

SPEEDOMEETING 2026: Session: 3: COACH evaluation sheet for TEAM: ZCT

Coachinfo: Warming up from: 13:00 untill 13:45. Teamleadmeeting @ The listed starttimes are indicative!

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

Event number: 15: 200M MEDLEY WOMEN 11+					Heat:20, starttime: 15:25
Heat: 20/24 Lane : 0 Athlete: THIJS MAAIKE					Q-time: 02:43:46
PB (50m pool): 02:43.46 Molenbeek 01/02/2026					PB (25m pool): 02:40.64 SB: 02:43.46 Molenbeek 01/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	02:43.46	
	no time				
					

Coach feedback:

Event number: 15: 200M MEDLEY WOMEN 11+					Heat:20, starttime: 15:25
Heat: 20/24 Lane : 4 Athlete: UYTTERHOEVEN FLO					Q-time: 02:42:07
PB (50m pool): 02:42.07 Zwembad Brigitte Becue 30/05/2025					PB (25m pool): 02:38.54 SB: 02:42.84 Molenbeek 01/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:35.68	01:19.24	02:05.24	02:42.07	
	00:35.68	00:43.56	00:46.00	00:36.83	
					

Coach feedback:

Event number: 15: 200M MEDLEY WOMEN 11+					Heat:21, starttime: 15:30
Heat: 21/24 Lane : 2 Athlete: VELDHUIS VICTORIA					Q-time: 02:40:97
PB (50m pool): 02:40.92 Antwerpen 28/07/2024					PB (25m pool): 02:33.34 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	02:40.92	
	no time				
					

Coach feedback:

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Event number: 15: 200M MEDLEY WOMEN 11+					Heat:21, starttime: 15:30
Heat: 21/24 Lane : 9 Athlete: DECALUWé HELENA					Q-time: 02:41:95
PB (50m pool): 02:41.95 Antwerpen 20/07/2025					PB (25m pool): 02:36.91 SB: 02:46.52 Molenbeek 01/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.42	01:16.37	02:04.22	02:41.95	
	00:34.42	00:41.95	00:47.85	00:37.73	
					

Coach feedback:

Event number: 15: 200M MEDLEY WOMEN 11+					Heat:22, starttime: 15:35
Heat: 22/24 Lane : 9 Athlete: BOHMER JANNE					Q-time: 02:40:22
PB (50m pool): 02:40.22 Zwembad Brigitte Becue 30/05/2025					PB (25m pool): 02:35.63 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:35.41	01:16.73	02:04.83	02:40.22	
	00:35.41	00:41.32	00:48.10	00:35.39	
					

Coach feedback:

Event number: 15: 200M MEDLEY WOMEN 11+					Heat:24, starttime: 15:40
Heat: 24/24 Lane : 0 Athlete: VERELST LAURA					Q-time: 02:32:75
PB (50m pool): 02:32.75 Molenbeek 01/02/2026					PB (25m pool): 02:32.53 SB: 02:32.75 Molenbeek 01/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	02:32.75	
	no time				
					

Coach feedback:

Event number: 17: 400M FREESTYLE MEN 11+							Heat:9, starttime: 16:50	
Heat: 9/10 Lane : 6 Athlete: PELGRIMS LOWIE							Q-time: 04:27:87	
PB (50m pool): 04:37.21 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 04:27.87 SB: 04:40.44 Molenbeek 01/02/2026								
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB	00:30.29	01:05.12	01:41.08	02:17.00	02:52.85	03:28.38	04:03.32	04:37.21
	00:30.29	00:34.83	00:35.96	00:35.92	00:35.85	00:35.53	00:34.94	00:33.89
								

Coach feedback:

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Event number: 17: 400M FREESTYLE MEN 11+							Heat:9, starttime: 16:50	
Heat: 9/10 Lane : 8 Athlete: DECALUWé GEORGES							Q-time: 04:30:79	
PB (50m pool): 04:35.17 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 04:30.79 SB: no time								
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB	00:30.47	01:05.27	01:40.63	02:16.65	02:51.70	03:27.25	04:02.31	04:35.17
	00:30.47	00:34.80	00:35.36	00:36.02	00:35.05	00:35.55	00:35.06	00:32.86
								

Coach feedback:

Event number: 17: 400M FREESTYLE MEN 11+							Heat:10, starttime: 16:55	
Heat: 10/10 Lane : 7 Athlete: GEENS DRé							Q-time: 04:20:15	
PB (50m pool): 04:32.85 Antwerpen 27/07/2025 PB (25m pool): 04:20.15 SB: 04:41.35 Molenbeek 01/02/2026								
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB	00:30.60	01:04.45	01:39.28	02:14.19	02:49.19	03:24.66	03:59.63	04:32.85
	00:30.60	00:33.85	00:34.83	00:34.91	00:35.00	00:35.47	00:34.97	00:33.22
								

Coach feedback:

Event number: 17: 400M FREESTYLE MEN 11+							Heat:10, starttime: 16:55	
Heat: 10/10 Lane : 8 Athlete: VAN DER BORGHT FLORIS							Q-time: 04:20:83	
PB (50m pool): 04:29.65 Antwerpen 28/07/2024								

Coach feedback: