

FIRST Swim Meeting: Session: 1: COACH evaluation sheet for TEAM: ZCT

Coachinfo: Warming up from: 07:30 untill 08:35. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Van Opstal Wendy

Coaches: Goovaerts Kristel

Coaches: Akkers Mieke HEADCOACH

Coaches: Van Vlasselaer Eva

Coaches: Lelong Christel

Coaches: Callebaut Joris

Coaches: Wauters Tine

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

Event number: 1: 100M BREASTSTROKE MEN 11+ Heat:17, starttime: 09:17

Heat: 17/19 Lane : 8 Athlete: GEENS DRé		Q-time: 01:12:81	
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: 2: 100M BREASTSTROKE WOMEN 11+ Heat:16, starttime: 09:55

Heat: 16/18 Lane : 5 Athlete: VERELST LAURA		Q-time: 01:17:43	
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: 2: 100M BREASTSTROKE WOMEN 11+ Heat:17, starttime: 09:56

Heat: 17/18 Lane : 0 Athlete: VELDHUIS VICTORIA		Q-time: 01:23:94	
PB (50m pool): 01:22.26 Antwerpen 29/01/2023		PB (25m pool): 01:19.81 SB: 01:23.94 Antwerpen 15/03/2026	
	5 0 M	1 0 0 M	
PB	no time	01:22.26	
	no time		
			

Coach feedback:

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Event number: 2: 100M BREASTSTROKE WOMEN 11+			Heat:17, starttime: 09:56
Heat: 17/18 Lane : 6 Athlete: UYTTERHOEVEN FLO			Q-time: 01:20:36
PB (50m pool): 01:19.50 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 01:17.31 SB: 01:19.50 Zwembad Brigitte Becue 26/04/2026			
	5 0 M	1 0 0 M	
PB	00:37.52	01:19.50	
	00:37.52	00:41.98	
			

Coach feedback:

Event number: 2: 100M BREASTSTROKE WOMEN 11+			Heat:17, starttime: 09:56
Heat: 17/18 Lane : 9 Athlete: DECALUWé HELENA			Q-time: 01:24:43
PB (50m pool): 01:24.43 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 01:19.53 SB: 01:24.93 Molenbeek 01/02/2026			
	5 0 M	1 0 0 M	
PB	00:39.76	01:24.43	
	00:39.76	00:44.67	
			

Coach feedback:

Event number: 2: 100M BREASTSTROKE WOMEN 11+			Heat:18, starttime: 09:58
Heat: 18/18 Lane : 5 Athlete: CAES OONE			Q-time: 01:15:51
PB (50m pool): 01:14.93 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 01:11.90 SB: 01:14.93 Zwembad Brigitte Becue 26/04/2026			
	5 0 M	1 0 0 M	
PB	00:34.66	01:14.93	
	00:34.66	00:40.27	
			

Coach feedback:

Event number: 3: 100M BUTTERFLY MEN 11+			Heat:10, starttime: 10:18
Heat: 10/14 Lane : 5 Athlete: VAN GRUNDERBEECK BAS			Q-time: 01:06:76
PB (50m pool): 01:05.51 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 01:05.19 SB: 01:05.51 Zwembad Brigitte Becue 26/04/2026			
	5 0 M	1 0 0 M	
PB	00:30.53	01:05.51	
	00:30.53	00:34.98	
			

Coach feedback:

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Event number: 3: 100M BUTTERFLY MEN 11+			Heat:12, starttime: 10:21
Heat: 12/14 Lane : 9 Athlete: VAN DER BORGHT FLORIS			Q-time: 01:04:54
PB (50m pool): 01:04.33 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 01:02.51 SB: 01:04.33 Zwembad Brigitte Becue 26/04/2026			
	5 0 M	1 0 0 M	
PB	00:30.01	01:04.33	
	00:30.01	00:34.32	
			

Coach feedback:

Event number: 3: 100M BUTTERFLY MEN 11+			Heat:13, starttime: 10:22
Heat: 13/14 Lane : 1 Athlete: PELGRIMS LOWIE			Q-time: 01:03:06
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:

Event number: 4: 100M BUTTERFLY WOMEN 11+			Heat:8, starttime: 10:39
Heat: 8/11 Lane : 0 Athlete: VERELST LAURA			Q-time: 01:15:52
PB (50m pool): 01:12.37 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 01:11.34 SB: 01:12.37 Zwembad Brigitte Becue 26/04/2026			
	5 0 M	1 0 0 M	
PB	00:33.41	01:12.37	
	00:33.41	00:38.96	
			

Coach feedback:

Event number: 4: 100M BUTTERFLY WOMEN 11+			Heat:8, starttime: 10:39
Heat: 8/11 Lane : 7 Athlete: BOHMER JANNE			Q-time: 01:15:30
PB (50m pool): 01:14.08 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 01:15.34 SB: 01:14.08 Zwembad Brigitte Becue 26/04/2026			
	5 0 M	1 0 0 M	
PB	00:33.61	01:14.08	
	00:33.61	00:40.47	
			

Coach feedback:

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Event number: 4: 100M BUTTERFLY WOMEN 11+							Heat:9, starttime: 10:41		
Heat: 9/11 Lane : 6 Athlete: THIJS MAAIKE							Q-time: 01:08:49		
PB (50m pool): 01:08.49 Antwerpen 08/03/2026							PB (25m pool): 01:08.40 SB: 01:08.49 Antwerpen 08/03/2026		
	5 0 M		1 0 0 M						
PB	00:32.30		01:08.49						
	00:32.30		00:36.19						
									

Coach feedback:

Event number: 5: 200M BACKSTROKE MEN 11+					Heat:12, starttime: 11:30	
Heat: 12/12 Lane : 8 Athlete: DECALUWé GEORGES					Q-time: 02:27:27	
PB (50m pool): 02:27.27 Molenbeek 01/02/2026					PB (25m pool): 02:19.47 SB: 02:27.27 Molenbeek 01/02/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	no time	01:10.53	no time	02:27.27		
	no time					
						

Coach feedback:

Event number: 6: 200M BACKSTROKE WOMEN 11+					Heat:13, starttime: 12:23	
Heat: 13/16 Lane : 4 Athlete: DECALUWé HELENA					Q-time: 02:43:63	
PB (50m pool): 02:43.63 Lago Gent Rozebroeken 04/05/2025					PB (25m pool): 02:40.89 SB: no time	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:39.04	01:20.44	02:03.17	02:43.63		
	00:39.04	00:41.40	00:42.73	00:40.46		
						

Coach feedback:

Event number: 6: 200M BACKSTROKE WOMEN 11+					Heat:13, starttime: 12:23	
Heat: 13/16 Lane : 5 Athlete: UYTTERHOEVEN FLO					Q-time: 02:43:73	
PB (50m pool): 02:43.73 Lago Gent Rozebroeken 04/05/2025					PB (25m pool): 02:35.47 SB: no time	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:39.06	01:21.45	02:03.63	02:43.73		
	00:39.06	00:42.39	00:42.18	00:40.10		
						

Coach feedback: