

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

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

Coaches: Van Den Bulck Deborah HEADCOACH

Coaches: Van Dyck Line

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

Event number: 5: 100M BREASTSTROKE WOMEN 11+				Heat:2, starttime: 15:07	
Heat: 2/6 Lane : 4 Athlete: VETTERS GLUZA NINA				Q-time: 01:57:03	
PB (25m pool): 01:57.03 Heist Op Den Berg 11/01/2025				PB (50m pool): 01:57.94 SB: 01:58.18 Nijlen 16/11/2025	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:55.06		01:57.03	
	00:55.06		01:01.97		
					

Coach feedback:

Event number: 5: 100M BREASTSTROKE WOMEN 11+				Heat:3, starttime: 15:10	
Heat: 3/6 Lane : 4 Athlete: VERBEEK FENNA				Q-time: 01:51:85	
PB (25m pool): 01:51.85 Nijlen 16/11/2025				PB (50m pool): 01:54.01 SB: 01:51.85 Nijlen 16/11/2025	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:53.25		01:51.85	
	00:53.25		00:58.60		
					

Coach feedback:

Event number: 6: 100M BREASTSTROKE MEN 11+				Heat:1, starttime: 15:19	
Heat: 1/3 Lane : 1 Athlete: GOVARTS RUNE				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: 10: 100M FREESTYLE WOMEN 11+					Heat:1, starttime: 16:03
Heat: 1/5 Lane : 3 Athlete: VETTERS GLUZA NINA					Q-time: 01:33:17
PB (25m pool): 01:33.17 Tremelo 14/12/2025					PB (50m pool): 01:42.07 SB: 01:33.17 Tremelo 14/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:43.07		01:33.17	
	00:43.07		00:50.10		
					

Coach feedback:

Event number: 11: 100M FREESTYLE MEN 11+					Heat:1, starttime: 16:13
Heat: 1/3 Lane : 3 Athlete: GOVARTS RUNE					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: 13: 100M BACKSTROKE WOMEN 11+					Heat:2, starttime: 16:26
Heat: 2/4 Lane : 2 Athlete: VERBEEK FENNA					Q-time: 01:29:71
PB (25m pool): 01:29.71 Tremelo 14/12/2025					PB (50m pool): 01:32.63 SB: 01:29.71 Tremelo 14/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:45.51		01:29.71	
	00:45.51		00:44.20		
					

Coach feedback:

Event number: 15: 200M FREESTYLE WOMEN 11-14							Heat:1, starttime: 16:42	
Heat: 1/3 Lane : 1 Athlete: VETTERS GLUZA NINA							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:

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Event number: 16: 200M FREESTYLE MEN 11-14							Heat:1, starttime: 16:54	
Heat: 1/3 Lane : 1 Athlete: GOVARTS RUNE							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: 18: 100M BUTTERFLY WOMEN 11+							Heat:1, starttime: 17:07	
Heat: 1/3 Lane : 4 Athlete: VERBEEK FENNA							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: 20: 200M MEDLEY WOMEN 11+							Heat:4, starttime: 17:31	
Heat: 4/4 Lane : 3 Athlete: VAN DYCK LINE							Q-time: 02:46:96	
PB (25m pool): 02:46.96 Heist Op Den Berg 11/01/2025				PB (50m pool): 02:48.08 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		00:33.48		no time		no time		02:46.96
	00:33.48							
								

Coach feedback: