

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

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

Coaches: Gijsemans Liesbet

Coaches: Vanuytven Diane

Coaches: Daniëls Liesbeth

Coaches: Van Campenhout Sigrid HEADCOACH

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 : 4 Athlete: BOURGUIGNON NENA			Q-time: 01:23:39
PB (50m pool): 01:23.21 Mol 28/06/2026			PB (25m pool): 01:26.41 SB: 01:23.21 Mol 28/06/2026
	5 0 M	1 0 0 M	
PB	00:39.54	01:23.21	
	00:39.54	00:43.67	
			

Coach feedback:

Event number: 39: 100M FREESTYLE WOMEN 13-14			Heat:2, starttime: 09:32
Heat: 2/12 Lane : 8 Athlete: HERREMANS ELIEN			Q-time: 01:23:35
PB (50m pool): 01:27.72 Mol 28/06/2026			PB (25m pool): 01:23.35 SB: 01:27.72 Mol 28/06/2026
	5 0 M	1 0 0 M	
PB	00:40.92	01:27.72	
	00:40.92	00:46.80	
			

Coach feedback:

Event number: 39: 100M FREESTYLE WOMEN 13-14			Heat:6, starttime: 09:39
Heat: 6/12 Lane : 1 Athlete: JORIS LINDE			Q-time: 01:14:89
PB (50m pool): 01:14.89 Antwerpen 15/03/2026			PB (25m pool): 01:15.77 SB: 01:14.89 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:36.33	01:14.89	
	00:36.33	00:38.56	
			

Coach feedback:

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Event number: 39: 100M FREESTYLE WOMEN 13-14			Heat:12, starttime: 09:50
Heat: 12/12 Lane : 1 Athlete: GERAEDTS MARIA			Q-time: 01:09:22
PB (50m pool): 01:10.47 Mol 28/06/2026			PB (25m pool): 01:09.22 SB: 01:10.47 Mol 28/06/2026
	5 0 M	1 0 0 M	
PB	00:34.11	01:10.47	
	00:34.11	00:36.36	
			

Coach feedback:

Event number: 41: 50M BREASTSTROKE WOMEN 15+			Heat:4, starttime: 10:17
Heat: 4/8 Lane : 2 Athlete: VERHOEVEN LIESE			Q-time: 00:42:15
PB (50m pool): 00:43.85 Wezenberg 01/02/2026			PB (25m pool): 00:42.15 SB: 00:43.85 Wezenberg 01/02/2026
	5 0 M		
PB	00:43.85		
	00:43.85		
			

Coach feedback:

Event number: 41: 50M BREASTSTROKE WOMEN 15+			Heat:8, starttime: 10:22
Heat: 8/8 Lane : 7 Athlete: HUBERLAND LORE			Q-time: 00:37:95
PB (50m pool): 00:38.08 Antwerpen 19/04/2026			PB (25m pool): 00:37.95 SB: 00:38.08 Antwerpen 19/04/2026
	5 0 M		
PB	00:38.08		
	00:38.08		
			

Coach feedback:

Event number: 42: 50M BACKSTROKE MEN 15+			Heat:1, starttime: 10:23
Heat: 1/7 Lane : 6 Athlete: VERMEIREN STAN			Q-time: 00:40:43
PB (50m pool): 00:41.88 Antwerpen 13/07/2025			PB (25m pool): 00:40.43 SB: no time
	5 0 M		
PB	00:41.88		
	00:41.88		
			

Coach feedback:

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Event number: 42: 50M BACKSTROKE MEN 15+		Heat:4, starttime: 10:28
Heat: 4/7 Lane : 1 Athlete: DRISSI EL MESKINI TAMIZ		Q-time: 00:34:17
PB (50m pool): 00:36.33 Mol 22/06/2025		PB (25m pool): 00:34.17 SB: no time
	5 0 M	
PB	00:36.33	
	00:36.33	
		

Coach feedback:

Event number: 42: 50M BACKSTROKE MEN 15+		Heat:5, starttime: 10:30
Heat: 5/7 Lane : 1 Athlete: VERCAMMEN DAAN		Q-time: 00:33:74
PB (50m pool): 00:34.23 Antwerpen 15/03/2026		PB (25m pool): 00:33.74 SB: 00:34.23 Antwerpen 15/03/2026
	5 0 M	
PB	00:34.23	
	00:34.23	
		

Coach feedback:

Event number: 44: 50M BUTTERFLY MEN 15+		Heat:4, starttime: 10:58
Heat: 4/11 Lane : 8 Athlete: DRISSI EL MESKINI TAMIZ		Q-time: 00:34:01
PB (50m pool): 00:34.01 Antwerpen 15/03/2026		PB (25m pool): 00:34.19 SB: 00:34.01 Antwerpen 15/03/2026
	5 0 M	
PB	00:34.01	
	00:34.01	
		

Coach feedback:

Event number: 44: 50M BUTTERFLY MEN 15+		Heat:6, starttime: 11:00
Heat: 6/11 Lane : 3 Athlete: SLAETS CAZ		Q-time: 00:31:94
PB (50m pool): 00:32.73 Wezenberg 03/01/2026		PB (25m pool): 00:31.94 SB: 00:32.73 Wezenberg 03/01/2026
	5 0 M	
PB	00:32.73	
	00:32.73	
		

Coach feedback:

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Event number: 45: 50M BUTTERFLY WOMEN 13-14			Heat:4, starttime: 11:10
Heat: 4/7 Lane : 2 Athlete: JORIS LINDE			Q-time: 00:40:01
PB (50m pool): 00:40.33 Mol 28/06/2026			PB (25m pool): 00:40.01 SB: 00:40.33 Mol 28/06/2026
	5 0 M		
PB	00:40.33		
	00:40.33		
			

Coach feedback:

Event number: 45: 50M BUTTERFLY WOMEN 13-14			Heat:5, starttime: 11:11
Heat: 5/7 Lane : 6 Athlete: GERAEDTS MARIA			Q-time: 00:38:14
PB (50m pool): 00:38.14 Antwerpen 15/03/2026			PB (25m pool): 00:39.45 SB: 00:38.14 Antwerpen 15/03/2026
	5 0 M		
PB	00:38.14		
	00:38.14		
			

Coach feedback:

Event number: 46: 100M BREASTSTROKE MEN 13-14			Heat:2, starttime: 11:18
Heat: 2/6 Lane : 6 Athlete: GILLIS BAS			Q-time: 01:42:49
PB (50m pool): 01:49.10 Wezenberg 04/01/2026			PB (25m pool): 01:42.49 SB: 01:49.10 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:49.52	01:49.10	
	00:49.52	00:59.58	
			

Coach feedback:

Event number: 46: 100M BREASTSTROKE MEN 13-14			Heat:3, starttime: 11:20
Heat: 3/6 Lane : 3 Athlete: VERSTRAETE PEPIJN			Q-time: 01:36:34
PB (50m pool): 01:42.06 Mol 22/06/2025			PB (25m pool): 01:36.34 SB: 01:42.21 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:48.88	01:42.06	
	00:48.88	00:53.18	
			

Coach feedback:

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Event number: 47: 200M BREASTSTROKE WOMEN 15+					Heat:4, starttime: 11:41
Heat: 4/5 Lane : 8 Athlete: VERHOEVEN LIESE					Q-time: 03:08:37
PB (50m pool): 03:15.26 Lago Gent Rozebroeken 03/05/2026 PB (25m pool): 03:08.37 SB: 03:15.26 Lago Gent Rozebroeken 03/05/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:44.65	01:34.63	02:25.10	03:15.26	
	00:44.65	00:49.98	00:50.47	00:50.16	
					

Coach feedback: