

# ZC 2026: Session: 6: COACH Evaluation sheet for TEAM: ALZV

Coachinfo: Warming up from: 13:00 untill 13:45. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Pinte Kevin HEADCOACH

PB => Personal Best time

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

| Event number: 48: 100M FREESTYLE MEN 13-14   |           |           | Heat:3, starttime: 14:04                                  |
|----------------------------------------------|-----------|-----------|-----------------------------------------------------------|
| Heat: 3/12 Lane : 5 Athlete: DESMEDT TIMO    |           |           | Q-time: 01:17:64                                          |
| PB (50m pool): 01:21.31 Antwerpen 15/03/2026 |           |           | PB (25m pool): 01:17.64 SB: 01:21.31 Antwerpen 15/03/2026 |
|                                              | 5 0 M     | 1 0 0 M   |                                                           |
| PB                                           | 00:40.47  | 01:21.31  |                                                           |
|                                              | 00:40.47  | 00:40.84  |                                                           |
|                                              | . . . . . | . . . . . |                                                           |

Coach feedback:

| Event number: 48: 100M FREESTYLE MEN 13-14               |           |           | Heat:12, starttime: 14:19                                             |
|----------------------------------------------------------|-----------|-----------|-----------------------------------------------------------------------|
| Heat: 12/12 Lane : 7 Athlete: HERMANS VIKTOR             |           |           | Q-time: 01:04:69                                                      |
| PB (50m pool): 01:04.69 Lago Gent Rozebroeken 03/05/2026 |           |           | PB (25m pool): 01:06.56 SB: 01:04.69 Lago Gent Rozebroeken 03/05/2026 |
|                                                          | 5 0 M     | 1 0 0 M   |                                                                       |
| PB                                                       | 00:30.98  | 01:04.69  |                                                                       |
|                                                          | 00:30.98  | 00:33.71  |                                                                       |
|                                                          | . . . . . | . . . . . |                                                                       |

Coach feedback:

| Event number: 53: 50M BUTTERFLY WOMEN 15+    |           |  | Heat:11, starttime: 15:33                            |
|----------------------------------------------|-----------|--|------------------------------------------------------|
| Heat: 11/11 Lane : 3 Athlete: VAN ROY YANA   |           |  | Q-time: 00:31:74                                     |
| PB (50m pool): 00:31.93 Antwerpen 13/07/2025 |           |  | PB (25m pool): 00:31.74 SB: 00:32.10 Gent 08/02/2026 |
|                                              | 5 0 M     |  |                                                      |
| PB                                           | 00:31.93  |  |                                                      |
|                                              | 00:31.93  |  |                                                      |
|                                              | . . . . . |  |                                                      |

Coach feedback:

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|--------------------------------------------------|--------------|-------------------------------------|
| <b>Event number: 54: 50M BUTTERFLY MEN 13-14</b> |              | <b>Heat:2, starttime: 15:36</b>     |
| <b>Heat: 2/7 Lane : 1 Athlete: DESMEDT TIMO</b>  |              | <b>Q-time: 00:42:94</b>             |
| PB (50m pool): no time                           |              | PB (25m pool): 00:42.94 SB: no time |
|                                                  | <b>5 0 M</b> |                                     |
| PB                                               | no time      |                                     |
|                                                  | no time      |                                     |
|                                                  | . . . . .    |                                     |

Coach feedback:

|                                                  |              |                                                           |
|--------------------------------------------------|--------------|-----------------------------------------------------------|
| <b>Event number: 54: 50M BUTTERFLY MEN 13-14</b> |              | <b>Heat:3, starttime: 15:37</b>                           |
| <b>Heat: 3/7 Lane : 1 Athlete: HERMAN WOUT</b>   |              | <b>Q-time: 00:39:51</b>                                   |
| PB (50m pool): 00:40.60 Wezenberg 04/01/2026     |              | PB (25m pool): 00:39.51 SB: 00:40.60 Wezenberg 04/01/2026 |
|                                                  | <b>5 0 M</b> |                                                           |
| PB                                               | 00:40.60     |                                                           |
|                                                  | 00:40.60     |                                                           |
|                                                  | . . . . .    |                                                           |

Coach feedback:

|                                                         |              |                                                           |
|---------------------------------------------------------|--------------|-----------------------------------------------------------|
| <b>Event number: 54: 50M BUTTERFLY MEN 13-14</b>        |              | <b>Heat:5, starttime: 15:39</b>                           |
| <b>Heat: 5/7 Lane : 6 Athlete: VAN DEN BERGHE VINCE</b> |              | <b>Q-time: 00:35:13</b>                                   |
| PB (50m pool): 00:35.39 Antwerpen 15/03/2026            |              | PB (25m pool): 00:35.13 SB: 00:35.39 Antwerpen 15/03/2026 |
|                                                         | <b>5 0 M</b> |                                                           |
| PB                                                      | 00:35.39     |                                                           |
|                                                         | 00:35.39     |                                                           |
|                                                         | . . . . .    |                                                           |

Coach feedback:

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|---------------------------------------------------|--------------|-----------------------------------------------------------|
| <b>Event number: 54: 50M BUTTERFLY MEN 13-14</b>  |              | <b>Heat:7, starttime: 15:41</b>                           |
| <b>Heat: 7/7 Lane : 3 Athlete: HERMANS VIKTOR</b> |              | <b>Q-time: 00:32:65</b>                                   |
| PB (50m pool): 00:37.23 Antwerpen 15/03/2026      |              | PB (25m pool): 00:32.65 SB: 00:37.23 Antwerpen 15/03/2026 |
|                                                   | <b>5 0 M</b> |                                                           |
| PB                                                | 00:37.23     |                                                           |
|                                                   | 00:37.23     |                                                           |
|                                                   | . . . . .    |                                                           |

Coach feedback: