

SPEEDOMEETING 2026: Session: 4: 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: 18: 100M FREESTYLE WOMEN 11+ Heat:17, starttime: 09:30

Heat: 17/27 Lane : 4 Athlete: DECALUWé HELENA Q-time: 01:08:58

PB (50m pool): 01:08.58 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 01:04.73 SB: no time

	5 0 M	1 0 0 M	
PB	00:32.76	01:08.58	
	00:32.76	00:35.82	
			

Coach feedback:

Event number: 18: 100M FREESTYLE WOMEN 11+ Heat:19, starttime: 09:35

Heat: 19/27 Lane : 6 Athlete: UYTTERHOEVEN FLO Q-time: 01:06:92

PB (50m pool): 01:06.09 Gent 08/02/2026 PB (25m pool): 01:05.27 SB: 01:06.09 Gent 08/02/2026

	5 0 M	1 0 0 M	
PB	00:32.17	01:06.09	
	00:32.17	00:33.92	
			

Coach feedback:

Event number: 18: 100M FREESTYLE WOMEN 11+ Heat:21, starttime: 09:35

Heat: 21/27 Lane : 0 Athlete: VERELST LAURA Q-time: 01:05:30

PB (50m pool): 01:02.59 Gent 08/02/2026 PB (25m pool): 01:01.36 SB: 01:02.59 Gent 08/02/2026

	5 0 M	1 0 0 M	
PB	00:30.49	01:02.59	
	00:30.49	00:32.10	
			

Coach feedback:

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Event number: 18: 100M FREESTYLE WOMEN 11+			Heat:21, starttime: 09:35
Heat: 21/27 Lane : 5 Athlete: BOHMER JANNE			Q-time: 01:04:94
PB (50m pool): 01:04.03 Antwerpen 08/03/2026			PB (25m pool): 01:03.09 SB: 01:04.03 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	
PB	00:30.77	01:04.03	
	00:30.77	00:33.26	
			

Coach feedback:

Event number: 18: 100M FREESTYLE WOMEN 11+			Heat:22, starttime: 09:40
Heat: 22/27 Lane : 9 Athlete: THIJS MAAIKE			Q-time: 01:04:68
PB (50m pool): 01:03.38 Antwerpen 08/03/2026			PB (25m pool): 01:02.00 SB: 01:03.38 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	
PB	00:30.81	01:03.38	
	00:30.81	00:32.57	
			

Coach feedback:

Event number: 18: 100M FREESTYLE WOMEN 11+			Heat:23, starttime: 09:40
Heat: 23/27 Lane : 7 Athlete: CAES OONE			Q-time: 01:03:63
PB (50m pool): 01:02.80 ANTWERPEN 30/07/2023			PB (25m pool): 00:59.65 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:02.80	
	no time		
			

Coach feedback:

Event number: 18: 100M FREESTYLE WOMEN 11+			Heat:23, starttime: 09:40
Heat: 23/27 Lane : 8 Athlete: VELDHUIS VICTORIA			Q-time: 01:03:91
PB (50m pool): 01:03.91 Antwerp 09/02/2025			PB (25m pool): 01:01.77 SB: 01:04.29 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:30.97	01:03.91	
	00:30.97	00:32.94	
			

Coach feedback:

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Event number: 19: 100M BREASTSTROKE MEN 11+			Heat:21, starttime: 10:30
Heat: 21/24 Lane : 6 Athlete: GEENS DRé			Q-time: 01:15:40
PB (50m pool): 01:12.81 Antwerpen 15/03/2026			PB (25m pool): 01:10.38 SB: 01:12.81 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:33.16	01:12.81	
	00:33.16	00:39.65	
			

Coach feedback:

Event number: 20: 100M BACKSTROKE WOMEN 11+			Heat:19, starttime: 11:30
Heat: 19/25 Lane : 0 Athlete: THIJS MAAIKE			Q-time: 01:17:11
PB (50m pool): 01:17.11 Zwembad Brigitte Becue 30/05/2025			PB (25m pool): 01:20.25 SB: no time
	5 0 M	1 0 0 M	
PB	00:37.10	01:17.11	
	00:37.10	00:40.01	
			

Coach feedback:

Event number: 20: 100M BACKSTROKE WOMEN 11+			Heat:19, starttime: 11:30
Heat: 19/25 Lane : 9 Athlete: DECALUWé HELENA			Q-time: 01:17:15
PB (50m pool): 01:17.15 Zwembad Brigitte Becue 30/05/2025			PB (25m pool): 01:13.69 SB: 01:18.62 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:38.16	01:17.15	
	00:38.16	00:38.99	
			

Coach feedback:

Event number: 20: 100M BACKSTROKE WOMEN 11+			Heat:23, starttime: 11:35
Heat: 23/25 Lane : 8 Athlete: VERELST LAURA			Q-time: 01:11:43
PB (50m pool): 01:11.43 Molenbeek 01/02/2026			PB (25m pool): 01:08.17 SB: 01:11.43 Molenbeek 01/02/2026
	5 0 M	1 0 0 M	
PB	no time	01:11.43	
	no time		
			

Coach feedback:

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Event number: 21: 100M BUTTERFLY MEN 11+			Heat:16, starttime: 12:10
Heat: 16/22 Lane : 2 Athlete: VAN GRUNDERBEECK BAS			Q-time: 01:08:43
PB (50m pool): 01:06.76 Antwerpen 15/03/2026			PB (25m pool): 01:05.19 SB: 01:06.76 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:30.66	01:06.76	
	00:30.66	00:36.10	
			

Coach feedback:

Event number: 21: 100M BUTTERFLY MEN 11+			Heat:17, starttime: 12:15
Heat: 17/22 Lane : 8 Athlete: DECALUWé GEORGES			Q-time: 01:07:45
PB (50m pool): 01:07.45 Zwembad Brigitte Becue 30/05/2025			PB (25m pool): 01:06.92 SB: no time
	5 0 M	1 0 0 M	
PB	00:30.89	01:07.45	
	00:30.89	00:36.56	
			

Coach feedback:

Event number: 21: 100M BUTTERFLY MEN 11+			Heat:18, starttime: 12:15
Heat: 18/22 Lane : 4 Athlete: VAN DER BORGHT FLORIS			Q-time: 01:04:54
PB (50m pool): 01:04.54 Zwembad Brigitte Becue 30/05/2025			PB (25m pool): 01:02.51 SB: 01:04.68 Antwerpen 22/03/2026
	5 0 M	1 0 0 M	
PB	00:30.08	01:04.54	
	00:30.08	00:34.46	
			

Coach feedback:

Event number: 21: 100M BUTTERFLY MEN 11+			Heat:20, starttime: 12:20
Heat: 20/22 Lane : 9 Athlete: PELGRIMS LOWIE			Q-time: 01:03:51
PB (50m pool): 01:03.06 Antwerpen 22/03/2026			PB (25m pool): 01:01.76 SB: 01:03.06 Antwerpen 22/03/2026
	5 0 M	1 0 0 M	
PB	00:28.96	01:03.06	
	00:28.96	00:34.10	
			

Coach feedback: