

ZCT Lenteprijs 2026: Session: 1: COACH evaluation sheet for TEAM: BEST

Coachinfo: Warming up from: 12:40 untill 13:55. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Creemers Nancy HEADCOACH

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

Event number: 1: 400M FREESTYLE MIXED 10-9							Heat:1, starttime: 14:00	
Heat: 1/3 Lane : 1 Athlete: KERCKHOFS DIEWKE							Q-time: 99:99:99	
PB (25m pool): no time			PB (50m pool): no time SB: no time					
	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		no time		no time		no time
	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		no time
								

Coach feedback:

Event number: 3: 400M FREESTYLE MEN 11-14							Heat:1, starttime: 14:40	
Heat: 1/3 Lane : 2 Athlete: SCHEEPERS ELIAZ							Q-time: 06:04:36	
PB (25m pool): 06:01.20 LEUVEN - Sportoase 22/12/2024				PB (50m pool): no time SB: no time				
	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		00:41.05		01:25.78		02:12.59		02:59.70
	00:41.05		00:44.73		00:46.81		00:47.11	
								
	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		03:46.34		04:32.78		05:19.30		06:01.20
	00:46.64		00:46.44		00:46.52		00:41.90	
								

Coach feedback:

Event number: 3: 400M FREESTYLE MEN 11-14							Heat:3, starttime: 14:55	
Heat: 3/3 Lane : 2 Athlete: PROUVé VIKTOR							Q-time: 04:45:79	
PB (25m pool): 04:45.79 LEUVEN 21/12/2025				PB (50m pool): 04:54.87 SB: 04:45.79 LEUVEN 21/12/2025				
	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		00:31.80		01:07.43		01:44.24		02:21.11
	00:31.80		00:35.63		00:36.81		00:36.87	
								
	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		02:57.85		03:34.09		04:10.41		04:45.79
	00:36.74		00:36.24		00:36.32		00:35.38	
								

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Event number: 4: 100M BREASTSTROKE MIXED 10-9					Heat:1, starttime: 15:01
Heat: 1/1 Lane : 3 Athlete: GHOOS DORIEN					Q-time: 02:03:53
PB (25m pool): no time					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		no time	
	no time				
					

Coach feedback:

Event number: 5: 100M BREASTSTROKE WOMEN 11+					Heat:5, starttime: 15:15
Heat: 5/6 Lane : 3 Athlete: KERCKHOFS WOUKE					Q-time: 01:30:53
PB (25m pool): 01:30.53 Stedelijk Zwembad Geel 15/02/2026					PB (50m pool): 01:33.11 SB: 01:30.53 Stedelijk Zwembad Geel 15/02/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:45.15		01:30.53	
	00:45.15 00:45.38				
					

Coach feedback:

Event number: 6: 100M BREASTSTROKE MEN 11+					Heat:1, starttime: 15:19
Heat: 1/3 Lane : 3 Athlete: JAMAR JONATHAN					Q-time: 99:99:99
PB (25m pool): no time					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		no time	
	no time				
					

Coach feedback:

Event number: 7: 200M BACKSTROKE WOMEN 11-14							Heat:1, starttime: 15:28	
Heat: 1/2 Lane : 2 Athlete: VANGENECHTEN ANNA							Q-time: 03:07:85	
PB (25m pool): 03:07.85 Aarschot 26/04/2026				PB (50m pool): 03:15.17 SB: 03:07.85 Aarschot 26/04/2026				
	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		00:47.30		01:36.24		no time		03:07.85
	00:47.30		00:48.94					
								

Coach feedback:

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Event number: 7: 200M BACKSTROKE WOMEN 11-14							Heat:1, starttime: 15:28	
Heat: 1/2 Lane : 3 Athlete: VANMECHELEN KATO							Q-time: 03:11:80	
PB (25m pool): 03:11.80 Aarschot 26/04/2026				PB (50m pool): no time SB: 03:11.80 Aarschot 26/04/2026				
	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		00:45.43		01:33.49		02:23.96		03:11.80
	00:45.43		00:48.06		00:50.47		00:47.84	
								

Coach feedback:

Event number: 7: 200M BACKSTROKE WOMEN 11-14							Heat:2, starttime: 15:33	
Heat: 2/2 Lane : 2 Athlete: GHOOS KATO							Q-time: 02:49:78	
PB (25m pool): 02:49.78 Aarschot 26/04/2026				PB (50m pool): no time SB: 02:49.78 Aarschot 26/04/2026				
	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		00:40.63		01:24.15		no time		02:49.78
	00:40.63		00:43.52					
								

Coach feedback:

Event number: 8: 200M BACKSTROKE MEN 11-14							Heat:1, starttime: 15:37	
Heat: 1/3 Lane : 2 Athlete: YAKILI FURKAN							Q-time: 99:99:99	
PB (25m pool): no time			PB (50m pool): no time SB: no time					
	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		no time		no time		no time		no time
	no time							
								

Coach feedback:

Event number: 8: 200M BACKSTROKE MEN 11-14							Heat:2, starttime: 15:41	
Heat: 2/3 Lane : 2 Athlete: VANINBROUKX TOON							Q-time: 03:00:64	
PB (25m pool): 03:00.64 Aarschot 26/04/2026				PB (50m pool): no time SB: 03:00.64 Aarschot 26/04/2026				
	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		00:43.84		01:29.38		02:16.04		03:00.64
	00:43.84		00:45.54		00:46.66		00:44.60	
								

Coach feedback:

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Event number: 8: 200M BACKSTROKE MEN 11-14							Heat:2, starttime: 15:41	
Heat: 2/3 Lane : 3 Athlete: VANGENECHTEN MATTHIAS							Q-time: 03:01:10	
PB (25m pool): 03:01.10 Aarschot 26/04/2026				PB (50m pool): 03:07.93 SB: 03:01.10 Aarschot 26/04/2026				
	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		00:44.99		01:31.97		02:18.93		03:01.10
	00:44.99		00:46.98		00:46.96		00:42.17	
								

Coach feedback:

Event number: 8: 200M BACKSTROKE MEN 11-14							Heat:2, starttime: 15:41	
Heat: 2/3 Lane : 4 Athlete: JAMAR ALEXANDER							Q-time: 99:99:99	
PB (25m pool): no time			PB (50m pool): no time SB: no time					
	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		no time		no time		no time		no time
	no time							
								

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+							Heat:2, starttime: 16:05	
Heat: 2/5 Lane : 1 Athlete: VANGENECHTEN ANNA							Q-time: 01:18:19	
PB (25m pool): 01:18.19 Stedelijk Zwembad Geel 15/02/2026							PB (50m pool): 01:18.72 SB: 01:18.19 Stedelijk Zwembad Geel 15/02/2026	
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:38.18		01:18.19				
	00:38.18		00:40.01					
								

Coach feedback:

Event number: 12: 100M BACKSTROKE MIXED 10-9							Heat:1, starttime: 16:20	
Heat: 1/1 Lane : 3 Athlete: GHOOS DORIEN							Q-time: 01:47:67	
PB (25m pool): no time				PB (50m pool): no time SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		no time		no time				
	no time							
								

Coach feedback:

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Event number: 14: 100M BACKSTROKE MEN 11+					Heat:1, starttime: 16:34
Heat: 1/3 Lane : 2 Athlete: JAMAR JONATHAN					Q-time: 99:99:99
PB (25m pool): no time					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		no time	
	no time				
					

Coach feedback:

Event number: 14: 100M BACKSTROKE MEN 11+					Heat:3, starttime: 16:40
Heat: 3/3 Lane : 4 Athlete: SCHEEPERS ELIAZ					Q-time: 01:20:54
PB (25m pool): 01:20.54 Aarschot 26/04/2026					PB (50m pool): 01:21.64 SB: 01:20.54 Aarschot 26/04/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.94		01:20.54	
	00:39.94 00:40.60				
					

Coach feedback:

Event number: 15: 200M FREESTYLE WOMEN 11-14					Heat:1, starttime: 16:42			
Heat: 1/3 Lane : 2 Athlete: VANMECHELEN KATO					Q-time: 03:12:34			
PB (25m pool): 03:12.34 LEUVEN 21/12/2025					PB (50m pool): no time SB: 03:12.34 LEUVEN 21/12/2025			
	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		00:44.05		01:35.30		02:26.56		03:12.34
	00:44.05 00:51.25 00:51.26 00:45.78							
								

Coach feedback:

Event number: 15: 200M FREESTYLE WOMEN 11-14					Heat:2, starttime: 16:47			
Heat: 2/3 Lane : 2 Athlete: KERCKHOFS WOUKE					Q-time: 02:42:82			
PB (25m pool): 02:42.82 LEUVEN 21/12/2025					PB (50m pool): 02:42.81 SB: 02:42.82 LEUVEN 21/12/2025			
	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		00:38.96		01:20.87		02:02.89		02:42.82
	00:38.96 00:41.91 00:42.02 00:39.93							
								

Coach feedback:

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Event number: 15: 200M FREESTYLE WOMEN 11-14							Heat:2, starttime: 16:47	
Heat: 2/3 Lane : 3 Athlete: VANGENECHTEN ANNA							Q-time: 03:04:07	
PB (25m pool): 03:04.07 LEUVEN 23/11/2025				PB (50m pool): no time SB: 03:04.07 LEUVEN 23/11/2025				
	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		00:42.24		01:30.78		02:18.40		03:04.07
	00:42.24		00:48.54		00:47.62		00:45.67	
								

Coach feedback:

Event number: 15: 200M FREESTYLE WOMEN 11-14							Heat:3, starttime: 16:50	
Heat: 3/3 Lane : 1 Athlete: GHOOS KATO							Q-time: 02:32:93	
PB (25m pool): 02:32.93 LEUVEN 21/12/2025				PB (50m pool): 02:46.25 SB: 02:32.93 LEUVEN 21/12/2025				
	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		00:35.88		01:16.29		01:56.06		02:32.93
	00:35.88		00:40.41		00:39.77		00:36.87	
								

Coach feedback:

Event number: 16: 200M FREESTYLE MEN 11-14							Heat:1, starttime: 16:54	
Heat: 1/3 Lane : 2 Athlete: YAKILI FURKAN							Q-time: 02:55:33	
PB (25m pool): 02:55.33 LEUVEN 21/12/2025				PB (50m pool): no time SB: 02:55.33 LEUVEN 21/12/2025				
	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		00:41.10		01:26.46		02:12.83		02:55.33
	00:41.10		00:45.36		00:46.37		00:42.50	
								

Coach feedback:

Event number: 16: 200M FREESTYLE MEN 11-14							Heat:1, starttime: 16:54	
Heat: 1/3 Lane : 3 Athlete: VANINBROUKX TOON							Q-time: 02:57:27	
PB (25m pool): 02:57.27 Mol 28/12/2025				PB (50m pool): 03:05.52 SB: 02:57.27 Mol 28/12/2025				
	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		00:42.41		01:27.02		02:14.84		02:57.27
	00:42.41		00:44.61		00:47.82		00:42.43	
								

Coach feedback:

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Event number: 16: 200M FREESTYLE MEN 11-14							Heat:2, starttime: 16:58	
Heat: 2/3 Lane : 1 Athlete: VANGENECHTEN MATTHIAS							Q-time: 02:49:36	
PB (25m pool): 03:24.81 Overijse 30/11/2024				PB (50m pool): 02:49.36 SB: no time				
	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		00:48.55		01:43.62		no time		03:24.81
	00:48.55		00:55.07					
								

Coach feedback:

Event number: 16: 200M FREESTYLE MEN 11-14							Heat:2, starttime: 16:58	
Heat: 2/3 Lane : 3 Athlete: JAMAR ALEXANDER							Q-time: 02:48:31	
PB (25m pool): 02:48.31 Pelt 05/10/2025				PB (50m pool): no time SB: 02:48.31 Pelt 05/10/2025				
	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		00:38.80		01:22.51		no time		02:48.31
	00:38.80		00:43.71					
								

Coach feedback:

Event number: 16: 200M FREESTYLE MEN 11-14							Heat:3, starttime: 17:01	
Heat: 3/3 Lane : 2 Athlete: PROUVé VIKTOR							Q-time: 02:20:67	
PB (25m pool): 02:20.67 Leuven 12/10/2025				PB (50m pool): 02:21.82 SB: 02:20.67 Leuven 12/10/2025				
	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		00:32.13		01:08.41		01:44.88		02:20.67
	00:32.13		00:36.28		00:36.47		00:35.79	
								

Coach feedback:

Event number: 19: 100M BUTTERFLY MEN 11+							Heat:1, starttime: 17:14	
Heat: 1/2 Lane : 1 Athlete: SCHEEPERS ELIAZ							Q-time: 99:99:99	
PB (25m pool): no time				PB (50m pool): no time SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		no time		no time				
	no time							
								

Coach feedback:

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Event number: 20: 200M MEDLEY WOMEN 11+							Heat:2, starttime: 17:23	
Heat: 2/4 Lane : 1 Athlete: VANMECHELEN KATO							Q-time: 03:27:13	
PB (25m pool): 03:27.13 Tremelo 18/01/2026				PB (50m pool): no time SB: 03:27.13 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		00:48.70		no time		no time		03:27.13
	00:48.70							
								

Coach feedback:

Event number: 20: 200M MEDLEY WOMEN 11+							Heat:3, starttime: 17:28	
Heat: 3/4 Lane : 1 Athlete: KERCKHOFS WOUKE							Q-time: 03:11:76	
PB (25m pool): 03:11.82 Tremelo 25/05/2025				PB (50m pool): 03:11.76 SB: 03:12.31 Pelt 05/10/2025				
	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		00:48.24		no time		no time		03:11.82
	00:48.24							
								

Coach feedback:

Event number: 20: 200M MEDLEY WOMEN 11+							Heat:4, starttime: 17:31	
Heat: 4/4 Lane : 1 Athlete: GHOOS KATO							Q-time: 02:47:39	
PB (25m pool): 02:47.39 Aarschot 26/04/2026				PB (50m pool): 02:53.10 SB: 02:47.39 Aarschot 26/04/2026				
	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		00:31.17		01:20.05		02:09.57		02:47.39
	00:31.17		00:48.88		00:49.52		00:37.82	
								

Coach feedback:

Event number: 21: 200M MEDLEY MEN 11+							Heat:1, starttime: 17:35	
Heat: 1/3 Lane : 3 Athlete: YAKILI FURKAN							Q-time: 99:99:99	
PB (25m pool): no time			PB (50m pool): no time SB: no time					
	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		no time		no time		no time		no time
	no time							
								

Coach feedback:

ZCT Lenteprijs 2026: Session: 1: COACH evaluation sheet for TEAM: BEST

Event number: 21: 200M MEDLEY MEN 11+							Heat:2, starttime: 17:40	
Heat: 2/3 Lane : 1 Athlete: JAMAR ALEXANDER							Q-time: 03:23:24	
PB (25m pool): 03:23.24 LEUVEN - Sportoase 22/12/2024							PB (50m pool): 03:46.48 SB: no time	
	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		00:46.27		01:39.23		02:39.11		03:23.24
	00:46.27		00:52.96		00:59.88		00:44.13	
								

Coach feedback:

Event number: 21: 200M MEDLEY MEN 11+							Heat:2, starttime: 17:40	
Heat: 2/3 Lane : 2 Athlete: VANINBROUKX TOON							Q-time: 03:10:85	
PB (25m pool): 03:10.85 Aarschot 26/04/2026							PB (50m pool): 03:32.43 SB: 03:10.85 Aarschot 26/04/2026	
	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		00:42.33		01:29.58		02:27.51		03:10.85
	00:42.33		00:47.25		00:57.93		00:43.34	
								

Coach feedback:

Event number: 21: 200M MEDLEY MEN 11+							Heat:2, starttime: 17:40	
Heat: 2/3 Lane : 3 Athlete: VANGENECHTEN MATTHIAS							Q-time: 03:11:84	
PB (25m pool): 03:11.84 Aarschot 26/04/2026							PB (50m pool): 03:37.16 SB: 03:11.84 Aarschot 26/04/2026	
	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		00:47.84		01:35.29		02:32.64		03:11.84
	00:47.84		00:47.45		00:57.35		00:39.20	
								

Coach feedback: