

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

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

Coaches: Van Dyck Nina HEADCOACH

PB => Personal Best time

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

Event number: 1: 400M FREESTYLE MIXED 10-9							Heat:3, starttime: 14:18	
Heat: 3/3 Lane : 3 Athlete: MEUNIER EMILE							Q-time: 06:44:83	
PB (25m pool): 06:54.57 Herentals 04/10/2025				PB (50m pool): 06:44.83SB: 06:54.57 Herentals 04/10/2025				
	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		00:45.85		01:39.09		02:31.80		03:25.23
	00:45.85		00:53.24		00:52.71		00:53.43	
								
	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		04:18.00		05:11.77		06:04.42		06:54.57
	00:52.77		00:53.77		00:52.65		00:50.15	
								

Coach feedback:

Event number: 3: 400M FREESTYLE MEN 11-14							Heat:2, starttime: 14:49	
Heat: 2/3 Lane : 3 Athlete: PIETERS KOBE							Q-time: 05:25:08	
PB (25m pool): 05:25.08 Tremelo 25/05/2025				PB (50m pool): 05:57.67 SB: 05:36.04 Herentals 04/10/2025				
	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		01:16.33		no time		02:39.30
	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		05:25.08
								

Coach feedback:

Event number: 4: 100M BREASTSTROKE MIXED 10-9							Heat:1, starttime: 15:01	
Heat: 1/1 Lane : 2 Athlete: PANKEN MATS						Q-time: 02:00:94		
PB (25m pool): 02:00.94 Heist-op-den-Berg 10/01/2026				PB (50m pool): no time SB: 02:00.94 Heist-op-den-Berg 10/01/2026				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:56.86		02:00.94				
	00:56.86		01:04.08					
								

Coach feedback:

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Event number: 5: 100M BREASTSTROKE WOMEN 11+					Heat:2, starttime: 15:07
Heat: 2/6 Lane : 3 Athlete: LAMBRECHTS Fé					Q-time: 01:54:63
PB (25m pool): 01:54.63 Heist-op-den-Berg 10/01/2026					PB (50m pool): 01:57.55 SB: 01:54.63 Heist-op-den-Berg 10/01/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:53.20		01:54.63	
	00:53.20		01:01.43		
					

Coach feedback:

Event number: 5: 100M BREASTSTROKE WOMEN 11+					Heat:4, starttime: 15:12
Heat: 4/6 Lane : 3 Athlete: DE LAET ELINE					Q-time: 01:35:01
PB (25m pool): 01:35.01 Aartselaar 01/11/2025					PB (50m pool): 01:37.74 SB: 01:35.01 Aartselaar 01/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:43.47		01:35.01	
	00:43.47		00:51.54		
					

Coach feedback:

Event number: 6: 100M BREASTSTROKE MEN 11+					Heat:2, starttime: 15:22
Heat: 2/3 Lane : 1 Athlete: PANKEN LEX					Q-time: 01:54:16
PB (25m pool): 01:53.85 Aartselaar 01/11/2024					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:54.69		01:53.85	
	00:54.69		00:59.16		
					

Coach feedback:

Event number: 6: 100M BREASTSTROKE MEN 11+					Heat:2, starttime: 15:22
Heat: 2/3 Lane : 2 Athlete: GYSELS RUBEN					Q-time: 01:46:56
PB (25m pool): 01:46.56 Nijlen 01/03/2026					PB (50m pool): no time SB: 01:46.56 Nijlen 01/03/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:50.90		01:46.56	
	00:50.90		00:55.66		
					

Coach feedback:

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Event number: 8: 200M BACKSTROKE MEN 11-14							Heat:2, starttime: 15:41	
Heat: 2/3 Lane : 1 Athlete: PANKEN LEX							Q-time: 03:33:76	
PB (25m pool): 03:33.76 Parklaan 58, Turnhout 30/03/2025 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		00:52.05		01:46.39		no time		03:33.76
	00:52.05		00:54.34					
								

Coach feedback:

Event number: 8: 200M BACKSTROKE MEN 11-14							Heat:3, starttime: 15:46	
Heat: 3/3 Lane : 1 Athlete: VERBEEK MATTS							Q-time: 02:46:28	
PB (25m pool): 02:46.28 Parklaan 58, Turnhout 29/03/2026				PB (50m pool): 02:49.11 SB: 02:46.28 Parklaan 58, Turnhout 29/03/2026				
	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		00:39.80		01:22.63		no time		02:46.28
	00:39.80		00:42.83					
								

Coach feedback:

Event number: 9: 100M FREESTYLE MIXED 10-9							Heat:1, starttime: 15:50	
Heat: 1/1 Lane : 2 Athlete: PANKEN MATS							Q-time: 01:27:66	
PB (25m pool): 01:27.66 Heist-op-den-Berg 10/01/2026							PB (50m pool): no time SB: 01:27.66 Heist-op-den-Berg 10/01/2026	
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:42.92		01:27.66				
	00:42.92		00:44.74					
								

Coach feedback:

Event number: 9: 100M FREESTYLE MIXED 10-9							Heat:1, starttime: 15:50			
Heat: 1/1 Lane : 3 Athlete: CEELEN BRECHT							Q-time: 01:38:61			
PB (25m pool): 01:38.61 Nijlen 01/03/2026							PB (50m pool): no time SB: 01:38.61 Nijlen 01/03/2026			
	2 5 M		5 0 M		7 5 M		1 0 0 M			
PB			00:46.45				01:38.61			
	00:46.45				00:52.16					
										

Coach feedback:

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Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:1, starttime: 16:03
Heat: 1/5 Lane : 1 Athlete: LAMBRECHTS Fé					Q-time: 01:36:40
PB (25m pool): 01:36.40 Heist-op-den-Berg 10/01/2026					PB (50m pool): no time SB: 01:36.40 Heist-op-den-Berg 10/01/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:46.81		01:36.40	
	00:46.81		00:49.59		
					

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:3, starttime: 16:07
Heat: 3/5 Lane : 4 Athlete: ROZIERIS LILY					Q-time: 01:15:49
PB (25m pool): 01:15.49 Nijlen 16/11/2025					PB (50m pool): 01:16.96 SB: 01:15.49 Nijlen 16/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.42		01:15.49	
	00:36.42		00:39.07		
					

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:4, starttime: 16:09
Heat: 4/5 Lane : 2 Athlete: DE LAET ELINE					Q-time: 01:07:95
PB (25m pool): 01:07.95 Stedelijk Zwembad Geel 15/02/2026					PB (50m pool): 01:11.45 SB: 01:07.95 Stedelijk Zwembad Geel 15/02/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.45		01:07.95	
	00:32.45		00:35.50		
					

Coach feedback:

Event number: 11: 100M FREESTYLE MEN 11+					Heat:2, starttime: 16:15
Heat: 2/3 Lane : 2 Athlete: GYSELS RUBEN					Q-time: 01:15:91
PB (25m pool): 01:15.91 Aarschot 26/04/2026					PB (50m pool): no time SB: 01:15.91 Aarschot 26/04/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.04		01:15.91	
	00:36.04		00:39.87		
					

Coach feedback:

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Event number: 11: 100M FREESTYLE MEN 11+					Heat:3, starttime: 16:18
Heat: 3/3 Lane : 1 Athlete: PIETERS KOBE					Q-time: 01:09:37
PB (25m pool): 01:09.37 Nijlen 16/11/2025					PB (50m pool): 01:10.72 SB: 01:09.37 Nijlen 16/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.22		01:09.37	
	00:33.22		00:36.15		
					

Coach feedback:

Event number: 12: 100M BACKSTROKE MIXED 10-9					Heat:1, starttime: 16:20
Heat: 1/1 Lane : 2 Athlete: CEELEN BRECHT					Q-time: 01:45:81
PB (25m pool): 01:45.81 Aarschot 26/04/2026					PB (50m pool): no time SB: 01:45.81 Aarschot 26/04/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:51.83		01:45.81	
	00:51.83		00:53.98		
					

Coach feedback:

Event number: 20: 200M MEDLEY WOMEN 11+					Heat:3, starttime: 17:28			
Heat: 3/4 Lane : 2 Athlete: ROZIERIS LILY					Q-time: 03:01:31			
PB (25m pool): 03:01.31 Parklaan 58, Turnhout 29/03/2026					PB (50m pool): no time SB: 03:01.31 Parklaan 58, Turnhout 29/03/2026			
	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		00:40.52		no time		no time		03:01.31
	00:40.52							
								

Coach feedback:

Event number: 20: 200M MEDLEY WOMEN 11+					Heat:3, starttime: 17:28			
Heat: 3/4 Lane : 3 Athlete: GORIS ARWEN					Q-time: 03:06:36			
PB (25m pool): 03:06.36 Heist-op-den-Berg 10/01/2026					PB (50m pool): no time SB: 03:06.36 Heist-op-den-Berg 10/01/2026			
	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		00:42.96		no time		no time		03:06.36
	00:42.96							
								

Coach feedback:

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Event number: 21: 200M MEDLEY MEN 11+							Heat:3, starttime: 17:44	
Heat: 3/3 Lane : 2 Athlete: VERBEEK MATTS							Q-time: 02:46:13	
PB (25m pool): 02:46.13 Parklaan 58, Turnhout 29/03/2026							PB (50m pool): 02:51.03 SB: 02:46.13 Parklaan 58, Turnhout 29/03/2026	
	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		00:34.44		no time		no time		02:46.13
	00:34.44							
								

Coach feedback: