

# Grote Prijs MZK 2026: Session: 1: COACH evaluation sheet for TEAM: ZB

Coachinfo: Warming up from: 17:30 untill 18:15. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Debeuckelaere Sindy HEADCOACH

Coaches: Lefever Elisa

Coaches: Tieghem Kristof

PB => Personal Best time

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

| Event number: 1: 50M FREESTYLE MIXED 10-9    |           |           | Heat:3, starttime: 18:33                               |
|----------------------------------------------|-----------|-----------|--------------------------------------------------------|
| Heat: 3/3 Lane : 6 Athlete: VANHAECKE HANNAH |           |           | Q-time: 00:41:21                                       |
| PB (25m pool): 00:41.21 Torhout 06/12/2025   |           |           | PB (50m pool): no time SB: 00:41.21 Torhout 06/12/2025 |
| PB                                           | 2 5 M     | 5 0 M     |                                                        |
|                                              |           | 00:41.21  |                                                        |
|                                              | 00:41.21  |           |                                                        |
|                                              | . . . . . | . . . . . |                                                        |

Coach feedback:

| Event number: 2: 50M FREESTYLE WOMEN 11+     |           |           | Heat:1, starttime: 18:34            |
|----------------------------------------------|-----------|-----------|-------------------------------------|
| Heat: 1/8 Lane : 3 Athlete: CASTELEYN YANA   |           |           | Q-time: 99:99:99                    |
| PB (25m pool): 00:32.11 Diksmuide 29/12/2024 |           |           | PB (50m pool): 00:31.87 SB: no time |
| PB                                           | 2 5 M     | 5 0 M     |                                     |
|                                              |           | 00:32.11  |                                     |
|                                              | 00:32.11  |           |                                     |
|                                              | . . . . . | . . . . . |                                     |

Coach feedback:

| Event number: 2: 50M FREESTYLE WOMEN 11+   |           |           | Heat:1, starttime: 18:34            |
|--------------------------------------------|-----------|-----------|-------------------------------------|
| Heat: 1/8 Lane : 4 Athlete: GHEKIERE JUNE  |           |           | Q-time: 99:99:99                    |
| PB (25m pool): 00:34.43 Waregem 28/09/2024 |           |           | PB (50m pool): 00:33.31 SB: no time |
| PB                                         | 2 5 M     | 5 0 M     |                                     |
|                                            |           | 00:34.43  |                                     |
|                                            | 00:34.43  |           |                                     |
|                                            | . . . . . | . . . . . |                                     |

Coach feedback:

# Grote Prijs MZK 2026: Session: 1: COACH evaluation sheet for TEAM: ZB

| Event number: 2: 50M FREESTYLE WOMEN 11+   |           |           | Heat:2, starttime: 18:36            |
|--------------------------------------------|-----------|-----------|-------------------------------------|
| Heat: 2/8 Lane : 2 Athlete: DEMAREST JAYDA |           |           | Q-time: 99:99:99                    |
| PB (25m pool): 00:41.51 Waregem 28/09/2024 |           |           | PB (50m pool): 00:38.34 SB: no time |
|                                            | 2 5 M     | 5 0 M     |                                     |
| PB                                         |           | 00:41.51  |                                     |
|                                            |           | 00:41.51  |                                     |
|                                            | . . . . . | . . . . . |                                     |

Coach feedback:

| Event number: 2: 50M FREESTYLE WOMEN 11+           |           |           | Heat:2, starttime: 18:36            |
|----------------------------------------------------|-----------|-----------|-------------------------------------|
| Heat: 2/8 Lane : 3 Athlete: DECAESTECKER OONA      |           |           | Q-time: 99:99:99                    |
| PB (25m pool): 00:41.15 t Badhuis Menen 02/06/2024 |           |           | PB (50m pool): 00:34.38 SB: no time |
|                                                    | 2 5 M     | 5 0 M     |                                     |
| PB                                                 |           | 00:41.15  |                                     |
|                                                    |           | 00:41.15  |                                     |
|                                                    | . . . . . | . . . . . |                                     |

Coach feedback:

| Event number: 2: 50M FREESTYLE WOMEN 11+    |           |           | Heat:2, starttime: 18:36            |
|---------------------------------------------|-----------|-----------|-------------------------------------|
| Heat: 2/8 Lane : 5 Athlete: DECEUNINCK EMMA |           |           | Q-time: 99:99:99                    |
| PB (25m pool): 00:34.55 Veurne 27/10/2024   |           |           | PB (50m pool): 00:32.20 SB: no time |
|                                             | 2 5 M     | 5 0 M     |                                     |
| PB                                          |           | 00:34.55  |                                     |
|                                             |           | 00:34.55  |                                     |
|                                             | . . . . . | . . . . . |                                     |

Coach feedback:

| Event number: 2: 50M FREESTYLE WOMEN 11+     |           |           | Heat:2, starttime: 18:36            |
|----------------------------------------------|-----------|-----------|-------------------------------------|
| Heat: 2/8 Lane : 6 Athlete: SEYS ORPHEE      |           |           | Q-time: 99:99:99                    |
| PB (25m pool): 00:41.71 Meulebeke 07/04/2024 |           |           | PB (50m pool): 00:36.49 SB: no time |
|                                              | 2 5 M     | 5 0 M     |                                     |
| PB                                           |           | 00:41.71  |                                     |
|                                              |           | 00:41.71  |                                     |
|                                              | . . . . . | . . . . . |                                     |

Coach feedback:

# Grote Prijs MZK 2026: Session: 1: COACH evaluation sheet for TEAM: ZB

| Event number: 2: 50M FREESTYLE WOMEN 11+     |       |          | Heat:3, starttime: 18:37                                 |
|----------------------------------------------|-------|----------|----------------------------------------------------------|
| Heat: 3/8 Lane : 8 Athlete: DEBRUYNE HELENA  |       |          | Q-time: 00:41:23                                         |
| PB (25m pool): 00:41.23 Meulebeke 19/04/2026 |       |          | PB (50m pool): no time SB: 00:41.23 Meulebeke 19/04/2026 |
|                                              | 2 5 M | 5 0 M    |                                                          |
| PB                                           |       | 00:41.23 |                                                          |
|                                              |       | 00:41.23 |                                                          |
|                                              | ..... | .....    |                                                          |

Coach feedback:

| Event number: 2: 50M FREESTYLE WOMEN 11+       |       |          | Heat:4, starttime: 18:38                                  |
|------------------------------------------------|-------|----------|-----------------------------------------------------------|
| Heat: 4/8 Lane : 5 Athlete: DEJONCKHEERE FLOOR |       |          | Q-time: 00:34:01                                          |
| PB (25m pool): 00:34.01 Meulebeke 19/04/2026   |       |          | PB (50m pool): 00:35.30 SB: 00:34.01 Meulebeke 19/04/2026 |
|                                                | 2 5 M | 5 0 M    |                                                           |
| PB                                             |       | 00:34.01 |                                                           |
|                                                |       | 00:34.01 |                                                           |
|                                                | ..... | .....    |                                                           |

Coach feedback:

| Event number: 2: 50M FREESTYLE WOMEN 11+      |       |          | Heat:5, starttime: 18:39                              |
|-----------------------------------------------|-------|----------|-------------------------------------------------------|
| Heat: 5/8 Lane : 7 Athlete: TOMMISSEN SIMONAH |       |          | Q-time: 00:33:51                                      |
| PB (25m pool): 00:33.51 Ettelbruck 20/04/2025 |       |          | PB (50m pool): 00:32.73 SB: 00:33.98 Eeklo 21/09/2025 |
|                                               | 2 5 M | 5 0 M    |                                                       |
| PB                                            |       | 00:33.51 |                                                       |
|                                               |       | 00:33.51 |                                                       |
|                                               | ..... | .....    |                                                       |

Coach feedback:

| Event number: 2: 50M FREESTYLE WOMEN 11+      |       |          | Heat:6, starttime: 18:40                                  |
|-----------------------------------------------|-------|----------|-----------------------------------------------------------|
| Heat: 6/8 Lane : 3 Athlete: THYVELEN LISE     |       |          | Q-time: 00:30:87                                          |
| PB (25m pool): 00:30.87 Ettelbruck 20/04/2025 |       |          | PB (50m pool): 00:30.95 SB: 00:31.54 Diksmuide 12/10/2025 |
|                                               | 2 5 M | 5 0 M    |                                                           |
| PB                                            |       | 00:30.87 |                                                           |
|                                               |       | 00:30.87 |                                                           |
|                                               | ..... | .....    |                                                           |

Coach feedback:

# Grote Prijs MZK 2026: Session: 1: COACH evaluation sheet for TEAM: ZB

| Event number: 2: 50M FREESTYLE WOMEN 11+      |       |          | Heat:7, starttime: 18:41                                  |
|-----------------------------------------------|-------|----------|-----------------------------------------------------------|
| Heat: 7/8 Lane : 2 Athlete: DEMUYNCK MARGOT   |       |          | Q-time: 00:30:06                                          |
| PB (25m pool): 00:30.06 Ettelbruck 20/04/2025 |       |          | PB (50m pool): 00:30.86 SB: 00:30.15 Diksmuide 12/10/2025 |
|                                               | 2 5 M | 5 0 M    |                                                           |
| PB                                            |       | 00:30.06 |                                                           |
|                                               |       | 00:30.06 |                                                           |
|                                               | ..... | .....    |                                                           |

Coach feedback:

| Event number: 2: 50M FREESTYLE WOMEN 11+  |       |          | Heat:7, starttime: 18:41                               |
|-------------------------------------------|-------|----------|--------------------------------------------------------|
| Heat: 7/8 Lane : 6 Athlete: NOTREDAME INE |       |          | Q-time: 00:29:90                                       |
| PB (25m pool): 00:29.56 Nijlen 17/11/2024 |       |          | PB (50m pool): 00:29.88 SB: 00:29.90 Nijlen 16/11/2025 |
|                                           | 2 5 M | 5 0 M    |                                                        |
| PB                                        |       | 00:29.56 |                                                        |
|                                           |       | 00:29.56 |                                                        |
|                                           | ..... | .....    |                                                        |

Coach feedback:

| Event number: 2: 50M FREESTYLE WOMEN 11+                 |       |          | Heat:8, starttime: 18:42                                   |
|----------------------------------------------------------|-------|----------|------------------------------------------------------------|
| Heat: 8/8 Lane : 3 Athlete: EECKHOUT FLEUR               |       |          | Q-time: 00:28:26                                           |
| PB (25m pool): 00:27.83 Gent(Sint-Amandsberg) 11/11/2024 |       |          | PB (50m pool): 00:28.39 SB: 00:28.02 Ettelbruck 19/04/2026 |
|                                                          | 2 5 M | 5 0 M    |                                                            |
| PB                                                       |       | 00:27.83 |                                                            |
|                                                          |       | 00:27.83 |                                                            |
|                                                          | ..... | .....    |                                                            |

Coach feedback:

| Event number: 2: 50M FREESTYLE WOMEN 11+  |       |          | Heat:8, starttime: 18:42                                  |
|-------------------------------------------|-------|----------|-----------------------------------------------------------|
| Heat: 8/8 Lane : 5 Athlete: MIGOM LOBKE   |       |          | Q-time: 00:27:95                                          |
| PB (25m pool): 00:27.94 Nijlen 17/11/2024 |       |          | PB (50m pool): 00:28.55 SB: 00:27.95 DIKSMUIDE 30/11/2025 |
|                                           | 2 5 M | 5 0 M    |                                                           |
| PB                                        |       | 00:27.94 |                                                           |
|                                           |       | 00:27.94 |                                                           |
|                                           | ..... | .....    |                                                           |

Coach feedback:

# Grote Prijs MZK 2026: Session: 1: COACH evaluation sheet for TEAM: ZB

| Event number: 3: 50M BREASTSTROKE MIXED 10-9 |           |           | Heat:3, starttime: 18:47                               |
|----------------------------------------------|-----------|-----------|--------------------------------------------------------|
| Heat: 3/3 Lane : 8 Athlete: VANHAECKE HANNAH |           |           | Q-time: 00:56:22                                       |
| PB (25m pool): 00:56.22 Torhout 06/12/2025   |           |           | PB (50m pool): no time SB: 00:56.22 Torhout 06/12/2025 |
|                                              | 2 5 M     | 5 0 M     |                                                        |
| PB                                           |           | 00:56.22  |                                                        |
|                                              |           | 00:56.22  |                                                        |
|                                              | . . . . . | . . . . . |                                                        |

Coach feedback:

| Event number: 4: 50M FREESTYLE MEN 11+        |           |           | Heat:1, starttime: 18:49            |
|-----------------------------------------------|-----------|-----------|-------------------------------------|
| Heat: 1/9 Lane : 5 Athlete: SALOMEZ HAAKON    |           |           | Q-time: 99:99:99                    |
| PB (25m pool): 00:27.02 Ettelbruck 21/04/2024 |           |           | PB (50m pool): 00:27.74 SB: no time |
|                                               | 2 5 M     | 5 0 M     |                                     |
| PB                                            |           | 00:27.02  |                                     |
|                                               |           | 00:27.02  |                                     |
|                                               | . . . . . | . . . . . |                                     |

Coach feedback:

| Event number: 4: 50M FREESTYLE MEN 11+     |           |           | Heat:2, starttime: 18:50            |
|--------------------------------------------|-----------|-----------|-------------------------------------|
| Heat: 2/9 Lane : 4 Athlete: MOERMAN JASPER |           |           | Q-time: 99:99:99                    |
| PB (25m pool): 00:38.05 Waregem 28/09/2024 |           |           | PB (50m pool): 00:33.86 SB: no time |
|                                            | 2 5 M     | 5 0 M     |                                     |
| PB                                         |           | 00:38.05  |                                     |
|                                            |           | 00:38.05  |                                     |
|                                            | . . . . . | . . . . . |                                     |

Coach feedback:

| Event number: 4: 50M FREESTYLE MEN 11+   |           |           | Heat:2, starttime: 18:50           |
|------------------------------------------|-----------|-----------|------------------------------------|
| Heat: 2/9 Lane : 7 Athlete: TAMPERE EDEN |           |           | Q-time: 99:99:99                   |
| PB (25m pool): no time                   |           |           | PB (50m pool): no time SB: no time |
|                                          | 2 5 M     | 5 0 M     |                                    |
| PB                                       |           | no time   |                                    |
|                                          |           | no time   |                                    |
|                                          | . . . . . | . . . . . |                                    |

Coach feedback:

# Grote Prijs MZK 2026: Session: 1: COACH evaluation sheet for TEAM: ZB

| Event number: 4: 50M FREESTYLE MEN 11+       |           |           | Heat:3, starttime: 18:51                                  |
|----------------------------------------------|-----------|-----------|-----------------------------------------------------------|
| Heat: 3/9 Lane : 1 Athlete: T'JONCK MATHIJS  |           |           | Q-time: 00:39:83                                          |
| PB (25m pool): 00:39.83 Meulebeke 19/04/2026 |           |           | PB (50m pool): 00:39.07 SB: 00:39.83 Meulebeke 19/04/2026 |
|                                              | 2 5 M     | 5 0 M     |                                                           |
| PB                                           |           | 00:39.83  |                                                           |
|                                              |           | 00:39.83  |                                                           |
|                                              | . . . . . | . . . . . |                                                           |

Coach feedback:

| Event number: 4: 50M FREESTYLE MEN 11+       |           |           | Heat:3, starttime: 18:51                                 |
|----------------------------------------------|-----------|-----------|----------------------------------------------------------|
| Heat: 3/9 Lane : 5 Athlete: SEGAERT FONS     |           |           | Q-time: 00:38:00                                         |
| PB (25m pool): 00:38.00 Meulebeke 19/04/2026 |           |           | PB (50m pool): no time SB: 00:38.00 Meulebeke 19/04/2026 |
|                                              | 2 5 M     | 5 0 M     |                                                          |
| PB                                           |           | 00:38.00  |                                                          |
|                                              |           | 00:38.00  |                                                          |
|                                              | . . . . . | . . . . . |                                                          |

Coach feedback:

| Event number: 4: 50M FREESTYLE MEN 11+    |           |           | Heat:5, starttime: 18:54                              |
|-------------------------------------------|-----------|-----------|-------------------------------------------------------|
| Heat: 5/9 Lane : 8 Athlete: THYVELEN RUNE |           |           | Q-time: 00:35:03                                      |
| PB (25m pool): 00:35.03 Eeklo 21/09/2025  |           |           | PB (50m pool): 00:33.70 SB: 00:35.03 Eeklo 21/09/2025 |
|                                           | 2 5 M     | 5 0 M     |                                                       |
| PB                                        |           | 00:35.03  |                                                       |
|                                           |           | 00:35.03  |                                                       |
|                                           | . . . . . | . . . . . |                                                       |

Coach feedback:

| Event number: 4: 50M FREESTYLE MEN 11+      |           |           | Heat:6, starttime: 18:55                              |
|---------------------------------------------|-----------|-----------|-------------------------------------------------------|
| Heat: 6/9 Lane : 6 Athlete: VANHAECKE LOWIE |           |           | Q-time: 00:31:76                                      |
| PB (25m pool): 00:31.76 Eeklo 21/09/2025    |           |           | PB (50m pool): 00:32.01 SB: 00:31.76 Eeklo 21/09/2025 |
|                                             | 2 5 M     | 5 0 M     |                                                       |
| PB                                          |           | 00:31.76  |                                                       |
|                                             |           | 00:31.76  |                                                       |
|                                             | . . . . . | . . . . . |                                                       |

Coach feedback:

# Grote Prijs MZK 2026: Session: 1: COACH evaluation sheet for TEAM: ZB

| Event number: 4: 50M FREESTYLE MEN 11+        |           |           |  | Heat:7, starttime: 18:56                                   |  |
|-----------------------------------------------|-----------|-----------|--|------------------------------------------------------------|--|
| Heat: 7/9 Lane : 4 Athlete: DEVRIESE SKY      |           |           |  | Q-time: 00:28:72                                           |  |
| PB (25m pool): 00:26.82 Ettelbruck 19/04/2026 |           |           |  | PB (50m pool): 00:27.22 SB: 00:26.82 Ettelbruck 19/04/2026 |  |
|                                               | 2 5 M     | 5 0 M     |  |                                                            |  |
| PB                                            |           | 00:26.82  |  |                                                            |  |
|                                               |           | 00:26.82  |  |                                                            |  |
|                                               | . . . . . | . . . . . |  |                                                            |  |

Coach feedback:

| Event number: 4: 50M FREESTYLE MEN 11+           |           |           |  | Heat:8, starttime: 18:57                                  |  |
|--------------------------------------------------|-----------|-----------|--|-----------------------------------------------------------|--|
| Heat: 8/9 Lane : 8 Athlete: VAN BRABANT BENJAMIN |           |           |  | Q-time: 00:28:54                                          |  |
| PB (25m pool): 00:28.54 DIKSMUIDE 30/11/2025     |           |           |  | PB (50m pool): 00:29.43 SB: 00:28.54 DIKSMUIDE 30/11/2025 |  |
|                                                  | 2 5 M     | 5 0 M     |  |                                                           |  |
| PB                                               |           | 00:28.54  |  |                                                           |  |
|                                                  |           | 00:28.54  |  |                                                           |  |
|                                                  | . . . . . | . . . . . |  |                                                           |  |

Coach feedback:

| Event number: 4: 50M FREESTYLE MEN 11+       |           |           |  | Heat:9, starttime: 18:58                                  |  |
|----------------------------------------------|-----------|-----------|--|-----------------------------------------------------------|--|
| Heat: 9/9 Lane : 7 Athlete: EECKHOUT SIEBEN  |           |           |  | Q-time: 00:25:74                                          |  |
| PB (25m pool): 00:25.74 DIKSMUIDE 30/11/2025 |           |           |  | PB (50m pool): 00:25.74 SB: 00:25.74 DIKSMUIDE 30/11/2025 |  |
|                                              | 2 5 M     | 5 0 M     |  |                                                           |  |
| PB                                           |           | 00:25.74  |  |                                                           |  |
|                                              |           | 00:25.74  |  |                                                           |  |
|                                              | . . . . . | . . . . . |  |                                                           |  |

Coach feedback:

| Event number: 5: 100M MEDLEY WOMEN 11+       |           |           |           |           | Heat:2, starttime: 19:31                                 |  |
|----------------------------------------------|-----------|-----------|-----------|-----------|----------------------------------------------------------|--|
| Heat: 2/8 Lane : 3 Athlete: DEBRUYNE HELENA  |           |           |           |           | Q-time: 01:41:79                                         |  |
| PB (25m pool): 01:41.79 Diksmuide 08/02/2026 |           |           |           |           | PB (50m pool): no time SB: 01:41.79 Diksmuide 08/02/2026 |  |
|                                              | 2 5 M     | 5 0 M     | 7 5 M     | 1 0 0 M   |                                                          |  |
| PB                                           |           | 00:50.57  |           | 01:41.79  |                                                          |  |
|                                              |           | 00:50.57  |           | 00:51.22  |                                                          |  |
|                                              | . . . . . | . . . . . | . . . . . | . . . . . |                                                          |  |

Coach feedback:

# Grote Prijs MZK 2026: Session: 1: COACH evaluation sheet for TEAM: ZB

| Event number: 5: 100M MEDLEY WOMEN 11+       |          |          |          |          | Heat:3, starttime: 19:34                                 |
|----------------------------------------------|----------|----------|----------|----------|----------------------------------------------------------|
| Heat: 3/8 Lane : 6 Athlete: DEMAREST JAYDA   |          |          |          |          | Q-time: 01:34:45                                         |
| PB (25m pool): 01:34.45 Diksmuide 08/02/2026 |          |          |          |          | PB (50m pool): no time SB: 01:34.45 Diksmuide 08/02/2026 |
|                                              | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                                                          |
| PB                                           |          | 00:44.59 |          | 01:34.45 |                                                          |
|                                              | 00:44.59 |          | 00:49.86 |          |                                                          |
|                                              | .....    | .....    | .....    | .....    |                                                          |

Coach feedback:

| Event number: 5: 100M MEDLEY WOMEN 11+        |          |          |          |          | Heat:4, starttime: 19:36                                 |
|-----------------------------------------------|----------|----------|----------|----------|----------------------------------------------------------|
| Heat: 4/8 Lane : 2 Athlete: DECAESTECKER OONA |          |          |          |          | Q-time: 01:28:28                                         |
| PB (25m pool): 01:28.28 Diksmuide 28/12/2025  |          |          |          |          | PB (50m pool): no time SB: 01:28.28 Diksmuide 28/12/2025 |
|                                               | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                                                          |
| PB                                            |          | 00:42.43 |          | 01:28.28 |                                                          |
|                                               | 00:42.43 |          | 00:45.85 |          |                                                          |
|                                               | .....    | .....    | .....    | .....    |                                                          |

Coach feedback:

| Event number: 5: 100M MEDLEY WOMEN 11+       |          |          |          |          | Heat:5, starttime: 19:38                                 |
|----------------------------------------------|----------|----------|----------|----------|----------------------------------------------------------|
| Heat: 5/8 Lane : 1 Athlete: SEYS ORPHEE      |          |          |          |          | Q-time: 01:24:91                                         |
| PB (25m pool): 01:24.91 Diksmuide 08/02/2026 |          |          |          |          | PB (50m pool): no time SB: 01:24.91 Diksmuide 08/02/2026 |
|                                              | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                                                          |
| PB                                           |          | 00:40.99 |          | 01:24.91 |                                                          |
|                                              | 00:40.99 |          | 00:43.92 |          |                                                          |
|                                              | .....    | .....    | .....    | .....    |                                                          |

Coach feedback:

| Event number: 5: 100M MEDLEY WOMEN 11+        |          |          |          |          | Heat:5, starttime: 19:38                                  |
|-----------------------------------------------|----------|----------|----------|----------|-----------------------------------------------------------|
| Heat: 5/8 Lane : 4 Athlete: DECEUNINCK EMMA   |          |          |          |          | Q-time: 01:23:24                                          |
| PB (25m pool): 01:23.24 Ettelbruck 19/04/2026 |          |          |          |          | PB (50m pool): no time SB: 01:23.24 Ettelbruck 19/04/2026 |
|                                               | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                                                           |
| PB                                            |          | 00:38.79 |          | 01:23.24 |                                                           |
|                                               | 00:38.79 |          | 00:44.45 |          |                                                           |
|                                               | .....    | .....    | .....    | .....    |                                                           |

Coach feedback:

# Grote Prijs MZK 2026: Session: 1: COACH evaluation sheet for TEAM: ZB

| Event number: 5: 100M MEDLEY WOMEN 11+         |          |          |          |          | Heat:5, starttime: 19:38                                 |
|------------------------------------------------|----------|----------|----------|----------|----------------------------------------------------------|
| Heat: 5/8 Lane : 7 Athlete: DEJONCKHEERE FLOOR |          |          |          |          | Q-time: 01:24:88                                         |
| PB (25m pool): 01:24.88 Diksmuide 08/02/2026   |          |          |          |          | PB (50m pool): no time SB: 01:24.88 Diksmuide 08/02/2026 |
|                                                | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                                                          |
| PB                                             |          | 00:39.94 |          | 01:24.88 |                                                          |
|                                                | 00:39.94 |          | 00:44.94 |          |                                                          |
|                                                | .....    | .....    | .....    | .....    |                                                          |

Coach feedback:

| Event number: 5: 100M MEDLEY WOMEN 11+        |          |          |          |          | Heat:7, starttime: 19:42                                  |
|-----------------------------------------------|----------|----------|----------|----------|-----------------------------------------------------------|
| Heat: 7/8 Lane : 2 Athlete: GHEKIERE JUNE     |          |          |          |          | Q-time: 01:15:98                                          |
| PB (25m pool): 01:15.98 Ettelbruck 19/04/2026 |          |          |          |          | PB (50m pool): no time SB: 01:15.98 Ettelbruck 19/04/2026 |
|                                               | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                                                           |
| PB                                            |          | 00:36.04 |          | 01:15.98 |                                                           |
|                                               | 00:36.04 |          | 00:39.94 |          |                                                           |
|                                               | .....    | .....    | .....    | .....    |                                                           |

Coach feedback:

| Event number: 5: 100M MEDLEY WOMEN 11+       |          |          |          |          | Heat:7, starttime: 19:42                                 |
|----------------------------------------------|----------|----------|----------|----------|----------------------------------------------------------|
| Heat: 7/8 Lane : 4 Athlete: NOTREDAME INE    |          |          |          |          | Q-time: 01:13:91                                         |
| PB (25m pool): 01:13.91 Diksmuide 28/12/2025 |          |          |          |          | PB (50m pool): no time SB: 01:13.91 Diksmuide 28/12/2025 |
|                                              | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                                                          |
| PB                                           |          | 00:32.88 |          | 01:13.91 |                                                          |
|                                              | 00:32.88 |          | 00:41.03 |          |                                                          |
|                                              | .....    | .....    | .....    | .....    |                                                          |

Coach feedback:

| Event number: 5: 100M MEDLEY WOMEN 11+       |          |          |          |          | Heat:7, starttime: 19:42                                 |
|----------------------------------------------|----------|----------|----------|----------|----------------------------------------------------------|
| Heat: 7/8 Lane : 6 Athlete: THYVELEN LISE    |          |          |          |          | Q-time: 01:14:83                                         |
| PB (25m pool): 01:13.90 Diksmuide 29/12/2024 |          |          |          |          | PB (50m pool): no time SB: 01:14.83 Diksmuide 08/02/2026 |
|                                              | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                                                          |
| PB                                           |          | 00:34.89 |          | 01:13.90 |                                                          |
|                                              | 00:34.89 |          | 00:39.01 |          |                                                          |
|                                              | .....    | .....    | .....    | .....    |                                                          |

Coach feedback:

# Grote Prijs MZK 2026: Session: 1: COACH evaluation sheet for TEAM: ZB

| Event number: 5: 100M MEDLEY WOMEN 11+        |          |          |          |          | Heat:7, starttime: 19:42                                 |
|-----------------------------------------------|----------|----------|----------|----------|----------------------------------------------------------|
| Heat: 7/8 Lane : 7 Athlete: CASTELEYN YANA    |          |          |          |          | Q-time: 01:16:55                                         |
| PB (25m pool): 01:16.55 Ettelbruck 20/04/2025 |          |          |          |          | PB (50m pool): no time SB: 01:16.58 Diksmuide 28/12/2025 |
|                                               | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                                                          |
| PB                                            |          | 00:36.84 |          | 01:16.55 |                                                          |
|                                               | 00:36.84 |          | 00:39.71 |          |                                                          |
|                                               | .....    | .....    | .....    | .....    |                                                          |

Coach feedback:

| Event number: 5: 100M MEDLEY WOMEN 11+        |          |          |          |          | Heat:7, starttime: 19:42                                  |
|-----------------------------------------------|----------|----------|----------|----------|-----------------------------------------------------------|
| Heat: 7/8 Lane : 8 Athlete: TOMMISSEN SIMONAH |          |          |          |          | Q-time: 01:19:37                                          |
| PB (25m pool): 01:19.32 Ettelbruck 19/04/2026 |          |          |          |          | PB (50m pool): no time SB: 01:19.32 Ettelbruck 19/04/2026 |
|                                               | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                                                           |
| PB                                            |          | 00:36.83 |          | 01:19.32 |                                                           |
|                                               | 00:36.83 |          | 00:42.49 |          |                                                           |
|                                               | .....    | .....    | .....    | .....    |                                                           |

Coach feedback:

| Event number: 5: 100M MEDLEY WOMEN 11+       |          |          |          |          | Heat:8, starttime: 19:44                                 |
|----------------------------------------------|----------|----------|----------|----------|----------------------------------------------------------|
| Heat: 8/8 Lane : 1 Athlete: DEMUYNCK MARGOT  |          |          |          |          | Q-time: 01:12:60                                         |
| PB (25m pool): 01:12.60 Diksmuide 28/12/2025 |          |          |          |          | PB (50m pool): no time SB: 01:12.60 Diksmuide 28/12/2025 |
|                                              | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                                                          |
| PB                                           |          | 00:34.14 |          | 01:12.60 |                                                          |
|                                              | 00:34.14 |          | 00:38.46 |          |                                                          |
|                                              | .....    | .....    | .....    | .....    |                                                          |

Coach feedback:

| Event number: 5: 100M MEDLEY WOMEN 11+       |          |          |          |          | Heat:8, starttime: 19:44                                 |
|----------------------------------------------|----------|----------|----------|----------|----------------------------------------------------------|
| Heat: 8/8 Lane : 3 Athlete: MIGOM LOBKE      |          |          |          |          | Q-time: 01:08:62                                         |
| PB (25m pool): 01:08.62 Diksmuide 28/12/2025 |          |          |          |          | PB (50m pool): no time SB: 01:08.62 Diksmuide 28/12/2025 |
|                                              | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                                                          |
| PB                                           |          | 00:31.00 |          | 01:08.62 |                                                          |
|                                              | 00:31.00 |          | 00:37.62 |          |                                                          |
|                                              | .....    | .....    | .....    | .....    |                                                          |

Coach feedback:

# Grote Prijs MZK 2026: Session: 1: COACH evaluation sheet for TEAM: ZB

| Event number: 5: 100M MEDLEY WOMEN 11+       |          |          |          |          | Heat:8, starttime: 19:44                                 |
|----------------------------------------------|----------|----------|----------|----------|----------------------------------------------------------|
| Heat: 8/8 Lane : 4 Athlete: EECKHOUT FLEUR   |          |          |          |          | Q-time: 01:08:41                                         |
| PB (25m pool): 01:08.41 Diksmuide 28/12/2025 |          |          |          |          | PB (50m pool): no time SB: 01:08.41 Diksmuide 28/12/2025 |
|                                              | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                                                          |
| PB                                           |          | 00:31.87 |          | 01:08.41 |                                                          |
|                                              | 00:31.87 |          | 00:36.54 |          |                                                          |
|                                              | .....    | .....    | .....    | .....    |                                                          |

Coach feedback:

| Event number: 6: 100M MEDLEY MEN 11+     |         |         |       |         | Heat:1, starttime: 19:46           |
|------------------------------------------|---------|---------|-------|---------|------------------------------------|
| Heat: 1/9 Lane : 6 Athlete: SEGAERT FONS |         |         |       |         | Q-time: 99:99:99                   |
| PB (25m pool): no time                   |         |         |       |         | PB (50m pool): no time SB: no time |
|                                          | 2 5 M   | 5 0 M   | 7 5 M | 1 0 0 M |                                    |
| PB                                       |         | no time |       | no time |                                    |
|                                          | no time |         |       |         |                                    |
|                                          | .....   | .....   | ..... | .....   |                                    |

Coach feedback:

| Event number: 6: 100M MEDLEY MEN 11+     |         |         |       |         | Heat:2, starttime: 19:48           |
|------------------------------------------|---------|---------|-------|---------|------------------------------------|
| Heat: 2/9 Lane : 4 Athlete: TAMPERE EDEN |         |         |       |         | Q-time: 99:99:99                   |
| PB (25m pool): no time                   |         |         |       |         | PB (50m pool): no time SB: no time |
|                                          | 2 5 M   | 5 0 M   | 7 5 M | 1 0 0 M |                                    |
| PB                                       |         | no time |       | no time |                                    |
|                                          | no time |         |       |         |                                    |
|                                          | .....   | .....   | ..... | .....   |                                    |

Coach feedback:

| Event number: 6: 100M MEDLEY MEN 11+         |          |          |          |          | Heat:3, starttime: 19:51                                 |
|----------------------------------------------|----------|----------|----------|----------|----------------------------------------------------------|
| Heat: 3/9 Lane : 6 Athlete: T JONCK MATHIJS  |          |          |          |          | Q-time: 01:44:92                                         |
| PB (25m pool): 01:44.92 Diksmuide 28/12/2025 |          |          |          |          | PB (50m pool): no time SB: 01:44.92 Diksmuide 28/12/2025 |
|                                              | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                                                          |
| PB                                           |          | 00:50.39 |          | 01:44.92 |                                                          |
|                                              | 00:50.39 |          | 00:54.53 |          |                                                          |
|                                              | .....    | .....    | .....    | .....    |                                                          |

Coach feedback:

# Grote Prijs MZK 2026: Session: 1: COACH evaluation sheet for TEAM: ZB

| Event number: 6: 100M MEDLEY MEN 11+         |          |          |                                                          |          | Heat:6, starttime: 19:57 |
|----------------------------------------------|----------|----------|----------------------------------------------------------|----------|--------------------------|
| Heat: 6/9 Lane : 1 Athlete: THYVELEN RUNE    |          |          |                                                          |          | Q-time: 01:24:31         |
| PB (25m pool): 01:24.31 Diksmuide 08/02/2026 |          |          | PB (50m pool): no time SB: 01:24.31 Diksmuide 08/02/2026 |          |                          |
|                                              | 2 5 M    | 5 0 M    | 7 5 M                                                    | 1 0 0 M  |                          |
| PB                                           |          | 00:39.74 |                                                          | 01:24.31 |                          |
|                                              | 00:39.74 |          | 00:44.57                                                 |          |                          |
|                                              | .....    | .....    | .....                                                    | .....    |                          |

Coach feedback:

| Event number: 6: 100M MEDLEY MEN 11+         |          |          |                                                          |          | Heat:6, starttime: 19:57 |
|----------------------------------------------|----------|----------|----------------------------------------------------------|----------|--------------------------|
| Heat: 6/9 Lane : 7 Athlete: MOERMAN JASPER   |          |          |                                                          |          | Q-time: 01:24:27         |
| PB (25m pool): 01:24.27 Diksmuide 08/02/2026 |          |          | PB (50m pool): no time SB: 01:24.27 Diksmuide 08/02/2026 |          |                          |
|                                              | 2 5 M    | 5 0 M    | 7 5 M                                                    | 1 0 0 M  |                          |
| PB                                           |          | 00:39.64 |                                                          | 01:24.27 |                          |
|                                              | 00:39.64 |          | 00:44.63                                                 |          |                          |
|                                              | .....    | .....    | .....                                                    | .....    |                          |

Coach feedback:

| Event number: 6: 100M MEDLEY MEN 11+          |          |          |                                                           |          | Heat:7, starttime: 19:59 |
|-----------------------------------------------|----------|----------|-----------------------------------------------------------|----------|--------------------------|
| Heat: 7/9 Lane : 3 Athlete: VANHAECKE LOWIE   |          |          |                                                           |          | Q-time: 01:17:48         |
| PB (25m pool): 01:17.48 Ettelbruck 19/04/2026 |          |          | PB (50m pool): no time SB: 01:17.48 Ettelbruck 19/04/2026 |          |                          |
|                                               | 2 5 M    | 5 0 M    | 7 5 M                                                     | 1 0 0 M  |                          |
| PB                                            |          | 00:36.13 |                                                           | 01:17.48 |                          |
|                                               | 00:36.13 |          | 00:41.35                                                  |          |                          |
|                                               | .....    | .....    | .....                                                     | .....    |                          |

Coach feedback:

| Event number: 6: 100M MEDLEY MEN 11+          |          |          |                                                           |          | Heat:8, starttime: 20:01 |
|-----------------------------------------------|----------|----------|-----------------------------------------------------------|----------|--------------------------|
| Heat: 8/9 Lane : 6 Athlete: DEVRIESE SKY      |          |          |                                                           |          | Q-time: 01:10:36         |
| PB (25m pool): 01:10.36 Ettelbruck 19/04/2026 |          |          | PB (50m pool): no time SB: 01:10.36 Ettelbruck 19/04/2026 |          |                          |
|                                               | 2 5 M    | 5 0 M    | 7 5 M                                                     | 1 0 0 M  |                          |
| PB                                            |          | 00:32.55 |                                                           | 01:10.36 |                          |
|                                               | 00:32.55 |          | 00:37.81                                                  |          |                          |
|                                               | .....    | .....    | .....                                                     | .....    |                          |

Coach feedback:

# Grote Prijs MZK 2026: Session: 1: COACH evaluation sheet for TEAM: ZB

| Event number: 6: 100M MEDLEY MEN 11+             |          |          |          |          | Heat:8, starttime: 20:01                                 |
|--------------------------------------------------|----------|----------|----------|----------|----------------------------------------------------------|
| Heat: 8/9 Lane : 7 Athlete: VAN BRABANT BENJAMIN |          |          |          |          | Q-time: 01:11:70                                         |
| PB (25m pool): 01:11.70 Diksmuide 28/12/2025     |          |          |          |          | PB (50m pool): no time SB: 01:11.70 Diksmuide 28/12/2025 |
|                                                  | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                                                          |
| PB                                               |          | 00:33.37 |          | 01:11.70 |                                                          |
|                                                  | 00:33.37 |          | 00:38.33 |          |                                                          |
|                                                  | .....    | .....    | .....    | .....    |                                                          |

Coach feedback:

| Event number: 6: 100M MEDLEY MEN 11+         |          |          |          |          | Heat:9, starttime: 20:02                                 |
|----------------------------------------------|----------|----------|----------|----------|----------------------------------------------------------|
| Heat: 9/9 Lane : 6 Athlete: EECKHOUT SIEBEN  |          |          |          |          | Q-time: 01:03:50                                         |
| PB (25m pool): 01:03.50 Diksmuide 08/02/2026 |          |          |          |          | PB (50m pool): no time SB: 01:03.50 Diksmuide 08/02/2026 |
|                                              | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                                                          |
| PB                                           |          | 00:29.09 |          | 01:03.50 |                                                          |
|                                              | 00:29.09 |          | 00:34.41 |          |                                                          |
|                                              | .....    | .....    | .....    | .....    |                                                          |

Coach feedback:

| Event number: 6: 100M MEDLEY MEN 11+          |         |         |       |          | Heat:9, starttime: 20:02                                  |
|-----------------------------------------------|---------|---------|-------|----------|-----------------------------------------------------------|
| Heat: 9/9 Lane : 8 Athlete: SALOMEZ HAAKON    |         |         |       |          | Q-time: 01:06:67                                          |
| PB (25m pool): 01:04.74 Ettelbruck 16/04/2023 |         |         |       |          | PB (50m pool): no time SB: 01:07.10 Ettelbruck 19/04/2026 |
|                                               | 2 5 M   | 5 0 M   | 7 5 M | 1 0 0 M  |                                                           |
| PB                                            |         | no time |       | 01:04.74 |                                                           |
|                                               | no time |         |       |          |                                                           |
|                                               | .....   | .....   | ..... | .....    |                                                           |

Coach feedback: