

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

Coachinfo: Warming up from: 17:00 untill 17:45. Teamleadmeeting @ The listed starttimes are indicative!

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

Event number: 1: 50M FREESTYLE MEN 11+		Heat:11, starttime: 18:10
Heat: 11/16 Lane : 8 Athlete: DECALUWé GEORGES		Q-time: 00:27:33
PB (50m pool): 00:27.33 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 00:26.41 SB: no time		
	5 0 M	
PB	00:27.33	
	00:27.33	
		

Coach feedback:

Event number: 1: 50M FREESTYLE MEN 11+		Heat:13, starttime: 18:15
Heat: 13/16 Lane : 5 Athlete: GEENS DRé		Q-time: 00:26:14
PB (50m pool): 00:25.93 Gent 08/02/2026 PB (25m pool): 00:25.33 SB: 00:25.93 Gent 08/02/2026		
	5 0 M	
PB	00:25.93	
	00:25.93	
		

Coach feedback:

Event number: 1: 50M FREESTYLE MEN 11+		Heat:15, starttime: 18:15
Heat: 15/16 Lane : 9 Athlete: VAN GRUNDERBEECK BAS		Q-time: 00:26:10
PB (50m pool): 00:26.10 Molenbeek 01/02/2026 PB (25m pool): 00:25.16 SB: 00:26.10 Molenbeek 01/02/2026		
	5 0 M	
PB	00:26.10	
	00:26.10	
		

Coach feedback:

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Event number: 2: 50M FREESTYLE WOMEN 11+										Heat:10, starttime: 18:25																			
Heat: 10/15 Lane : 1 Athlete: UYTTERHOEVEN FLO																				Q-time: 00:31:02									
PB (50m pool): 00:30.17 Gent 08/02/2026										PB (25m pool): 00:29.96 SB: 00:30.17 Gent 08/02/2026																			
	5 0 M																												
PB	00:30.17																												
	00:30.17																												
																													

Coach feedback:

Event number: 2: 50M FREESTYLE WOMEN 11+										Heat:10, starttime: 18:25																				
Heat: 10/15 Lane : 3 Athlete: DECALUWé HELENA																				Q-time: 00:30:76										
PB (50m pool): 00:30.76 Molenbeek 01/02/2026										PB (25m pool): 00:29.93 SB: 00:30.76 Molenbeek 01/02/2026																				
	5 0 M																													
PB	00:30.76																													
	00:30.76																													
																														

Coach feedback:

Event number: 2: 50M FREESTYLE WOMEN 11+					Heat:11, starttime: 18:30	
Heat: 11/15 Lane : 0 Athlete: BOHMER JANNE					Q-time: 00:30:34	
PB (50m pool): 00:30.34 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 00:29.76 SB: no time						
	5 0 M					
PB	00:30.34					
	00:30.34					
						

Coach feedback:

Event number: 2: 50M FREESTYLE WOMEN 11+										Heat:11, starttime: 18:30																				
Heat: 11/15 Lane : 3 Athlete: VELDHUIS VICTORIA																				Q-time: 00:30:14										
PB (50m pool): 00:29.50 Gent 08/02/2026										PB (25m pool): 00:28.70 SB: 00:29.50 Gent 08/02/2026																				
	5 0 M																													
PB	00:29.50																													
	00:29.50																													
																														

Coach feedback:

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Event number: 2: 50M FREESTYLE WOMEN 11+										Heat:12, starttime: 18:30																				
Heat: 12/15 Lane : 5 Athlete: THIJS MAAIKE																				Q-time: 00:29:54										
PB (50m pool): 00:29.28 Antwerpen 08/03/2026										PB (25m pool): 00:28.55 SB: 00:29.28 Antwerpen 08/03/2026																				
	5 0 M																													
PB	00:29.28																													
	00:29.28																													
																														

Coach feedback:

Event number: 2: 50M FREESTYLE WOMEN 11+										Heat:14, starttime: 18:30																			
Heat: 14/15 Lane : 6 Athlete: CAES OONE																				Q-time: 00:28:29									
PB (50m pool): 00:28.29 Antwerp 09/02/2025										PB (25m pool): 00:27.26 SB: 00:28.31 Antwerpen 22/03/2026																			
		5 0 M																											
PB			00:28.29																										
			00:28.29																										
																													

Coach feedback:

Event number: 2: 50M FREESTYLE WOMEN 11+						Heat:14, starttime: 18:30	
Heat: 14/15 Lane : 9 Athlete: VERELST LAURA						Q-time: 00:29:30	
PB (50m pool): 00:28.92 Gent 08/02/2026						PB (25m pool): 00:28.50 SB: 00:28.92 Gent 08/02/2026	
	5 0 M						
PB	00:28.92						
	00:28.92						
							

Coach feedback:

Event number: 3: 50M BACKSTROKE MEN 11+						Heat:9, starttime: 18:45	
Heat: 9/11 Lane : 0 Athlete: GEENS DRé						Q-time: 00:31:14	
PB (50m pool): 00:31.14 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 00:29.70 SB: no time							
	5 0 M						
PB	00:31.14						
	00:31.14						
							

Coach feedback:

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Event number: 3: 50M BACKSTROKE MEN 11+				Heat:9, starttime: 18:45	
Heat: 9/11 Lane : 7 Athlete: DECALUWé GEORGES				Q-time: 00:30:19	
PB (50m pool): 00:30.14 Antwerpen 22/03/2026				PB (25m pool): 00:29.33 SB: 00:30.14 Antwerpen 22/03/2026	
	5 0 M				
PB	00:30.14				
	00:30.14				
					

Coach feedback:

Event number: 3: 50M BACKSTROKE MEN 11+				Heat:10, starttime: 18:45	
Heat: 10/11 Lane : 0 Athlete: VAN GRUNDERBEECK BAS				Q-time: 00:31:07	
PB (50m pool): 00:31.07 Molenbeek 01/02/2026				PB (25m pool): 00:30.07 SB: 00:31.07 Molenbeek 01/02/2026	
	5 0 M				
PB	00:31.07				
	00:31.07				
					

Coach feedback:

Event number: 4: 50M BACKSTROKE WOMEN 11+				Heat:8, starttime: 18:55	
Heat: 8/10 Lane : 2 Athlete: UYTTERHOEVEN FLO				Q-time: 00:34:00	
PB (50m pool): no time				PB (25m pool): 00:33.96 SB: no time	
	5 0 M				
PB	no time				
	no time				
					

Coach feedback:

Event number: 4: 50M BACKSTROKE WOMEN 11+				Heat:8, starttime: 18:55	
Heat: 8/10 Lane : 9 Athlete: BOHMER JANNE				Q-time: 00:35:03	
PB (50m pool): 00:35.03 Molenbeek 01/02/2026				PB (25m pool): 00:33.18 SB: 00:35.03 Molenbeek 01/02/2026	
	5 0 M				
PB	00:35.03				
	00:35.03				
					

Coach feedback:

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Event number: 5: 50M BUTTERFLY MEN 11+			Heat:7, starttime: 19:20
Heat: 7/11 Lane : 2 Athlete: DECALUWé GEORGES			Q-time: 00:29:64
PB (50m pool): 00:29.64 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 00:29.06 SB: no time			
	5 0 M		
PB	00:29.64		
	00:29.64		
			

Coach feedback:

Event number: 5: 50M BUTTERFLY MEN 11+			Heat:8, starttime: 19:20
Heat: 8/11 Lane : 8 Athlete: VAN GRUNDERBEECK BAS			Q-time: 00:29:27
PB (50m pool): 00:28.25 Gent 08/02/2026 PB (25m pool): 00:28.11 SB: 00:28.25 Gent 08/02/2026			
	5 0 M		
PB	00:28.25		
	00:28.25		
			

Coach feedback:

Event number: 6: 50M BUTTERFLY WOMEN 11+			Heat:8, starttime: 19:35
Heat: 8/12 Lane : 1 Athlete: DECALUWé HELENA			Q-time: 00:33:64
PB (50m pool): 00:33.64 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 00:32.15 SB: 00:33.76 Antwerpen 15/03/2026			
	5 0 M		
PB	00:33.64		
	00:33.64		
			

Coach feedback:

Event number: 6: 50M BUTTERFLY WOMEN 11+			Heat:9, starttime: 19:35
Heat: 9/12 Lane : 1 Athlete: VELDHUIS VICTORIA			Q-time: 00:32:60
PB (50m pool): no time PB (25m pool): 00:32.53 SB: no time			
	5 0 M		
PB	no time		
	no time		
			

Coach feedback:

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Event number: 6: 50M BUTTERFLY WOMEN 11+						Heat:9, starttime: 19:35	
Heat: 9/12 Lane : 7 Athlete: BOHMER JANNE						Q-time: 00:32:49	
PB (50m pool): 00:32.08 Gent 08/02/2026						PB (25m pool): 00:32.56 SB: 00:32.08 Gent 08/02/2026	
	5 0 M						
PB	00:32.08						
	00:32.08						
							

Coach feedback:

Event number: 6: 50M BUTTERFLY WOMEN 11+						Heat:11, starttime: 19:40	
Heat: 11/12 Lane : 8 Athlete: VERELST LAURA						Q-time: 00:31:55	
PB (50m pool): 00:31.50 Antwerpen 08/03/2026						PB (25m pool): 00:30.75 SB: 00:31.50 Antwerpen 08/03/2026	
	5 0 M						
PB	00:31.50						
	00:31.50						
							

Coach feedback:

Event number: 6: 50M BUTTERFLY WOMEN 11+						Heat:12, starttime: 19:40	
Heat: 12/12 Lane : 9 Athlete: THIJS MAAIKE						Q-time: 00:31:96	
PB (50m pool): 00:30.36 Antwerpen 08/03/2026						PB (25m pool): 00:30.73 SB: 00:30.36 Antwerpen 08/03/2026	
	5 0 M						
PB	00:30.36						
	00:30.36						
							

Coach feedback:

Event number: 7: 50M BREASTSTROKE MEN 11+						Heat:9, starttime: 19:50	
Heat: 9/9 Lane : 1 Athlete: GEENS DRé						Q-time: 00:33:79	
PB (50m pool): 00:32.60 Antwerpen 15/03/2026						PB (25m pool): 00:31.99SB: 00:32.60 Antwerpen 15/03/2026	
	5 0 M						
PB	00:32.60						
	00:32.60						
							

Coach feedback:

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Event number: 8: 50M BREASTSTROKE WOMEN 11+			Heat:8, starttime: 20:00
Heat: 8/10 Lane : 8 Athlete: THIJS MAAIKE			Q-time: 00:38:77
PB (50m pool): no time PB (25m pool): 00:37.98 SB: no time			
	5 0 M		
PB	no time		
	no time		
			

Coach feedback:

Event number: 8: 50M BREASTSTROKE WOMEN 11+			Heat:9, starttime: 20:05
Heat: 9/10 Lane : 2 Athlete: VELDHUIS VICTORIA			Q-time: 00:37:76
PB (50m pool): 00:37.76 Molenbeek 01/02/2026 PB (25m pool): 00:35.92 SB: 00:37.76 Molenbeek 01/02/2026			
	5 0 M		
PB	00:37.76		
	00:37.76		
			

Coach feedback:

Event number: 8: 50M BREASTSTROKE WOMEN 11+			Heat:9, starttime: 20:05
Heat: 9/10 Lane : 4 Athlete: CAES OONE			Q-time: 00:33:64
PB (50m pool): 00:33.56 Antwerpen 22/03/2026 PB (25m pool): 00:32.62 SB: 00:33.56 Antwerpen 22/03/2026			
	5 0 M		
PB	00:33.56		
	00:33.56		
			

Coach feedback:

Event number: 8: 50M BREASTSTROKE WOMEN 11+			Heat:9, starttime: 20:05
Heat: 9/10 Lane : 5 Athlete: VERELST LAURA			Q-time: 00:36:15
PB (50m pool): 00:36.15 Molenbeek 01/02/2026 PB (25m pool): 00:35.75 SB: 00:36.15 Molenbeek 01/02/2026			
	5 0 M		
PB	00:36.15		
	00:36.15		
			

Coach feedback:

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

Event number: 8: 50M BREASTSTROKE WOMEN 11+							Heat:9, starttime: 20:05		
Heat: 9/10 Lane : 6 Athlete: UYTTERHOEVEN FLO							Q-time: 00:36:76		
PB (50m pool): 00:36.66 Antwerpen 22/03/2026							PB (25m pool): 00:35.86 SB: 00:36.66 Antwerpen 22/03/2026		
	5 0 M								
PB	00:36.66								
	00:36.66								
									

Coach feedback:

Event number: 8: 50M BREASTSTROKE WOMEN 11+										Heat:9, starttime: 20:05																													
Heat: 9/10																				Lane : 8					Athlete: DECALUWé HELENA										Q-time: 00:38:60				
PB (50m pool): 00:37.81										Antwerpen 15/03/2026										PB (25m pool): 00:36.81										SB: 00:37.81					Antwerpen 15/03/2026				
		5 0 M																																					
PB		00:37.81																																					
		00:37.81																																					
																																							

Coach feedback: