

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

Coachinfo: Warming up from: 08:00 until 09:15. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Wauters Tine

Coaches: Van Looy Jelske

Coaches: Van Opstal Wendy HEADCOACH

Coaches: Callebaut Joris

PB => Personal Best time

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

Event number: 14: 100M BREASTSTROKE WOMEN **Heat:1, starttime: 10:03**

Heat: 1/5 Lane : 3 Athlete: UYTTERHOEVEN FLO **Q-time: 01:20:76**

PB (50m pool): 01:20.76 Gent 08/02/2026 **PB (25m pool): 01:17.31 SB: 01:20.76 Gent 08/02/2026**

	5 0 M	1 0 0 M	
PB	00:37.23	01:20.76	
	00:37.23	00:43.53	
	

Coach feedback:

Event number: 14: 100M BREASTSTROKE WOMEN **Heat:2, starttime: 10:05**

Heat: 2/5 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: 14: 100M BREASTSTROKE WOMEN **Heat:3, starttime: 10:07**

Heat: 3/5 Lane : 7 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:

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Event number: 16: 50M BUTTERFLY WOMEN		Heat:1, starttime: 10:25
Heat: 1/7 Lane : 4 Athlete: CAES OONE		Q-time: 00:31:28
PB (50m pool): 00:31.28 Molenbeek 01/02/2026		PB (25m pool): 00:30.45 SB: 00:31.28 Molenbeek 01/02/2026
	5 0 M	
PB	00:31.28	
	<i>00:31.28</i>	
	

Coach feedback:

Event number: 19: 50M BACKSTROKE MEN		Heat:3, starttime: 10:59
Heat: 3/9 Lane : 3 Athlete: DECALUWé GEORGES		Q-time: 00:30:19
PB (50m pool): 00:30.19 Antwerpen 27/07/2025		PB (25m pool): 00:29.33 SB: 00:30.65 Gent 08/02/2026
	5 0 M	
PB	00:30.19	
	<i>00:30.19</i>	
	

Coach feedback: