

SPEEDOMEETING 2026: Session: 5: 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: 24: 200M MEDLEY MEN 11+					Heat:16, starttime: 15:10
Heat: 16/19 Lane : 8 Athlete: VAN GRUNDERBEECK BAS					Q-time: 02:29:21
PB (50m pool): 02:29.21 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 02:21.75 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:31.41	01:09.62	01:55.18	02:29.21	
	00:31.41	00:38.21	00:45.56	00:34.03	
					

Coach feedback:

Event number: 24: 200M MEDLEY MEN 11+					Heat:16, starttime: 15:10
Heat: 16/19 Lane : 9 Athlete: PELGRIMS LOWIE					Q-time: 02:29:77
PB (50m pool): 02:29.77 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 02:26.42 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:30.45	01:09.33	01:57.25	02:29.77	
	00:30.45	00:38.88	00:47.92	00:32.52	
					

Coach feedback:

Event number: 24: 200M MEDLEY MEN 11+					Heat:17, starttime: 15:15
Heat: 17/19 Lane : 1 Athlete: GEENS DRé					Q-time: 02:26:37
PB (50m pool): 02:26.37 Antwerpen 27/07/2025 PB (25m pool): 02:23.06 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.55	01:10.72	01:53.41	02:26.37	
	00:32.55	00:38.17	00:42.69	00:32.96	
					

Coach feedback:

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Event number: 24: 200M MEDLEY MEN 11+					Heat:17, starttime: 15:15
Heat: 17/19 Lane : 6 Athlete: VAN DER BORGHT FLORIS					Q-time: 02:26:02
PB (50m pool): 02:26.02 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 02:21.94 SB: 02:27.91 Molenbeek 01/02/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:30.54	01:08.34	01:53.40	02:26.02	
	00:30.54	00:37.80	00:45.06	00:32.62	
					

Coach feedback:

Event number: 26: 400M FREESTYLE WOMEN 11+					Heat:8, starttime: 16:30			
Heat: 8/10 Lane : 4 Athlete: UYTTERHOEVEN FLO					Q-time: 04:53:54			
PB (50m pool): 04:55.18 Gent 08/02/2026 PB (25m pool): 04:53.54 SB: 04:55.18 Gent 08/02/2026								
	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	00:33.88	01:11.91	01:49.79	02:28.06	03:04.99	03:42.73	04:19.32	04:55.18
	00:33.88	00:38.03	00:37.88	00:38.27	00:36.93	00:37.74	00:36.59	00:35.86
								

Coach feedback:

Event number: 26: 400M FREESTYLE WOMEN 11+					Heat:10, starttime: 16:40			
Heat: 10/10 Lane : 1 Athlete: VELDHUIS VICTORIA					Q-time: 04:40:00			
PB (50m pool): 04:56.81 Antwerp 09/02/2025 PB (25m pool): 04:40.00 SB: 04:57.99 Gent 08/02/2026								
	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	00:33.16	01:10.13	01:47.75	02:26.06	03:03.58	03:41.88	04:20.04	04:56.81
	00:33.16	00:36.97	00:37.62	00:38.31	00:37.52	00:38.30	00:38.16	00:36.77
								

Coach feedback:

Event number: 26: 400M FREESTYLE WOMEN 11+					Heat:10, starttime: 16:40			
Heat: 10/10 Lane : 9 Athlete: BOHMER JANNE					Q-time: 04:44:93			
PB (50m pool): 04:50.08 Gent 08/02/2026 PB (25m pool): 04:44.93 SB: 04:50.08 Gent 08/02/2026								
	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	00:33.41	01:10.22	01:47.10	02:24.55	03:01.58	03:38.78	04:15.46	04:50.08
	00:33.41	00:36.81	00:36.88	00:37.45	00:37.03	00:37.20	00:36.68	00:34.62
								

Coach feedback: