

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

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

Coaches: Pieters Jana

Coaches: Gullentops Axel

Coaches: De Cuyper Tibo

Coaches: Oerlemans Kim HEADCOACH

PB => Personal Best time

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

Event number: 39: 100M FREESTYLE WOMEN 13-14			Heat:6, starttime: 09:39
Heat: 6/12 Lane : 8 Athlete: VAES CHARLOTTE			Q-time: 01:14:93
PB (50m pool): 01:16.97 Wezenberg 04/01/2026			PB (25m pool): 01:14.93 SB: 01:16.97 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:35.23	01:16.97	
	00:35.23	00:41.74	
			

Coach feedback:

Event number: 39: 100M FREESTYLE WOMEN 13-14			Heat:12, starttime: 09:50
Heat: 12/12 Lane : 5 Athlete: DE LAET ELINE			Q-time: 01:07:95
PB (50m pool): 01:11.45 Antwerpen 13/07/2025			PB (25m pool): 01:07.95 SB: no time
	5 0 M	1 0 0 M	
PB	00:33.75	01:11.45	
	00:33.75	00:37.70	
			

Coach feedback:

Event number: 41: 50M BREASTSTROKE WOMEN 15+			Heat:3, starttime: 10:16
Heat: 3/8 Lane : 5 Athlete: VAN ESPEN LOTTE			Q-time: 00:42:90
PB (50m pool): 00:42.90 Wezenberg 03/01/2026			PB (25m pool): 00:41.14 SB: 00:42.90 Wezenberg 03/01/2026
	5 0 M		
PB	00:42.90		
	00:42.90		
			

Coach feedback:

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Event number: 41: 50M BREASTSTROKE WOMEN 15+							Heat:6, starttime: 10:19		
Heat: 6/8 Lane : 2 Athlete: WIJCKMANS LENE							Q-time: 00:40:12		
PB (50m pool): 00:41.36 Antwerpen 15/03/2026							PB (25m pool): 00:40.07 SB: 00:41.36 Antwerpen 15/03/2026		
	5 0 M								
PB	00:41.36								
	00:41.36								
									

Coach feedback:

Event number: 43: 200M BACKSTROKE WOMEN 15+					Heat:5, starttime: 10:50	
Heat: 5/5 Lane : 4 Athlete: WIJCKMANS LENE					Q-time: 02:35:24	
PB (50m pool): 02:40.31 Antwerpen 28/07/2024					PB (25m pool): 02:35.24 SB: 02:45.52 Wezenberg 01/02/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	no time	no time	no time	02:40.31		
	no time					
						

Coach feedback:

Event number: 45: 50M BUTTERFLY WOMEN 13-14										Heat:5, starttime: 11:11																			
Heat: 5/7 Lane : 4 Athlete: VAES CHARLOTTE																				Q-time: 00:37:26									
PB (50m pool): 00:38.74 Wezenberg 04/01/2026										PB (25m pool): 00:37.26SB: 00:38.74 Wezenberg 04/01/2026																			
	5 0 M																												
PB	00:38.74																												
	00:38.74																												
																													

Coach feedback:

Event number: 45: 50M BUTTERFLY WOMEN 13-14				Heat:7, starttime: 11:14	
Heat: 7/7 Lane : 4 Athlete: DE LAET ELINE				Q-time: 00:34:72	
PB (50m pool): 00:41.65 Antwerp 14/04/2024				PB (25m pool): 00:34.72 SB: no time	
	5 0 M				
PB	00:41.65				
	00:41.65				
					

Coach feedback:

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Event number: 46: 100M BREASTSTROKE MEN 13-14			Heat:1, starttime: 11:15
Heat: 1/6 Lane : 5 Athlete: PANKEN LEX			Q-time: 01:54:16
PB (50m pool): no time			PB (25m pool): 01:53.85 SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		

Coach feedback:

Event number: 46: 100M BREASTSTROKE MEN 13-14			Heat:5, starttime: 11:25
Heat: 5/6 Lane : 4 Athlete: PIETERS KOBE			Q-time: 01:26:93
PB (50m pool): 01:29.07 Wezenberg 04/01/2026			PB (25m pool): 01:26.93 SB: 01:29.07 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:41.99	01:29.07	
	00:41.99	00:47.08	

Coach feedback: