

ZCT Lenteprijs 2026: Session: 1: COACH Evaluation sheet for TEAM: ALZV

Coachinfo: Warming up from: 12:40 untill 13:55. 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: 2: 400M FREESTYLE WOMEN 11-14							Heat:1, starttime: 14:26	
Heat: 1/2 Lane : 1 Athlete: STROOBANTS YINNE							Q-time: 06:25:48	
PB (25m pool): 06:25.48 Sint-Pieters-Leeuw 05/10/2025			PB (50m pool): no time SB: 06:25.48 Sint-Pieters-Leeuw 05/10/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		00:44.06		01:31.55		no time		03:11.61
	00:44.06		00:47.49					
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		no time		04:50.20		no time		06:25.48
								

Coach feedback:

Event number: 2: 400M FREESTYLE WOMEN 11-14							Heat:1, starttime: 14:26	
Heat: 1/2 Lane : 2 Athlete: NECULAE MARIA IULIA							Q-time: 06:03:95	
PB (25m pool): 06:03.95 Tienen 26/10/2025			PB (50m pool): 06:03.56SB: 06:03.95 Tienen 26/10/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		no time		01:26.52		no time		03:01.78
	no time							
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		no time		no time		no time		06:03.95
								

Coach feedback:

Event number: 3: 400M FREESTYLE MEN 11-14							Heat:1, starttime: 14:40	
Heat: 1/3 Lane : 3 Athlete: DESMEDT TIMO							Q-time: 06:40:17	
PB (25m pool): 06:40.17 Sint-Pieters-Leeuw 05/10/2025			PB (50m pool): no time SB: 06:40.17 Sint-Pieters-Leeuw 05/10/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		00:45.67		01:34.57		no time		03:19.78
	00:45.67		00:48.90					
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		no time		05:01.84		no time		06:40.17

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Coach feedback:

Event number: 5: 100M BREASTSTROKE WOMEN 11+					Heat:1, starttime: 15:04
Heat: 1/6 Lane : 2 Athlete: PINTE ELLA					Q-time: 01:57:59
PB (25m pool): 01:57.59 Liedekerke 11/11/2025					PB (50m pool): 01:50.89 SB: 01:57.59 Liedekerke 11/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:54.73		01:57.59	
	00:54.73		01:02.86		
					

Coach feedback:

Event number: 5: 100M BREASTSTROKE WOMEN 11+					Heat:3, starttime: 15:10
Heat: 3/6 Lane : 2 Athlete: BRAMS ANN-SOPHIE					Q-time: 01:39:92
PB (25m pool): 01:39.92 Wildersportcomplex 16/03/2025					PB (50m pool): 01:39.71 SB: 01:40.78 Sint-Pieters-Leeuw 05/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:46.54		01:39.92	
	00:46.54		00:53.38		
					

Coach feedback:

Event number: 5: 100M BREASTSTROKE WOMEN 11+					Heat:4, starttime: 15:12
Heat: 4/6 Lane : 2 Athlete: MUYLDERMANS SAM					Q-time: 01:33:43
PB (25m pool): 01:33.43 Liedekerke 11/11/2025					PB (50m pool): 01:38.50 SB: 01:33.43 Liedekerke 11/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:44.76		01:33.43	
	00:44.76		00:48.67		
					

Coach feedback:

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Event number: 5: 100M BREASTSTROKE WOMEN 11+				Heat:5, starttime: 15:15	
Heat: 5/6 Lane : 4 Athlete: VAN ROY ONAH				Q-time: 01:33:42	
PB (25m pool): 01:32.35 Aarschot 24/04/2022				PB (50m pool): 01:37.34 SB: 01:33.42 Temse 17/11/2025	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:32.35	
	no time				
					

Coach feedback:

Event number: 5: 100M BREASTSTROKE WOMEN 11+				Heat:6, starttime: 15:17	
Heat: 6/6 Lane : 2 Athlete: VERSPECHT LIZANNE				Q-time: 01:21:03	
PB (25m pool): 01:18.62 TEMSE 24/11/2024				PB (50m pool): 01:20.96 SB: 01:22.94 LEUVEN 21/12/2025	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.72		01:18.62	
	00:36.72 00:41.90				
					

Coach feedback:

Event number: 6: 100M BREASTSTROKE MEN 11+				Heat:3, starttime: 15:25	
Heat: 3/3 Lane : 2 Athlete: VAN DEN BERGHE VINCE				Q-time: 01:27:70	
PB (25m pool): 01:27.70 Zaventem 08/02/2026				PB (50m pool): 01:32.25 SB: 01:27.70 Zaventem 08/02/2026	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.95		01:27.70	
	00:40.95 00:46.75				
					

Coach feedback:

Event number: 6: 100M BREASTSTROKE MEN 11+				Heat:3, starttime: 15:25	
Heat: 3/3 Lane : 3 Athlete: WAGEMANS DAAN				Q-time: 01:36:15	
PB (25m pool): 01:36.15 Zaventem 08/02/2026				PB (50m pool): 01:41.82 SB: 01:36.15 Zaventem 08/02/2026	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:46.19		01:36.15	
	00:46.19 00:49.96				
					

Coach feedback:

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Event number: 6: 100M BREASTSTROKE MEN 11+					Heat:3, starttime: 15:25
Heat: 3/3 Lane : 4 Athlete: BOONE TORRE					Q-time: 01:44:70
PB (25m pool): 01:44.70 Liedekerke 11/11/2025					PB (50m pool): no time SB: 01:44.70 Liedekerke 11/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:48.13		01:44.70	
	00:48.13		00:56.57		
					

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:1, starttime: 16:03
Heat: 1/5 Lane : 2 Athlete: STROOBANTS YINNE					Q-time: 01:23:45
PB (25m pool): 01:23.45 Sint-Pieters-Leeuw 05/10/2025					PB (50m pool): no time SB: 01:23.45 Sint-Pieters-Leeuw 05/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:41.20		01:23.45	
	00:41.20		00:42.25		
					

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:2, starttime: 16:05
Heat: 2/5 Lane : 2 Athlete: MUYLDERMANS SAM					Q-time: 01:17:25
PB (25m pool): 01:17.25 Liedekerke 11/11/2025					PB (50m pool): no time SB: 01:17.25 Liedekerke 11/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.19		01:17.25	
	00:37.19		00:40.06		
					

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:2, starttime: 16:05
Heat: 2/5 Lane : 4 Athlete: PINTE ELLA					Q-time: 01:21:70
PB (25m pool): 01:21.70 LEUVEN 22/02/2026					PB (50m pool): 01:18.71 SB: 01:21.70 LEUVEN 22/02/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.63		01:21.70	
	00:38.63		00:43.07		
					

Coach feedback:

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Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:4, starttime: 16:09
Heat: 4/5 Lane : 3 Athlete: NECULAE MARIA IULIA					Q-time: 01:09:15
PB (25m pool): 01:09.15 LEUVEN 22/02/2026			PB (50m pool): 01:11.73 SB: 01:09.15 LEUVEN 22/02/2026		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.97		01:09.15	
	00:32.97		00:36.18		
					

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:5, starttime: 16:11
Heat: 5/5 Lane : 2 Athlete: VAN ROY ONAH					Q-time: 01:05:66
PB (25m pool): 01:05.66 LEUVEN 22/02/2026			PB (50m pool): 01:08.29 SB: 01:05.66 LEUVEN 22/02/2026		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.16		01:05.66	
	00:31.16		00:34.50		
					

Coach feedback:

Event number: 11: 100M FREESTYLE MEN 11+					Heat:2, starttime: 16:15
Heat: 2/3 Lane : 1 Athlete: BOONE TORRE					Q-time: 01:26:53
PB (25m pool): 01:26.53 Tremelo 18/01/2026			PB (50m pool): no time SB: 01:26.53 Tremelo 18/01/2026		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:42.60		01:26.53	
	00:42.60		00:43.93		
					

Coach feedback:

Event number: 11: 100M FREESTYLE MEN 11+					Heat:2, starttime: 16:15
Heat: 2/3 Lane : 3 Athlete: DESMEDT TIMO					Q-time: 01:20:86
PB (25m pool): 01:20.86 Tremelo 18/01/2026			PB (50m pool): 01:21.31 SB: 01:20.86 Tremelo 18/01/2026		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.57		01:20.86	
	00:38.57		00:42.29		
					

Coach feedback:

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Event number: 11: 100M FREESTYLE MEN 11+					Heat:3, starttime: 16:18
Heat: 3/3 Lane : 2 Athlete: DE MAESSCHALCK YARNE					Q-time: 00:55:12
PB (25m pool): 00:55.12 LEUVEN 22/02/2026			PB (50m pool): 00:57.00 SB: 00:55.12 LEUVEN 22/02/2026		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:26.06		00:55.12	
	00:26.06		00:29.06		
					

Coach feedback:

Event number: 11: 100M FREESTYLE MEN 11+					Heat:3, starttime: 16:18
Heat: 3/3 Lane : 3 Athlete: WAGEMANS DAAN					Q-time: 01:05:47
PB (25m pool): 01:05.47 LEUVEN 22/02/2026			PB (50m pool): 01:06.83 SB: 01:05.47 LEUVEN 22/02/2026		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.19		01:05.47	
	00:31.19		00:34.28		
					

Coach feedback:

Event number: 11: 100M FREESTYLE MEN 11+					Heat:3, starttime: 16:18
Heat: 3/3 Lane : 4 Athlete: VAN DEN BERGHE VINCE					Q-time: 01:10:89
PB (25m pool): 01:10.89 LEUVEN 22/02/2026			PB (50m pool): 01:12.54 SB: 01:10.89 LEUVEN 22/02/2026		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.82		01:10.89	
	00:33.82		00:37.07		
					

Coach feedback:

Event number: 13: 100M BACKSTROKE WOMEN 11+					Heat:1, starttime: 16:23
Heat: 1/4 Lane : 1 Athlete: VERSPECHT LIZANNE					Q-time: 99:99:99
PB (25m pool): 01:18.34 Diksmuide 19/11/2023			PB (50m pool): 01:19.33 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:18.34	
	no time				
					

Coach feedback:

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Event number: 13: 100M BACKSTROKE WOMEN 11+					Heat:1, starttime: 16:23
Heat: 1/4 Lane : 3 Athlete: STROOBANTS YINNE					Q-time: 01:50:60
PB (25m pool): 01:50.60 Zaventem 16/02/2025					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:52.55		01:50.60	
	00:52.55		00:58.05		
					

Coach feedback:

Event number: 13: 100M BACKSTROKE WOMEN 11+					Heat:3, starttime: 16:29
Heat: 3/4 Lane : 2 Athlete: BRAMS ANN-SOPHIE					Q-time: 01:25:07
PB (25m pool): 01:25.07 Liedekerke 11/11/2025					PB (50m pool): 01:26.81 SB: 01:25.07 Liedekerke 11/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:41.66		01:25.07	
	00:41.66		00:43.41		
					

Coach feedback:

Event number: 13: 100M BACKSTROKE WOMEN 11+					Heat:3, starttime: 16:29
Heat: 3/4 Lane : 3 Athlete: MUYLDERMANS SAM					Q-time: 01:25:86
PB (25m pool): 01:25.86 Vilvoorde 18/05/2025					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.78		01:25.86	
	00:40.78		00:45.08		
					

Coach feedback:

Event number: 14: 100M BACKSTROKE MEN 11+					Heat:2, starttime: 16:37
Heat: 2/3 Lane : 3 Athlete: DESMEDT TIMO					Q-time: 01:31:71
PB (25m pool): 01:31.71 Liedekerke 11/11/2025					PB (50m pool): 01:34.74 SB: 01:31.71 Liedekerke 11/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:45.73		01:31.71	
	00:45.73		00:45.98		
					

Coach feedback:

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Event number: 14: 100M BACKSTROKE MEN 11+				Heat:2, starttime: 16:37	
Heat: 2/3 Lane : 4 Athlete: BOONE TORRE				Q-time: 01:37:80	
PB (25m pool): 01:37.80 Liedekerke 11/11/2025				PB (50m pool): no time SB: 01:37.80 Liedekerke 11/11/2025	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:47.31		01:37.80	
	00:47.31		00:50.49		
					

Coach feedback:

Event number: 14: 100M BACKSTROKE MEN 11+				Heat:3, starttime: 16:40	
Heat: 3/3 Lane : 2 Athlete: DE MAESSCHALCK YARNE				Q-time: 01:04:68	
PB (25m pool): 01:04.68 Leuven 12/10/2025				PB (50m pool): 01:05.98 SB: 01:04.68 Leuven 12/10/2025	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.74		01:04.68	
	00:31.74		00:32.94		
					

Coach feedback:

Event number: 18: 100M BUTTERFLY WOMEN 11+				Heat:1, starttime: 17:07	
Heat: 1/3 Lane : 2 Athlete: PINTE ELLA				Q-time: 01:27:57	
PB (25m pool): 01:27.57 Ternat 29/03/2026				PB (50m pool): 01:27.09 SB: 01:27.57 Ternat 29/03/2026	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.54		01:27.57	
	00:40.54		00:47.03		
					

Coach feedback:

Event number: 18: 100M BUTTERFLY WOMEN 11+				Heat:1, starttime: 17:07	
Heat: 1/3 Lane : 3 Athlete: BRAMS ANN-SOPHIE				Q-time: 01:42:10	
PB (25m pool): 01:42.10 Liedekerke 11/11/2025				PB (50m pool): 01:40.92 SB: 01:42.10 Liedekerke 11/11/2025	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:46.56		01:42.10	
	00:46.56		00:55.54		
					

Coach feedback:

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Event number: 18: 100M BUTTERFLY WOMEN 11+				Heat:3, starttime: 17:11	
Heat: 3/3 Lane : 2 Athlete: VAN ROY ONAH				Q-time: 01:09:90	
PB (25m pool): 01:09.90 Ternat 29/03/2026				PB (50m pool): 01:12.31 SB: 01:09.90 Ternat 29/03/2026	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.87		01:09.90	
	00:32.87		00:37.03		
					

Coach feedback:

Event number: 18: 100M BUTTERFLY WOMEN 11+				Heat:3, starttime: 17:11	
Heat: 3/3 Lane : 4 Athlete: NECULAE MARIA IULIA				Q-time: 01:19:40	
PB (25m pool): 01:19.40 LEUVEN 22/02/2026				PB (50m pool): 01:21.68 SB: 01:19.40 LEUVEN 22/02/2026	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.71		01:19.40	
	00:36.71		00:42.69		
					

Coach feedback:

Event number: 19: 100M BUTTERFLY MEN 11+				Heat:2, starttime: 17:16	
Heat: 2/2 Lane : 1 Athlete: VAN DEN BERGHE VINCE				Q-time: 01:23:56	
PB (25m pool): 01:23.56 LEUVEN 22/02/2026				PB (50m pool): 01:19.76 SB: 01:23.56 LEUVEN 22/02/2026	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.82		01:23.56	
	00:38.82		00:44.74		
					

Coach feedback:

Event number: 19: 100M BUTTERFLY MEN 11+				Heat:2, starttime: 17:16	
Heat: 2/2 Lane : 2 Athlete: DE MAESSCHALCK YARNE				Q-time: 01:01:48	
PB (25m pool): 01:01.48 Leuven 12/10/2025				PB (50m pool): 01:02.59 SB: 01:01.48 Leuven 12/10/2025	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:28.01		01:01.48	
	00:28.01		00:33.47		
					

Coach feedback:

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Event number: 20: 200M MEDLEY WOMEN 11+							Heat:4, starttime: 17:31	
Heat: 4/4 Lane : 2 Athlete: VERSPECHT LIZANNE							Q-time: 02:45:04	
PB (25m pool): 02:35.69 Leuven 20/10/2024				PB (50m pool): 02:45.99SB: 02:48.46 Tremelo 18/01/2026				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:33.80		01:13.53		01:58.58		02:35.69
	00:33.80		00:39.73		00:45.05		00:37.11	
								

Coach feedback:

Event number: 21: 200M MEDLEY MEN 11+							Heat:3, starttime: 17:44	
Heat: 3/3 Lane : 1 Athlete: WAGEMANS DAAN							Q-time: 02:58:86	
PB (25m pool): 02:58.86 Zaventem 08/02/2026				PB (50m pool): 02:56.77 SB: 02:58.86 Zaventem 08/02/2026				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:39.11		no time		no time		02:58.86
	00:39.11							
								

Coach feedback: