

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

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

Coaches: Smets Catherine 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 : 3 Athlete: WINNEPENNINCKX MILA							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: 1: 400M FREESTYLE MIXED 10-9							Heat:3, starttime: 14:18	
Heat: 3/3 Lane : 4 Athlete: SALAETS ELOÏSE							Q-time: 07:11:90	
PB (25m pool): 07:11.90 Tremelo 25/05/2025				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		01:41.56		no time		03:34.35
	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		07:11.90
								

Coach feedback:

Event number: 5: 100M BREASTSTROKE WOMEN 11+							Heat:1, starttime: 15:04			
Heat: 1/6 Lane : 1 Athlete: VERHEYEN CHARLOTTE							Q-time: 02:02:26			
PB (25m pool): 02:02.26 Zaventem 08/02/2026				PB (50m pool): 02:16.33 SB: 02:02.26 Zaventem 08/02/2026						
	2 5 M		5 0 M		7 5 M		1 0 0 M			
PB			00:57.50				02:02.26			
	00:57.50				01:04.76					
										

Coach feedback:

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Event number: 5: 100M BREASTSTROKE WOMEN 11+					Heat:1, starttime: 15:04
Heat: 1/6 Lane : 3 Athlete: ELSSEN FIEN					Q-time: 01:58:96
PB (25m pool): 01:58.96 Zaventem 08/02/2026					PB (50m pool): no time SB: 01:58.96 Zaventem 08/02/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:55.13		01:58.96	
	00:55.13		01:03.83		
					

Coach feedback:

Event number: 5: 100M BREASTSTROKE WOMEN 11+					Heat:1, starttime: 15:04
Heat: 1/6 Lane : 4 Athlete: LUYTEN ISOLDE					Q-time: 02:04:65
PB (25m pool): 02:04.65 Zaventem 08/02/2026					PB (50m pool): no time SB: 02:04.65 Zaventem 08/02/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:58.22		02:04.65	
	00:58.22		01:06.43		
					

Coach feedback:

Event number: 5: 100M BREASTSTROKE WOMEN 11+					Heat:3, starttime: 15:10
Heat: 3/6 Lane : 1 Athlete: WAUTERS LENIA					Q-time: 01:48:28
PB (25m pool): 01:48.28 Tremelo 14/12/2025					PB (50m pool): no time SB: 01:48.28 Tremelo 14/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:51.61		01:48.28	
	00:51.61		00:56.67		
					

Coach feedback:

Event number: 6: 100M BREASTSTROKE MEN 11+					Heat:2, starttime: 15:22
Heat: 2/3 Lane : 4 Athlete: WINNEPENNINCKX FELIX					Q-time: 01:59:94
PB (25m pool): 02:03.45 LEUVEN 21/12/2025					PB (50m pool): 01:59.94 SB: 02:03.45 LEUVEN 21/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:58.05		02:03.45	
	00:58.05		01:05.40		
					

Coach feedback:

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Event number: 7: 200M BACKSTROKE WOMEN 11-14							Heat:1, starttime: 15:28	
Heat: 1/2 Lane : 1 Athlete: WILLEN LENTHE							Q-time: 03:39:38	
PB (25m pool): 03:39.38 Aarschot 16/03/2025				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		00:51.58		01:47.83		no time		03:39.38
	00:51.58		00:56.25					
								

Coach feedback:

Event number: 11: 100M FREESTYLE MEN 11+							Heat:1, starttime: 16:13		
Heat: 1/3 Lane : 2 Athlete: WINNEPENNINCKX FELIX							Q-time: 01:26:57		
PB (25m pool): 01:31.69 Zaventem 08/02/2026				PB (50m pool): 01:26.57 SB: 01:31.69 Zaventem 08/02/2026					
	2 5 M	5 0 M	7 5 M	1 0 0 M					
PB		00:43.52		01:31.69					
	00:43.52		00:48.17						
									

Coach feedback:

Event number: 15: 200M FREESTYLE WOMEN 11-14							Heat:1, starttime: 16:42	
Heat: 1/3 Lane : 3 Athlete: LUYTEN ISOLDE							Q-time: 03:57:69	
PB (25m pool): 03:57.69 Leuven. 23/02/2025				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		00:48.72		01:48.50		no time		03:57.69
	00:48.72		00:59.78					
								

Coach feedback:

Event number: 15: 200M FREESTYLE WOMEN 11-14							Heat:2, starttime: 16:47	
Heat: 2/3 Lane : 1 Athlete: WILLEN LENTHE							Q-time: 03:08:04	
PB (25m pool): 03:08.04 Tienen 26/10/2025				PB (50m pool): no time SB: 03:08.04 Tienen 26/10/2025				
	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		00:43.19		01:32.62		no time		03:08.04
	00:43.19		00:49.43					
								

Coach feedback:

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Event number: 20: 200M MEDLEY WOMEN 11+							Heat:1, starttime: 17:19	
Heat: 1/4 Lane : 1 Athlete: ELSSEN FIEN							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: 20: 200M MEDLEY WOMEN 11+							Heat:1, starttime: 17:19	
Heat: 1/4 Lane : 2 Athlete: VERHEYEN CHARLOTTE							Q-time: 04:00:70	
PB (25m pool): 04:00.70 Vilvoorde 01/03/2026			PB (50m pool): no time SB: 04:00.70 Vilvoorde 01/03/2026					
	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		00:55.48		no time		no time		04:00.70
	00:55.48							
								

Coach feedback:

Event number: 20: 200M MEDLEY WOMEN 11+							Heat:1, starttime: 17:19	
Heat: 1/4 Lane : 3 Athlete: WAUTERS LENIA							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: