

SPEEDOMEETING 2026: Session: 2: COACH evaluation sheet for TEAM: ZCT

Coachinfo: Warming up from: 07:45 untill 08:45. Teamleadmeeting @ The listed starttimes are indicative!

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

Event number: 9: 100M FREESTYLE MEN 11+			Heat:19, starttime: 09:30
Heat: 19/27 Lane : 5 Athlete: VAN DER BORGHT FLORIS			Q-time: 00:59:83
PB (50m pool): 00:59.83 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 00:58.03 SB: no time			
	5 0 M	1 0 0 M	
PB	00:29.30	00:59.83	
	00:29.30	00:30.53	
			

Coach feedback:

Event number: 9: 100M FREESTYLE MEN 11+			Heat:20, starttime: 09:35
Heat: 20/27 Lane : 3 Athlete: PELGRIMS LOWIE			Q-time: 00:59:35
PB (50m pool): 00:59.15 Gent 08/02/2026 PB (25m pool): 00:57.19 SB: 00:59.15 Gent 08/02/2026			
	5 0 M	1 0 0 M	
PB	00:28.29	00:59.15	
	00:28.29	00:30.86	
			

Coach feedback:

Event number: 9: 100M FREESTYLE MEN 11+			Heat:22, starttime: 09:35
Heat: 22/27 Lane : 6 Athlete: VAN GRUNDERBEECK BAS			Q-time: 00:57:93
PB (50m pool): 00:57.81 Gent 08/02/2026 PB (25m pool): 00:55.72 SB: 00:57.81 Gent 08/02/2026			
	5 0 M	1 0 0 M	
PB	00:27.94	00:57.81	
	00:27.94	00:29.87	
			

Coach feedback:

SPEEDOMEETING 2026: Session: 2: COACH evaluation sheet for TEAM: ZCT

Event number: 9: 100M FREESTYLE MEN 11+			Heat:23, starttime: 09:35
Heat: 23/27 Lane : 0 Athlete: DECALUWé GEORGES			Q-time: 00:57:77
PB (50m pool): 00:57.77 Antwerpen 27/07/2025			PB (25m pool): 00:56.39 SB: 00:57.84 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:28.01	00:57.77	
	00:28.01	00:29.76	
			

Coach feedback:

Event number: 9: 100M FREESTYLE MEN 11+			Heat:24, starttime: 09:40
Heat: 24/27 Lane : 8 Athlete: GEENS DRé			Q-time: 00:56:64
PB (50m pool): 00:55.27 Antwerpen 15/03/2026			PB (25m pool): 00:54.83 SB: 00:55.27 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:26.32	00:55.27	
	00:26.32	00:28.95	
			

Coach feedback:

Event number: 10: 100M BREASTSTROKE WOMEN 11+			Heat:21, starttime: 10:30
Heat: 21/26 Lane : 4 Athlete: DECALUWé HELENA			Q-time: 01:24:43
PB (50m pool): 01:24.43 Zwembad Brigitte Becue 30/05/2025			PB (25m pool): 01:19.53 SB: 01:24.93 Molenbeek 01/02/2026
	5 0 M	1 0 0 M	
PB	00:39.76	01:24.43	
	00:39.76	00:44.67	
			

Coach feedback:

Event number: 10: 100M BREASTSTROKE WOMEN 11+			Heat:21, starttime: 10:30
Heat: 21/26 Lane : 7 Athlete: VELDHUIS VICTORIA			Q-time: 01:24:81
PB (50m pool): 01:22.26 Antwerpen 29/01/2023			PB (25m pool): 01:19.81 SB: 01:23.94 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	no time	01:22.26	
	no time		
			

Coach feedback:

SPEEDOMEETING 2026: Session: 2: COACH evaluation sheet for TEAM: ZCT

Event number: 10: 100M BREASTSTROKE WOMEN 11+			Heat:24, starttime: 10:35
Heat: 24/26 Lane : 1 Athlete: UYTTERHOEVEN FLO			Q-time: 01:20:91
PB (50m pool): 01:20.36 Antwerpen 22/03/2026			PB (25m pool): 01:17.31 SB: 01:20.36 Antwerpen 22/03/2026
	5 0 M	1 0 0 M	
PB	00:37.67	01:20.36	
	00:37.67	00:42.69	
			

Coach feedback:

Event number: 10: 100M BREASTSTROKE WOMEN 11+			Heat:25, starttime: 10:35
Heat: 25/26 Lane : 5 Athlete: CAES OONE			Q-time: 01:15:51
PB (50m pool): 01:15.51 Molenbeek 01/02/2026			PB (25m pool): 01:11.90 SB: 01:15.51 Molenbeek 01/02/2026
	5 0 M	1 0 0 M	
PB	no time	01:15.51	
	no time		
			

Coach feedback:

Event number: 10: 100M BREASTSTROKE WOMEN 11+			Heat:25, starttime: 10:35
Heat: 25/26 Lane : 6 Athlete: VERELST LAURA			Q-time: 01:19:05
PB (50m pool): 01:17.43 Antwerpen 08/03/2026			PB (25m pool): 01:15.60 SB: 01:17.43 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	
PB	00:36.61	01:17.43	
	00:36.61	00:40.82	
			

Coach feedback:

Event number: 11: 100M BACKSTROKE MEN 11+			Heat:19, starttime: 11:30
Heat: 19/24 Lane : 5 Athlete: VAN GRUNDERBEECK BAS			Q-time: 01:08:03
PB (50m pool): 01:08.03 Zwembad Brigitte Becue 30/05/2025			PB (25m pool): 01:05.30 SB: 01:08.91 Molenbeek 01/02/2026
	5 0 M	1 0 0 M	
PB	00:33.15	01:08.03	
	00:33.15	00:34.88	
			

Coach feedback:

SPEEDOMEETING 2026: Session: 2: COACH evaluation sheet for TEAM: ZCT

Event number: 11: 100M BACKSTROKE MEN 11+			Heat:20, starttime: 11:35
Heat: 20/24 Lane : 7 Athlete: GEENS DRé			Q-time: 01:07:58
PB (50m pool): 01:07.58 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 01:05.33 SB: 01:09.67 Gent 08/02/2026			
	5 0 M	1 0 0 M	
PB	00:32.67	01:07.58	
	00:32.67	00:34.91	
			

Coach feedback:

Event number: 11: 100M BACKSTROKE MEN 11+			Heat:21, starttime: 11:35
Heat: 21/24 Lane : 4 Athlete: DECALUWé GEORGES			Q-time: 01:05:77
PB (50m pool): 01:05.77 Antwerpen 27/07/2025 PB (25m pool): 01:02.54 SB: 01:06.48 Antwerpen 22/03/2026			
	5 0 M	1 0 0 M	
PB	00:31.44	01:05.77	
	00:31.44	00:34.33	
			

Coach feedback:

Event number: 12: 100M BUTTERFLY WOMEN 11+			Heat:15, starttime: 12:15
Heat: 15/22 Lane : 0 Athlete: UYTTERHOEVEN FLO			Q-time: 01:20:93
PB (50m pool): 01:23.78 Antwerp 28/01/2024 PB (25m pool): 01:18.98 SB: no time			
	5 0 M	1 0 0 M	
PB	no time	01:23.78	
	no time		
			

Coach feedback:

Event number: 12: 100M BUTTERFLY WOMEN 11+			Heat:16, starttime: 12:15
Heat: 16/22 Lane : 5 Athlete: DECALUWé HELENA			Q-time: 01:17:66
PB (50m pool): 01:17.66 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 01:11.93 SB: 01:21.89 Molenbeek 01/02/2026			
	5 0 M	1 0 0 M	
PB	no time	01:17.66	
	no time		
			

Coach feedback:

SPEEDOMEETING 2026: Session: 2: COACH evaluation sheet for TEAM: ZCT

Event number: 12: 100M BUTTERFLY WOMEN 11+			Heat:17, starttime: 12:15
Heat: 17/22 Lane : 5 Athlete: VERELST LAURA			Q-time: 01:15:52
PB (50m pool): 01:15.52 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 01:11.34 SB: no time			
	5 0 M	1 0 0 M	
PB	00:34.45	01:15.52	
	00:34.45	00:41.07	
			

Coach feedback:

Event number: 12: 100M BUTTERFLY WOMEN 11+			Heat:18, starttime: 12:20
Heat: 18/22 Lane : 9 Athlete: BOHMER JANNE			Q-time: 01:15:30
PB (50m pool): 01:15.30 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 01:15.34 SB: no time			
	5 0 M	1 0 0 M	
PB	00:34.61	01:15.30	
	00:34.61	00:40.69	
			

Coach feedback:

Event number: 12: 100M BUTTERFLY WOMEN 11+			Heat:22, starttime: 12:25
Heat: 22/22 Lane : 0 Athlete: THIJS MAAIKE			Q-time: 01:11:75
PB (50m pool): 01:08.49 Antwerpen 08/03/2026 PB (25m pool): 01:08.40 SB: 01:08.49 Antwerpen 08/03/2026			
	5 0 M	1 0 0 M	
PB	00:32.30	01:08.49	
	00:32.30	00:36.19	
			

Coach feedback: