.64				
					

Coach feedback:

Event number: 43: 200M BACKSTROKE WOMEN 15+				Heat:1, starttime: 10:34	
Heat: 1/5 Lane : 6 Athlete: VANDROOGENBROECK CHEYENNE				Q-time: 03:15:74	
PB (50m pool): 03:15.74 Lago Kortrijk Weide 03/05/2026				PB (25m pool): 03:11.53 SB: 03:15.74 Lago Kortrijk Weide 03/05/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:45.88	01:35.59	02:26.20	03:15.74	
	00:45.88	00:49.71	00:50.61	00:49.54	
					

Coach feedback:

Event number: 45: 50M BUTTERFLY WOMEN 13-14				Heat:1, starttime: 11:06	
Heat: 1/7 Lane : 3 Athlete: DE COOMAN NORA				Q-time: 00:58:82	
PB (50m pool): no time				PB (25m pool): 00:58.82 SB: no time	
	5 0 M				
PB	no time				
	no time				
					

Coach feedback:

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Event number: 46: 100M BREASTSTROKE MEN 13-14			Heat:5, starttime: 11:25
Heat: 5/6 Lane : 6 Athlete: SYRYN JASPER			Q-time: 01:28:18
PB (50m pool): 01:28.18 Brugge 01/02/2026			PB (25m pool): 01:24.93 SB: 01:28.18 Brugge 01/02/2026
	5 0 M	1 0 0 M	
PB	00:41.22	01:28.18	
	00:41.22	00:46.96	
			

Coach feedback: