

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

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

Coaches: Mannaerts Hans HEADCOACH

PB => Personal Best time

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

Event number: 39: 100M FREESTYLE WOMEN 13-14

Heat:2, starttime: 09:32

Heat: 2/12 Lane : 2 Athlete: ABAS NOUR

Q-time: 01:22:79

PB (50m pool): 01:20.72 SportinGenk Park 24/05/2026

PB (25m pool): 01:22.79 SB: 01:20.72 SportinGenk Park 24/05/2026

	5 0 M	1 0 0 M	
PB	00:37.85	01:20.72	
	00:37.85	00:42.87	
			

Coach feedback:

Event number: 40: 200M BACKSTROKE MEN 13-14

Heat:1, starttime: 09:52

Heat: 1/5 Lane : 5 Athlete: MANNAERTS MARTIJN

Q-time: 03:50:66

PB (50m pool): no time

PB (25m pool): 03:50.66 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:

Event number: 41: 50M BREASTSTROKE WOMEN 15+

Heat:2, starttime: 10:14

Heat: 2/8 Lane : 7 Athlete: CLUYSEN ZOë

Q-time: 00:44:79

PB (50m pool): 00:44.62 SportinGenk Park 01/04/2024

PB (25m pool): 00:43.41 SB: 00:44.79 Wezenberg 03/01/2026

	5 0 M	
PB	00:44.62	
	00:44.62	
		

Coach feedback:

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Event number: 42: 50M BACKSTROKE MEN 15+						Heat:6, starttime: 10:31	
Heat: 6/7 Lane : 5 Athlete: MICHIELS PIETER					Q-time: 00:32:28		
PB (50m pool): 00:31.94 Antwerpen 14/07/2024			PB (25m pool): 00:30.79SB: 00:32.28 Antwerpen 15/03/2026				
	5 0 M						
PB	00:31.94						
	00:31.94						
							

Coach feedback:

Event number: 43: 200M BACKSTROKE WOMEN 15+					Heat:4, starttime: 10:47	
Heat: 4/5 Lane : 7 Athlete: MICHIELS ANS					Q-time: 02:46:61	
PB (50m pool): 02:46.61 Eindhoven 22/03/2026			PB (25m pool): 02:39.95 SB: 02:46.61 Eindhoven 22/03/2026			
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:39.42	01:21.52	02:04.47	02:46.61		
	00:39.42	00:42.10	00:42.95	00:42.14		
						

Coach feedback:

Event number: 44: 50M BUTTERFLY MEN 15+										Heat:3, starttime: 10:56																													
Heat: 3/11																				Lane : 1					Athlete: HURKMANS CÉDRIC										Q-time: 00:36:83				
PB (50m pool): 00:36.50										SportinGenk Park 21/04/2025										PB (25m pool): 00:34.90										SB: 00:36.88					Mol 28/06/2026				
		5 0 M																																					
PB		00:36.50																																					
		00:36.50																																					
																																							

Coach feedback:

Event number: 44: 50M BUTTERFLY MEN 15+							Heat:8, starttime: 11:02		
Heat: 8/11 Lane : 4 Athlete: JANSEN TOON							Q-time: 00:30:43		
PB (50m pool): 00:30.43 Eindhoven 22/03/2026				PB (25m pool): 00:31.38 SB: 00:30.43 Eindhoven 22/03/2026					
	5 0 M								
PB	00:30.43								
	00:30.43								
									

Coach feedback:

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Event number: 44: 50M BUTTERFLY MEN 15+			Heat:8, starttime: 11:02		
Heat: 8/11 Lane : 5 Athlete: MICHIELS PIETER			Q-time: 00:30:44		
PB (50m pool): 00:30.44 Genk 01/02/2026			PB (25m pool): 00:29.73 SB: 00:30.44 Genk 01/02/2026		
	5 0 M				
PB	00:30.44				
	00:30.44				
					

Coach feedback:

Event number: 45: 50M BUTTERFLY WOMEN 13-14			Heat:3, starttime: 11:09		
Heat: 3/7 Lane : 3 Athlete: VAN HAM MARIE			Q-time: 00:41:04		
PB (50m pool): 00:41.04 SportinGenk Park 06/04/2026			PB (25m pool): no time SB: 00:41.04 SportinGenk Park 06/04/2026		
	5 0 M				
PB	00:41.04				
	00:41.04				
					

Coach feedback:

Event number: 46: 100M BREASTSTROKE MEN 13-14			Heat:1, starttime: 11:15		
Heat: 1/6 Lane : 8 Athlete: MANNAERTS MARTIJN			Q-time: 02:08:24		
PB (50m pool): 02:08.24 Mol 22/06/2025			PB (25m pool): 02:07.07 SB: 02:13.59 SportinGenk Park 06/04/2026		
	5 0 M	1 0 0 M			
PB	01:01.30	02:08.24			
	01:01.30	01:06.94			
					

Coach feedback: