

Memorial H Braeckman: Session: 1: COACH evaluation sheet for TEAM: ZCK

Coachinfo: Warming up from: 08:00 untill 08:50. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Brugghemans Suzanne HEADCOACH

Coaches: Bosmans Fleur

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

Event number: 1: 50M BUTTERFLY WOMEN 11+				Heat:3, starttime: 09:03	
Heat: 3/8 Lane : 2 Athlete: DE TOLLENAERE LAURA				Q-time: 00:40:72	
PB (50m pool): 00:40.72 Gent 08/02/2026				PB (25m pool): 00:40.48 SB: 00:40.72 Gent 08/02/2026	
	5 0 M				
PB	00:40.72				
	00:40.72				
					

Coach feedback:

Event number: 1: 50M BUTTERFLY WOMEN 11+				Heat:3, starttime: 09:03	
Heat: 3/8 Lane : 6 Athlete: DE SITTER KIRA				Q-time: 00:40:36	
PB (50m pool): 00:40.36 Wezenberg 04/01/2026				PB (25m pool): 00:43.89 SB: 00:40.36 Wezenberg 04/01/2026	
	5 0 M				
PB	00:40.36				
	00:40.36				
					

Coach feedback:

Event number: 1: 50M BUTTERFLY WOMEN 11+				Heat:5, starttime: 09:06	
Heat: 5/8 Lane : 4 Athlete: NUYTKENS MARIE				Q-time: 00:33:93	
PB (50m pool): 00:33.93 Antwerpen 15/03/2026				PB (25m pool): 00:33.35 SB: 00:33.93 Antwerpen 15/03/2026	
	5 0 M				
PB	00:33.93				
	00:33.93				
					

Coach feedback:

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Event number: 3: 50M BACKSTROKE WOMEN 11+						Heat:3, starttime: 09:26	
Heat: 3/8 Lane : 5 Athlete: SEGHERS MILLA					Q-time: 00:41:87		
PB (50m pool): 00:41.87 Wezenberg 04/01/2026						PB (25m pool): 00:38.17 SB: 00:41.87 Wezenberg 04/01/2026	
	5 0 M						
PB	00:41.87						
	00:41.87						
							

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN 11+						Heat:5, starttime: 09:29	
Heat: 5/8 Lane : 2 Athlete: VAN HOOMISSEN CHELSEA						Q-time: 00:38:62	
PB (50m pool): 00:38.62 Wezenberg 04/01/2026						PB (25m pool): 00:37.16 SB: 00:38.62 Wezenberg 04/01/2026	
	5 0 M						
PB	00:38.62						
	00:38.62						
							

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN 11+							Heat:6, starttime: 09:31	
Heat: 6/8 Lane : 6 Athlete: VERSPECHT LIEN							Q-time: 00:34:43	
PB (50m pool): 00:34.43 Aalst 11/05/2025							PB (25m pool): 00:32.90 SB: 00:34.59 Molenbeek 01/02/2026	
	5 0 M							
PB	00:34.43							
	00:34.43							
								

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN 11+							Heat:7, starttime: 09:32		
Heat: 7/8 Lane : 1 Athlete: VERSPECHT KAAAT							Q-time: 00:36:22		
PB (50m pool): 00:36.22 Antwerpen 15/03/2026							PB (25m pool): 00:34.99 SB: 00:36.22 Antwerpen 15/03/2026		
	5 0 M								
PB	00:36.22								
	00:36.22								
									

Coach feedback:

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Event number: 4: 50M BACKSTROKE MEN 11+						Heat:2, starttime: 09:38	
Heat: 2/5 Lane : 5 Athlete: LAUWENS FINN						Q-time: 00:42:30	
PB (50m pool): 00:42.30 Wezenberg 04/01/2026						PB (25m pool): 00:41.30 SB: 00:42.30 Wezenberg 04/01/2026	
	5 0 M						
PB	00:42.30						
	00:42.30						
							

Coach feedback:

Event number: 4: 50M BACKSTROKE MEN 11+					Heat:4, starttime: 09:41	
Heat: 4/5 Lane : 7 Athlete: VAN LOON BAS					Q-time: 00:35:29	
PB (50m pool): 00:46.07 Aalst 30/04/2023					PB (25m pool): 00:35.29 SB: no time	
	5 0 M					
PB	00:46.07					
	00:46.07					
						

Coach feedback:

Event number: 4: 50M BACKSTROKE MEN 11+						Heat:5, starttime: 09:43	
Heat: 5/5 Lane : 8 Athlete: VAN DEN BRANDE LUCAS						Q-time: 00:36:66	
PB (50m pool): 00:36.66 Antwerpen 15/03/2026						PB (25m pool): 00:35.40 SB: 00:36.66 Antwerpen 15/03/2026	
	5 0 M						
PB	00:36.66						
	00:36.66						
							

Coach feedback:

Event number: 5: 200M BREASTSTROKE WOMEN 11+				Heat:1, starttime: 09:44	
Heat: 1/2 Lane : 4 Athlete: REYNIERS FIEN				Q-time: 03:46:01	
PB (50m pool): 03:46.01 Aalst 11/05/2025				PB (25m pool): 03:47.33 SB: no time	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:50.89	01:49.16	02:48.06	03:46.01	
	00:50.89	00:58.27	00:58.90	00:57.95	
					

Coach feedback:

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Event number: 5: 200M BREASTSTROKE WOMEN 11+					Heat:2, starttime: 09:49
Heat: 2/2 Lane : 2 Athlete: DE SITTER KIRA					Q-time: 03:12:20
PB (50m pool): 03:12.20 Molenbeek 01/02/2026					PB (25m pool): 03:03.89 SB: 03:12.20 Molenbeek 01/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	01:31.73	no time	03:12.20	
	no time				
					

Coach feedback:

Event number: 6: 200M BREASTSTROKE MEN 11+					Heat:2, starttime: 09:58
Heat: 2/3 Lane : 6 Athlete: DE ROOS KASPER					Q-time: 03:30:46
PB (50m pool): 03:30.46 Aalst 11/05/2025					PB (25m pool): 03:06.06 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:47.31	01:41.27	02:36.73	03:30.46	
	00:47.31	00:53.96	00:55.46	00:53.73	
					

Coach feedback:

Event number: 7: 200M FREESTYLE WOMEN 11+					Heat:3, starttime: 10:15
Heat: 3/4 Lane : 2 Athlete: DE TOLLENAERE LAURA					Q-time: 02:46:50
PB (50m pool): 02:46.50 Gent 08/02/2026					PB (25m pool): 02:42.57 SB: 02:46.50 Gent 08/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	01:20.65	no time	02:46.50	
	no time				
					

Coach feedback:

Event number: 8: 200M FREESTYLE MEN 11+					Heat:1, starttime: 10:22
Heat: 1/4 Lane : 5 Athlete: LAUWENS FINN					Q-time: 02:45:82
PB (50m pool): 02:45.82 Aalst 20/12/2025					PB (25m pool): 02:38.69 SB: 02:45.82 Aalst 20/12/2025
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.60	01:20.19	02:01.32	02:45.82	
	00:36.60	00:43.59	00:41.13	00:44.50	
					

Coach feedback:

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Event number: 8: 200M FREESTYLE MEN 11+					Heat:2, starttime: 10:26
Heat: 2/4 Lane : 7 Athlete: VAN DEN BRANDE LUCAS					Q-time: 02:36:81
PB (50m pool): 03:07.92 Lago Gent Rozebroeken 05/05/2024 PB (25m pool): 02:36.81 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	03:07.92	
	no time				
	.	.	.	.	

Coach feedback:

Event number: 8: 200M FREESTYLE MEN 11+					Heat:3, starttime: 10:29
Heat: 3/4 Lane : 3 Athlete: VAN LOON BAS					Q-time: 02:16:07
PB (50m pool): 02:16.07 Molenbeek 01/02/2026 PB (25m pool): 02:08.85 SB: 02:16.07 Molenbeek 01/02/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	01:05.35	no time	02:16.07	
	no time				
	.	.	.	.	

Coach feedback:

Event number: 8: 200M FREESTYLE MEN 11+					Heat:3, starttime: 10:29
Heat: 3/4 Lane : 4 Athlete: BAKX WARRE					Q-time: 02:14:75
PB (50m pool): 02:14.75 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 02:06.35 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:29.66	01:03.48	01:39.24	02:14.75	
	00:29.66	00:33.82	00:35.76	00:35.51	
	.	.	.	.	

Coach feedback:

Event number: 9: 200M MEDLEY WOMEN 11+					Heat:3, starttime: 10:44
Heat: 3/4 Lane : 3 Athlete: NUYTKENS MARIE					Q-time: 02:59:18
PB (50m pool): 02:59.18 Antwerpen 20/07/2025 PB (25m pool): 02:48.34 SB: 03:02.90 Molenbeek 01/02/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:37.34	01:25.12	02:18.47	02:59.18	
	00:37.34	00:47.78	00:53.35	00:40.71	
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Coach feedback:

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Event number: 9: 200M MEDLEY WOMEN 11+					Heat:3, starttime: 10:44
Heat: 3/4 Lane : 6 Athlete: VERSPECHT KAAAT					Q-time: 03:00:25
PB (50m pool): 03:00.25 Molenbeek 01/02/2026					PB (25m pool): 02:47.20 SB: 03:00.25 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	03:00.25	
	no time				
					

Coach feedback:

Event number: 11: 200M BUTTERFLY WOMEN 11+					Heat:1, starttime: 11:04
Heat: 1/1 Lane : 4 Athlete: VAN HOOMISSEN CHELSEA					Q-time: 02:58:27
PB (50m pool): 02:58.27 Molenbeek 01/02/2026					PB (25m pool): 02:55.90 SB: 02:58.27 Molenbeek 01/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	01:26.97	no time	02:58.27	
	no time				
					

Coach feedback:

Event number: 15: 50M BREASTSTROKE WOMEN 11+					Heat:3, starttime: 11:28
Heat: 3/5 Lane : 7 Athlete: SEGHERS MILLA					Q-time: 00:45:75
PB (50m pool): 00:45.75 Wezenberg 04/01/2026					PB (25m pool): 00:43.52 SB: 00:45.75 Wezenberg 04/01/2026
	5 0 M				
PB	00:45.75				
	00:45.75				
					

Coach feedback:

Event number: 15: 50M BREASTSTROKE WOMEN 11+					Heat:4, starttime: 11:30
Heat: 4/5 Lane : 1 Athlete: REYNIERS FIEN					Q-time: 00:46:11
PB (50m pool): 00:46.11 Wezenberg 03/01/2026					PB (25m pool): 00:46.62 SB: 00:46.11 Wezenberg 03/01/2026
	5 0 M				
PB	00:46.11				
	00:46.11				
					

Coach feedback:

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Event number: 15: 50M BREASTSTROKE WOMEN 11+							Heat:5, starttime: 11:31	
Heat: 5/5 Lane : 2 Athlete: NUYTKENS MARIE						Q-time: 00:43:25		
PB (50m pool): 00:43.25 Gent 08/02/2026				PB (25m pool): 00:40.89 SB: 00:43.25 Gent 08/02/2026				
	5 0 M							
PB	00:43.25							
	00:43.25							
								

Coach feedback:

Event number: 16: 50M BREASTSTROKE MEN 11+						Heat:2, starttime: 11:34	
Heat: 2/5 Lane : 7 Athlete: LAUWENS FINN						Q-time: 00:50:90	
PB (50m pool): 00:50.90 Wezenberg 04/01/2026						PB (25m pool): 00:51.60 SB: 00:50.90 Wezenberg 04/01/2026	
	5 0 M						
PB	00:50.90						
	00:50.90						
							

Coach feedback:

Event number: 16: 50M BREASTSTROKE MEN 11+						Heat:3, starttime: 11:36	
Heat: 3/5 Lane : 3 Athlete: VAN DEN BRANDE LUCAS						Q-time: 00:34:97	
PB (50m pool): 00:34.97 Molenbeek 01/02/2026						PB (25m pool): 00:34.72 SB: 00:34.97 Molenbeek 01/02/2026	
	5 0 M						
PB	00:34.97						
	00:34.97						
							

Coach feedback:

Event number: 17: 50M FREESTYLE WOMEN 11+						Heat:4, starttime: 11:45	
Heat: 4/9 Lane : 1 Athlete: DE TOLLENAERE LAURA						Q-time: 00:33:74	
PB (50m pool): 00:33.74 Gent 08/02/2026						PB (25m pool): 00:33.89SB: 00:33.74 Gent 08/02/2026	
	5 0 M						
PB	00:33.74						
	00:33.74						
							

Coach feedback:

Memorial H Braeckman: Session: 1: COACH evaluation sheet for TEAM: ZCK

Event number: 17: 50M FREESTYLE WOMEN 11+						Heat:4, starttime: 11:45	
Heat: 4/9 Lane : 6 Athlete: VERSPECHT KAAT						Q-time: 00:33:27	
PB (50m pool): 00:33.27 Wezenberg 04/01/2026						PB (25m pool): 00:32.28 SB: 00:33.27 Wezenberg 04/01/2026	
	5 0 M						
PB	00:33.27						
	00:33.27						
							

Coach feedback:

Event number: 17: 50M FREESTYLE WOMEN 11+						Heat:5, starttime: 11:46	
Heat: 5/9 Lane : 2 Athlete: DE SITTER KIRA						Q-time: 00:32:19	
PB (50m pool): 00:32.19 Molenbeek 01/02/2026				PB (25m pool): 00:33.44 SB: 00:32.19 Molenbeek 01/02/2026			
	5 0 M						
PB	00:32.19						
	00:32.19						
							

Coach feedback:

Event number: 17: 50M FREESTYLE WOMEN 11+						Heat:8, starttime: 11:50	
Heat: 8/9 Lane : 2 Athlete: VERSPECHT LIEN						Q-time: 00:30:17	
PB (50m pool): 00:30.17 Antwerpen 15/03/2026						PB (25m pool): 00:29.55 SB: 00:30.17 Antwerpen 15/03/2026	
	5 0 M						
PB	00:30.17						
	00:30.17						
							

Coach feedback:

Event number: 18: 50M FREESTYLE MEN 11+						Heat:4, starttime: 11:57	
Heat: 4/9 Lane : 8 Athlete: DE ROOS KASPER						Q-time: 00:32:68	
PB (50m pool): 00:32.68 Wezenberg 04/01/2026						PB (25m pool): 00:32.44 SB: 00:32.68 Wezenberg 04/01/2026	
	5 0 M						
PB	00:32.68						
	00:32.68						
							

Coach feedback:

Memorial H Braeckman: Session: 1: COACH evaluation sheet for TEAM: ZCK

Event number: 18: 50M FREESTYLE MEN 11+										Heat:7, starttime: 12:00																				
Heat: 7/9 Lane : 6 Athlete: BAKX WARRE																				Q-time: 00:26:77										
PB (50m pool): 00:26.77 Antwerpen 08/03/2026										PB (25m pool): 00:25.65 SB: 00:26.77 Antwerpen 08/03/2026																				
	5 0 M																													
PB	00:26.77																													
	00:26.77																													
																														

Coach feedback: