

ZC 2026: Session: 6: COACH evaluation sheet for TEAM: MEGA

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

Coaches: Van Renterghem Delphine 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 : 7 Athlete: MEERT JOLAN			Q-time: 01:19:20
PB (50m pool): 01:19.20 Gent 08/02/2026			PB (25m pool): 01:18.73 SB: 01:19.20 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:37.89	01:19.20	
	00:37.89	00:41.31	
			

Coach feedback:

Event number: 48: 100M FREESTYLE MEN 13-14			Heat:4, starttime: 14:06
Heat: 4/12 Lane : 3 Athlete: DUMONT SIEBE			Q-time: 01:16:13
PB (50m pool): 01:16.13 Antwerpen 15/03/2026			PB (25m pool): 01:17.68 SB: 01:16.13 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:36.84	01:16.13	
	00:36.84	00:39.29	
			

Coach feedback:

Event number: 48: 100M FREESTYLE MEN 13-14			Heat:8, starttime: 14:13
Heat: 8/12 Lane : 4 Athlete: GURICKX ALEXANDER			Q-time: 01:09:67
PB (50m pool): 01:09.67 Zwembad Brigitte Becue 26/04/2026			PB (25m pool): 01:10.90 SB: 01:09.67 Zwembad Brigitte Becue 26/04/2026
	5 0 M	1 0 0 M	
PB	00:31.95	01:09.67	
	00:31.95	00:37.72	
			

Coach feedback:

ZC 2026: Session: 6: COACH evaluation sheet for TEAM: MEGA

Event number: 48: 100M FREESTYLE MEN 13-14				Heat:11, starttime: 14:18	
Heat: 11/12 Lane : 3 Athlete: BOGAERTS SANDER				Q-time: 01:05:41	
PB (50m pool): 01:05.41 Antwerpen 08/03/2026				PB (25m pool): 01:04.62 SB: 01:05.41 Antwerpen 08/03/2026	
	5 0 M	1 0 0 M			
PB	00:31.67	01:05.41			
	00:31.67	00:33.74			
					

Coach feedback:

Event number: 48: 100M FREESTYLE MEN 13-14				Heat:12, starttime: 14:19	
Heat: 12/12 Lane : 1 Athlete: MARTELÉ STAN				Q-time: 01:04:69	
PB (50m pool): 01:05.71 Antwerpen 08/03/2026				PB (25m pool): 01:04.69 SB: 01:05.71 Antwerpen 08/03/2026	
	5 0 M	1 0 0 M			
PB	00:31.50	01:05.71			
	00:31.50	00:34.21			
					

Coach feedback:

Event number: 49: 200M BACKSTROKE WOMEN 13-14				Heat:2, starttime: 14:26	
Heat: 2/5 Lane : 7 Athlete: BAEYE ROMY				Q-time: 03:08:05	
PB (50m pool): 03:08.05 Gent 08/02/2026				PB (25m pool): 03:08.05 SB: 03:08.05 Gent 08/02/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:43.87	01:32.59	02:21.21	03:08.05	
	00:43.87	00:48.72	00:48.62	00:46.84	
					

Coach feedback:

Event number: 49: 200M BACKSTROKE WOMEN 13-14				Heat:5, starttime: 14:38	
Heat: 5/5 Lane : 4 Athlete: MORTIER ALIX				Q-time: 02:51:34	
PB (50m pool): 03:13.12 Antwerpen 13/07/2025				PB (25m pool): 02:51.34 SB: no time	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:48.36	01:38.58	02:26.36	03:13.12	
	00:48.36	00:50.22	00:47.78	00:46.76	
					

Coach feedback:

ZC 2026: Session: 6: COACH evaluation sheet for TEAM: MEGA

Event number: 49: 200M BACKSTROKE WOMEN 13-14					Heat:5, starttime: 14:38
Heat: 5/5 Lane : 7 Athlete: VANHAECKE JULIETTE					Q-time: 02:52:43
PB (50m pool): 02:52.43 Antwerpen 13/07/2025					PB (25m pool): 02:45.99 SB: 02:55.38 Lochristi 01/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:41.03	01:25.72	02:10.23	02:52.43	
	00:41.03	00:44.69	00:44.51	00:42.20	
					

Coach feedback:

Event number: 50: 50M BREASTSTROKE MEN 15+					Heat:5, starttime: 14:47
Heat: 5/8 Lane : 3 Athlete: DE STROOPER ZEV					Q-time: 00:36:62
PB (50m pool): 00:37.72 Eindhoven 22/03/2026					PB (25m pool): 00:36.62 SB: 00:37.72 Eindhoven 22/03/2026
	5 0 M				
PB	00:37.72				
	00:37.72				
					

Coach feedback:

Event number: 51: 50M BACKSTROKE WOMEN 15+					Heat:2, starttime: 14:54
Heat: 2/9 Lane : 7 Athlete: GOOTJES JASMIJN					Q-time: 00:41:09
PB (50m pool): 00:41.09 Antwerpen 13/07/2025					PB (25m pool): 00:39.95 SB: no time
	5 0 M				
PB	00:41.09				
	00:41.09				
					

Coach feedback:

Event number: 51: 50M BACKSTROKE WOMEN 15+					Heat:3, starttime: 14:56
Heat: 3/9 Lane : 7 Athlete: CLAEYS ELISE					Q-time: 00:39:23
PB (50m pool): 00:39.23 Gent 08/02/2026					PB (25m pool): 00:38.30 SB: 00:39.23 Gent 08/02/2026
	5 0 M				
PB	00:39.23				
	00:39.23				
					

Coach feedback:

ZC 2026: Session: 6: COACH evaluation sheet for TEAM: MEGA

Event number: 52: 200M BACKSTROKE MEN 15+					Heat:3, starttime: 15:14
Heat: 3/4 Lane : 2 Athlete: ROSIERS MATHIAS					Q-time: 02:35:25
PB (50m pool): 02:35.25 Gent 08/02/2026			PB (25m pool): 02:27.73 SB: 02:35.25 Gent 08/02/2026		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.49	01:15.55	01:56.05	02:35.25	
	00:36.49	00:39.06	00:40.50	00:39.20	
					

Coach feedback:

Event number: 53: 50M BUTTERFLY WOMEN 15+					Heat:8, starttime: 15:29
Heat: 8/11 Lane : 4 Athlete: DEN BAES ELISE					Q-time: 00:33:79
PB (50m pool): 00:33.79 Eindhoven 22/03/2026			PB (25m pool): 00:33.60 SB: 00:33.79 Eindhoven 22/03/2026		
	5 0 M				
PB	00:33.79				
	00:33.79				
					

Coach feedback:

Event number: 53: 50M BUTTERFLY WOMEN 15+					Heat:9, starttime: 15:31
Heat: 9/11 Lane : 5 Athlete: ANSEEUW LIEZE					Q-time: 00:33:28
PB (50m pool): 00:33.28 Antwerpen 15/03/2026			PB (25m pool): 00:34.72 SB: 00:33.28 Antwerpen 15/03/2026		
	5 0 M				
PB	00:33.28				
	00:33.28				
					

Coach feedback:

Event number: 54: 50M BUTTERFLY MEN 13-14					Heat:1, starttime: 15:34
Heat: 1/7 Lane : 4 Athlete: MEERT JOLAN					Q-time: 00:43:30
PB (50m pool): 00:43.30 Zwembad Brigitte Becue 26/04/2026			PB (25m pool): no time SB: 00:43.30 Zwembad Brigitte Becue 26/04/2026		
	5 0 M				
PB	00:43.30				
	00:43.30				
					

Coach feedback:

ZC 2026: Session: 6: COACH evaluation sheet for TEAM: MEGA

Event number: 54: 50M BUTTERFLY MEN 13-14			Heat:3, starttime: 15:37
Heat: 3/7 Lane : 7 Athlete: DUMONT SIEBE			Q-time: 00:39:34
PB (50m pool): 00:39.34 Antwerpen 15/03/2026			PB (25m pool): 00:42.80 SB: 00:39.34 Antwerpen 15/03/2026
	5 0 M		
PB	00:39.34		
	00:39.34		
			

Coach feedback:

Event number: 54: 50M BUTTERFLY MEN 13-14			Heat:6, starttime: 15:40
Heat: 6/7 Lane : 4 Athlete: BOGAERTS SANDER			Q-time: 00:33:50
PB (50m pool): 00:33.50 Gent 08/02/2026			PB (25m pool): 00:37.02 SB: 00:33.50 Gent 08/02/2026
	5 0 M		
PB	00:33.50		
	00:33.50		
			

Coach feedback:

Event number: 54: 50M BUTTERFLY MEN 13-14			Heat:6, starttime: 15:40
Heat: 6/7 Lane : 6 Athlete: MARTELÉ STAN			Q-time: 00:34:03
PB (50m pool): 00:34.72 Eindhoven 22/03/2026			PB (25m pool): 00:34.03 SB: 00:34.72 Eindhoven 22/03/2026
	5 0 M		
PB	00:34.72		
	00:34.72		
			

Coach feedback:

Event number: 55: 100M BREASTSTROKE WOMEN 13-14			Heat:4, starttime: 15:50
Heat: 4/8 Lane : 8 Athlete: SCHOENMAEKERS ALIX			Q-time: 01:39:42
PB (50m pool): 01:39.42 Antwerpen 15/03/2026			PB (25m pool): 01:43.49 SB: 01:39.42 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:47.02	01:39.42	
	00:47.02	00:52.40	
			

Coach feedback:

ZC 2026: Session: 6: COACH evaluation sheet for TEAM: MEGA

Event number: 55: 100M BREASTSTROKE WOMEN 13-14			Heat:5, starttime: 15:52
Heat: 5/8 Lane : 3 Athlete: MORTIER ALIX			Q-time: 01:34:79
PB (50m pool): 01:35.17 Gent 08/02/2026			PB (25m pool): 01:34.79 SB: 01:35.17 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:45.82	01:35.17	
	00:45.82	00:49.35	
			

Coach feedback:

Event number: 55: 100M BREASTSTROKE WOMEN 13-14			Heat:6, starttime: 15:54
Heat: 6/8 Lane : 1 Athlete: DELAGRANGE CÉZANNE			Q-time: 01:33:57
PB (50m pool): 01:33.57 Antwerpen 13/07/2025			PB (25m pool): 01:38.13 SB: 01:37.10 Zwembad Brigitte Becue 26/04/2026
	5 0 M	1 0 0 M	
PB	00:44.40	01:33.57	
	00:44.40	00:49.17	
			

Coach feedback:

Event number: 55: 100M BREASTSTROKE WOMEN 13-14			Heat:7, starttime: 15:56
Heat: 7/8 Lane : 6 Athlete: BAEYE ROMY			Q-time: 01:32:24
PB (50m pool): 01:36.07 Gent 08/02/2026			PB (25m pool): 01:32.24 SB: 01:36.07 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:45.43	01:36.07	
	00:45.43	00:50.64	
			

Coach feedback:

Event number: 55: 100M BREASTSTROKE WOMEN 13-14			Heat:7, starttime: 15:56
Heat: 7/8 Lane : 8 Athlete: FRANKE MARIA LAYLA			Q-time: 01:32:70
PB (50m pool): 01:32.86 Eindhoven 22/03/2026			PB (25m pool): 01:32.70 SB: 01:32.86 Eindhoven 22/03/2026
	5 0 M	1 0 0 M	
PB	00:45.83	01:32.86	
	00:45.83	00:47.03	
			

Coach feedback:

ZC 2026: Session: 6: COACH evaluation sheet for TEAM: MEGA

Event number: 56: 200M BREASTSTROKE MEN 15+					Heat:4, starttime: 16:12
Heat: 4/5 Lane : 2 Athlete: DE STROOPER ZEV					Q-time: 02:52:38
PB (50m pool): 03:01.79 Lago Gent Rozebroeken 03/05/2026 PB (25m pool): 02:52.38 SB: 03:01.79 Lago Gent Rozebroeken 03/05/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:40.11	01:27.42	02:15.20	03:01.79	
	00:40.11	00:47.31	00:47.78	00:46.59	
					

Coach feedback: