

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

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

Coaches: Van Impe Inge

Coaches: Claes Lieselotte

Coaches: Salaets Pieter HEADCOACH

Coaches: De Weerdt Amélie

Coaches: Verbinnen Nadine

Coaches: Loeman Ejjennia

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 : 2 Athlete: SLAGMOLEN PIM							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:1, starttime: 14:00	
Heat: 1/3 Lane : 4 Athlete: BIYIK NIDA							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:

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Event number: 1: 400M FREESTYLE MIXED 10-9							Heat:2, starttime: 14:09	
Heat: 2/3 Lane : 1 Athlete: SWEECK ISE							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:2, starttime: 14:09	
Heat: 2/3 Lane : 2 Athlete: BLOCKMANS CHARLOTTE							Q-time: 07:58:66	
PB (25m pool): 07:58.66 Tremelo 14/12/2025				PB (50m pool): no time SB: 07:58.66 Tremelo 14/12/2025				
	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		no time		01:51.06		no time		03:53.59
	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		07:58.66
								

Coach feedback:

Event number: 1: 400M FREESTYLE MIXED 10-9							Heat:2, starttime: 14:09	
Heat: 2/3 Lane : 3 Athlete: WYSGEER LOTTE							Q-time: 08:17:42	
PB (25m pool): 08:17.42 Tremelo 14/12/2025			PB (50m pool): no time SB: 08:17.42 Tremelo 14/12/2025					
	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		no time		01:46.21		no time		03:56.15
	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		08:17.42
								

Coach feedback:

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Event number: 1: 400M FREESTYLE MIXED 10-9							Heat:2, starttime: 14:09	
Heat: 2/3 Lane : 4 Athlete: CRETSKENS LENISE							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 : 1 Athlete: VANDEPOEL JEF							Q-time: 06:59:31	
PB (25m pool): 06:59.31 Tremelo 14/12/2025				PB (50m pool): no time SB: 06:59.31 Tremelo 14/12/2025				
	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		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		06:59.31
								

Coach feedback:

Event number: 1: 400M FREESTYLE MIXED 10-9							Heat:3, starttime: 14:18	
Heat: 3/3 Lane : 2 Athlete: ROCKELé ANNABEL							Q-time: 06:33:91	
PB (25m pool): 06:33.91 Tremelo 14/12/2025			PB (50m pool): no time SB: 06:33.91 Tremelo 14/12/2025					
	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		no time		01:34.84		no time		03:18.88
	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		06:33.91
								

Coach feedback:

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Event number: 3: 400M FREESTYLE MEN 11-14							Heat:1, starttime: 14:40	
Heat: 1/3 Lane : 1 Athlete: CHRISTIAENS TUUR							Q-time: 07:24:97	
PB (25m pool): 07:24.97 Tremelo 25/05/2025				PB (50m pool): no time SB: 07:31.13 Tremelo 14/12/2025				
	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		no time		01:44.35		no time		03:39.90
	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		07:24.97
								

Coach feedback:

Event number: 3: 400M FREESTYLE MEN 11-14							Heat:2, starttime: 14:49	
Heat: 2/3 Lane : 2 Athlete: VANDENWEGHE DRIES							Q-time: 05:12:09	
PB (25m pool): 05:12.09 Aarschot 26/04/2026				PB (50m pool): 05:43.76SB: 05:12.09 Aarschot 26/04/2026				
	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		00:35.53		01:15.59		01:54.95		02:34.88
	00:35.53		00:40.06		00:39.36		00:39.93	
								
	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		03:14.34		03:53.93		04:33.80		05:12.09
	00:39.46		00:39.59		00:39.87		00:38.29	
								

Coach feedback:

Event number: 3: 400M FREESTYLE MEN 11-14							Heat:3, starttime: 14:55	
Heat: 3/3 Lane : 1 Athlete: MERTENS LANDER							Q-time: 04:56:31	
PB (25m pool): 04:56.31 Aarschot 26/04/2026				PB (50m pool): 05:59.85SB: 04:56.31 Aarschot 26/04/2026				
	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		00:33.55		01:10.42		01:48.01		02:26.16
	00:33.55		00:36.87		00:37.59		00:38.15	
								
	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		03:03.73		03:41.89		04:19.78		04:56.31
	00:37.57		00:38.16		00:37.89		00:36.53	
								

Coach feedback:

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Event number: 3: 400M FREESTYLE MEN 11-14							Heat:3, starttime: 14:55	
Heat: 3/3 Lane : 3 Athlete: ROCKELé LOWIE							Q-time: 04:54:86	
PB (25m pool): 04:54.86 Aarschot 26/04/2026				PB (50m pool): 05:37.22SB: 04:54.86 Aarschot 26/04/2026				
	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		00:32.36		01:09.46		01:47.36		02:25.35
	00:32.36		00:37.10		00:37.90		00:37.99	
								
	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		03:02.88		03:41.15		04:19.94		04:54.86
	00:37.53		00:38.27		00:38.79		00:34.92	
								

Coach feedback:

Event number: 3: 400M FREESTYLE MEN 11-14							Heat:3, starttime: 14:55	
Heat: 3/3 Lane : 4 Athlete: SCHEPENS TOOR							Q-time: 04:56:51	
PB (25m pool): 04:56.51 Aarschot 26/04/2026				PB (50m pool): 05:50.42SB: 04:56.51 Aarschot 26/04/2026				
	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		00:33.24		01:10.21		01:47.81		02:25.64
	00:33.24		00:36.97		00:37.60		00:37.83	
								
	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		03:03.51		03:41.99		04:20.48		04:56.51
	00:37.87		00:38.48		00:38.49		00:36.03	
								

Coach feedback:

Event number: 5: 100M BREASTSTROKE WOMEN 11+					Heat:4, starttime: 15:12				
Heat: 4/6 Lane : 1 Athlete: SALAETS TESS					Q-time: 01:38:72				
PB (25m pool): 01:38.72 Heist-op-den-Berg 10/01/2026					PB (50m pool): 01:43.55SB: 01:38.72 Heist-op-den-Berg 10/01/2026				
	2 5 M	5 0 M	7 5 M	1 0 0 M					
PB		00:45.37		01:38.72					
	00:45.37		00:53.35						
									

Coach feedback:

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Event number: 5: 100M BREASTSTROKE WOMEN 11+					Heat:4, starttime: 15:12
Heat: 4/6 Lane : 4 Athlete: BOND MAYA					Q-time: 01:38:90
PB (25m pool): 01:38.90 Tremelo 14/12/2025					PB (50m pool): 01:58.71 SB: 01:38.90 Tremelo 14/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:45.79		01:38.90	
	00:45.79		00:53.11		
					

Coach feedback:

Event number: 5: 100M BREASTSTROKE WOMEN 11+					Heat:5, starttime: 15:15
Heat: 5/6 Lane : 1 Athlete: BELIAEV EMILY					Q-time: 01:32:84
PB (25m pool): 01:32.84 Heist-op-den-Berg 10/01/2026					PB (50m pool): 01:37.34 SB: 01:32.84 Heist-op-den-Berg 10/01/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:44.91		01:32.84	
	00:44.91		00:47.93		
					

Coach feedback:

Event number: 6: 100M BREASTSTROKE MEN 11+					Heat:3, starttime: 15:25
Heat: 3/3 Lane : 1 Athlete: SOENS JACK					Q-time: 01:37:50
PB (25m pool): 01:37.50 Heist-op-den-Berg 10/01/2026					PB (50m pool): 01:40.74 SB: 01:37.50 Heist-op-den-Berg 10/01/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:47.41		01:37.50	
	00:47.41		00:50.09		
					

Coach feedback:

Event number: 8: 200M BACKSTROKE MEN 11-14							Heat:1, starttime: 15:37	
Heat: 1/3 Lane : 1 Athlete: TORDOIR MILAS							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: ZCT

Event number: 8: 200M BACKSTROKE MEN 11-14							Heat:1, starttime: 15:37	
Heat: 1/3 Lane : 3 Athlete: WINDEY LOUIS							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:3, starttime: 15:46	
Heat: 3/3 Lane : 2 Athlete: MAERTENS TOON							Q-time: 02:37:37	
PB (25m pool): 02:37.37 Aarschot 26/04/2026			PB (50m pool): 02:46.68 SB: 02:37.37 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		00:36.75		01:16.65		01:57.24		02:37.37
	00:36.75		00:39.90		00:40.59		00:40.13	
								

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+							Heat:3, starttime: 16:07	
Heat: 3/5 Lane : 3 Athlete: BELIAEV EMILY						Q-time: 01:13:33		
PB (25m pool): 01:13.33 Heist-op-den-Berg 10/01/2026				PB (50m pool): 01:15.77 SB: 01:13.33 Heist-op-den-Berg 10/01/2026				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:35.72		01:13.33				
	00:35.72		00:37.61					
								

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+							Heat:4, starttime: 16:09	
Heat: 4/5 Lane : 1 Athlete: BOND MAYA							Q-time: 01:11:42	
PB (25m pool): 01:11.42 Stedelijk Zwembad Geel 15/02/2026							PB (50m pool): 01:12.97 SB: 01:11.42 Stedelijk Zwembad Geel 15/02/2026	
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:34.18		01:11.42				
	00:34.18		00:37.24					
								

Coach feedback:

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

Event number: 13: 100M BACKSTROKE WOMEN 11+					Heat:3, starttime: 16:29
Heat: 3/4 Lane : 1 Athlete: SALAETS TESS					Q-time: 01:29:47
PB (25m pool): 01:29.47 Heist-op-den-Berg 10/01/2026			PB (50m pool): 01:31.86 SB: 01:29.47 Heist-op-den-Berg 10/01/2026		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:42.97		01:29.47	
	00:42.97		00:46.50		
					

Coach feedback:

Event number: 14: 100M BACKSTROKE MEN 11+					Heat:2, starttime: 16:37
Heat: 2/3 Lane : 2 Athlete: SOENS JACK					Q-time: 01:22:43
PB (25m pool): 01:22.43 Tienen 26/10/2025			PB (50m pool): 01:20.55 SB: 01:22.43 Tienen 26/10/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.80		01:22.43	
	00:39.80		00:42.63		
					

Coach feedback:

Event number: 14: 100M BACKSTROKE MEN 11+					Heat:3, starttime: 16:40
Heat: 3/3 Lane : 1 Athlete: SCHEPENS TOOR					Q-time: 01:20:38
PB (25m pool): 01:20.38 LEUVEN 23/11/2025			PB (50m pool): 01:20.64 SB: 01:20.38 LEUVEN 23/11/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.08		01:20.38	
	00:39.08		00:41.30		
					

Coach feedback:

Event number: 15: 200M FREESTYLE WOMEN 11-14							Heat:3, starttime: 16:50	
Heat: 3/3 Lane : 2 Athlete: PISCAER STANSE							Q-time: 02:29:44	
PB (25m pool): 02:29.44 Aarschot 26/04/2026				PB (50m pool): 02:34.61SB: 02:29.44 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		00:33.65		01:11.32		no time		02:29.44
	00:33.65		00:37.67					
								

Coach feedback:

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

Event number: 15: 200M FREESTYLE WOMEN 11-14							Heat:3, starttime: 16:50	
Heat: 3/3 Lane : 3 Athlete: DECALUWé ELOUISE							Q-time: 02:30:79	
PB (25m pool): 02:30.79 Aarschot 26/04/2026				PB (50m pool): 02:38.23SB: 02:30.79 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		00:33.73		01:12.27		01:52.15		02:30.79
	00:33.73		00:38.54		00:39.88		00:38.64	
								

Coach feedback:

Event number: 16: 200M FREESTYLE MEN 11-14							Heat:2, starttime: 16:58	
Heat: 2/3 Lane : 2 Athlete: ROCKELé LOWIE							Q-time: 02:23:86	
PB (25m pool): 02:23.86 Aarschot 26/04/2026				PB (50m pool): 02:35.25SB: 02:23.86 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		00:30.07		01:05.56		01:44.34		02:23.86
	00:30.07		00:35.49		00:38.78		00:39.52	
								

Coach feedback:

Event number: 16: 200M FREESTYLE MEN 11-14							Heat:3, starttime: 17:01	
Heat: 3/3 Lane : 1 Athlete: MAERTENS TOON							Q-time: 02:23:11	
PB (25m pool): 02:23.11 Aarschot 26/04/2026				PB (50m pool): 02:27.84SB: 02:23.11 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		00:31.84		01:07.52		01:45.47		02:23.11
	00:31.84		00:35.68		00:37.95		00:37.64	
								

Coach feedback:

Event number: 16: 200M FREESTYLE MEN 11-14							Heat:3, starttime: 17:01	
Heat: 3/3 Lane : 3 Athlete: MERTENS LANDER							Q-time: 02:21:42	
PB (25m pool): 02:21.42 Aarschot 26/04/2026				PB (50m pool): 02:34.20SB: 02:21.42 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		00:32.71		01:08.15		01:45.33		02:21.42
	00:32.71		00:35.44		00:37.18		00:36.09	
								

Coach feedback:

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

Event number: 19: 100M BUTTERFLY MEN 11+					Heat:1, starttime: 17:14
Heat: 1/2 Lane : 2 Athlete: VANDENWEGHE DRIES					Q-time: 01:37:31
PB (25m pool): 01:37.31 Tremelo 14/12/2025			PB (50m pool): 01:39.77 SB: 01:37.31 Tremelo 14/12/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:44.74		01:37.31	
	00:44.74		00:52.57		
					

Coach feedback:

Event number: 20: 200M MEDLEY WOMEN 11+							Heat:4, starttime: 17:31	
Heat: 4/4 Lane : 4 Athlete: VERVLOET LIN							Q-time: 02:52:24	
PB (25m pool): 02:52.24 Parklaan 58, Turnhout 29/03/2026				PB (50m pool): 02:55.52SB: 02:52.24 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		00:38.59		no time		no time		02:52.24
	00:38.59							
								

Coach feedback:

Event number: 21: 200M MEDLEY MEN 11+							Heat:1, starttime: 17:35	
Heat: 1/3 Lane : 2 Athlete: WINDEY LOUIS							Q-time: 03:44:96	
PB (25m pool): 03:44.96 Tremelo 18/01/2026			PB (50m pool): no time SB: 03:44.96 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		00:56.66		no time		no time		03:44.96
	00:56.66							
								

Coach feedback:

Event number: 21: 200M MEDLEY MEN 11+							Heat:2, starttime: 17:40	
Heat: 2/3 Lane : 4 Athlete: TORDOIR MILAS							Q-time: 03:36:70	
PB (25m pool): 03:36.70 Leuven 12/10/2025				PB (50m pool): no time SB: 03:36.70 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		00:47.65		01:37.56		02:49.33		03:36.70
	00:47.65		00:49.91		01:11.77		00:47.37	
								

Coach feedback: