

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

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

Coaches: Claessens Eline

Coaches: Van Hecke Maxim

PB => Personal Best time

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

Event number: 39: 100M FREESTYLE WOMEN 13-14 Heat:4, starttime: 09:36

Heat: 4/12 Lane : 2 Athlete: CEULEMANS AMINA Q-time: 01:16:57

PB (50m pool): 01:16.57 Gent 08/02/2026 PB (25m pool): 01:21.48 SB: 01:16.57 Gent 08/02/2026

	5 0 M	1 0 0 M	
PB	00:37.16	01:16.57	
	00:37.16	00:39.41	
			

Coach feedback:

Event number: 39: 100M FREESTYLE WOMEN 13-14 Heat:5, starttime: 09:38

Heat: 5/12 Lane : 2 Athlete: HOFMAN LILY Q-time: 01:15:43

PB (50m pool): 01:15.43 Lago Gent Rozebroeken 03/05/2026 PB (25m pool): 01:15.32 SB: 01:15.43 Lago Gent Rozebroeken 03/05/2026

	5 0 M	1 0 0 M	
PB	00:36.84	01:15.43	
	00:36.84	00:38.59	
			

Coach feedback:

Event number: 39: 100M FREESTYLE WOMEN 13-14 Heat:9, starttime: 09:44

Heat: 9/12 Lane : 6 Athlete: HOFMAN ROSE Q-time: 01:11:77

PB (50m pool): 01:11.77 Lago Gent Rozebroeken 03/05/2026 PB (25m pool): 01:11.18 SB: 01:11.77 Lago Gent Rozebroeken 03/05/2026

	5 0 M	1 0 0 M	
PB	00:34.28	01:11.77	
	00:34.28	00:37.49	
			

Coach feedback:

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Event number: 41: 50M BREASTSTROKE WOMEN 15+		Heat:1, starttime: 10:13
Heat: 1/8 Lane : 7 Athlete: VAN GEERT MARTHE		Q-time: 00:48:60
PB (50m pool): no time		PB (25m pool): 00:48.28 SB: no time
	5 0 M	
PB	no time	
	no time	
		

Coach feedback:

Event number: 41: 50M BREASTSTROKE WOMEN 15+		Heat:3, starttime: 10:16
Heat: 3/8 Lane : 4 Athlete: VAN HAUWERMEIREN EMMA		Q-time: 00:42:82
PB (50m pool): 00:42.82 Antwerpen 15/03/2026		PB (25m pool): 00:42.73 SB: 00:42.82 Antwerpen 15/03/2026
	5 0 M	
PB	00:42.82	
	00:42.82	
		

Coach feedback:

Event number: 41: 50M BREASTSTROKE WOMEN 15+		Heat:3, starttime: 10:16
Heat: 3/8 Lane : 6 Athlete: VAN BIESEN ELLA		Q-time: 00:43:05
PB (50m pool): 00:43.05 Antwerpen 15/03/2026		PB (25m pool): 00:43.60 SB: 00:43.05 Antwerpen 15/03/2026
	5 0 M	
PB	00:43.05	
	00:43.05	
		

Coach feedback:

Event number: 41: 50M BREASTSTROKE WOMEN 15+		Heat:7, starttime: 10:20
Heat: 7/8 Lane : 4 Athlete: VANDEN BERGHE YANA		Q-time: 00:38:14
PB (50m pool): 00:38.14 Gent 08/02/2026		PB (25m pool): 00:38.08 SB: 00:38.14 Gent 08/02/2026
	5 0 M	
PB	00:38.14	
	00:38.14	
		

Coach feedback:

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Event number: 42: 50M BACKSTROKE MEN 15+							Heat:5, starttime: 10:30		
Heat: 5/7 Lane : 5 Athlete: HOFMAN OTIS							Q-time: 00:32:71		
PB (50m pool): 00:32.71 Gent 08/02/2026							PB (25m pool): 00:33.09SB: 00:32.71 Gent 08/02/2026		
	5 0 M								
PB	00:32.71								
	00:32.71								
									

Coach feedback:

Event number: 43: 200M BACKSTROKE WOMEN 15+					Heat:1, starttime: 10:34	
Heat: 1/5 Lane : 2 Athlete: VAN GEERT MARTHE					Q-time: 03:17:01	
PB (50m pool): 03:17.01 Antwerpen 13/07/2025					PB (25m pool): no time SB: no time	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:46.13	01:36.27	02:28.27	03:17.01		
	00:46.13	00:50.14	00:52.00	00:48.74		
						

Coach feedback:

Event number: 43: 200M BACKSTROKE WOMEN 15+					Heat:2, starttime: 10:39	
Heat: 2/5 Lane : 3 Athlete: SMET ALINE					Q-time: 02:52:75	
PB (50m pool): 02:52.75 Lago Gent Rozebroeken 03/05/2026					PB (25m pool): 03:06.50 SB: 02:52.75 Lago Gent Rozebroeken 03/05/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:42.01	01:26.36	02:09.76	02:52.75		
	00:42.01	00:44.35	00:43.40	00:42.99		
						

Coach feedback:

Event number: 44: 50M BUTTERFLY MEN 15+							Heat:4, starttime: 10:58	
Heat: 4/11 Lane : 2 Athlete: HOFMAN OTIS							Q-time: 00:33:35	
PB (50m pool): 00:33.35 Antwerpen 15/03/2026							PB (25m pool): 00:34.48SB: 00:33.35 Antwerpen 15/03/2026	
	5 0 M							
PB	00:33.35							
	00:33.35							
								

Coach feedback:

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Event number: 45: 50M BUTTERFLY WOMEN 13-14				Heat:2, starttime: 11:08	
Heat: 2/7 Lane : 6 Athlete: CEULEMANS AMINA				Q-time: 00:45:53	
PB (50m pool): 00:48.94 Aalst 11/05/2025				PB (25m pool): 00:41.98 SB: no time	
	5 0 M				
PB	00:48.94				
	00:48.94				
					

Coach feedback:

Event number: 45: 50M BUTTERFLY WOMEN 13-14				Heat:3, starttime: 11:09	
Heat: 3/7 Lane : 2 Athlete: HOFMAN LILY				Q-time: 00:42:34	
PB (50m pool): 00:42.34 Aalst 26/04/2026				PB (25m pool): 00:45.35 SB: 00:42.34 Aalst 26/04/2026	
	5 0 M				
PB	00:42.34				
	00:42.34				
					

Coach feedback:

Event number: 47: 200M BREASTSTROKE WOMEN 15+				Heat:1, starttime: 11:29	
Heat: 1/5 Lane : 6 Athlete: VAN GEERT MARTHE				Q-time: 03:45:80	
PB (50m pool): 03:45.80 Lago Gent Rozebroeken 03/05/2026				PB (25m pool): no time SB: 03:45.80 Lago Gent Rozebroeken 03/05/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:49.60	01:46.91	02:46.83	03:45.80	
	00:49.60	00:57.31	00:59.92	00:58.97	
					

Coach feedback:

Event number: 47: 200M BREASTSTROKE WOMEN 15+				Heat:3, starttime: 11:37	
Heat: 3/5 Lane : 3 Athlete: VANDEN BERGHE YANA				Q-time: 03:10:50	
PB (50m pool): 03:10.50 Lago Gent Rozebroeken 03/05/2026				PB (25m pool): no time SB: 03:10.50 Lago Gent Rozebroeken 03/05/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:43.83	01:33.36	02:22.29	03:10.50	
	00:43.83	00:49.53	00:48.93	00:48.21	
					

Coach feedback: