

FIRST Swim Meeting: Session: 2: COACH evaluation sheet for TEAM: ZCT

Coachinfo: Warming up from: 13:00 untill 14:05. 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: 8: 200M FREESTYLE MEN 11+ Heat:23, starttime: 15:33

Heat: 23/28 Lane : 5 Athlete: PELGRIMS LOWIE				Q-time: 02:10:33
PB (50m pool): 02:10.33 Gent 08/02/2026				PB (25m pool): 02:05.52 SB: 02:10.33 Gent 08/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M
PB	00:29.31	01:02.42	01:37.24	02:10.33
	00:29.31	00:33.11	00:34.82	00:33.09
				

Coach feedback:

Event number: 8: 200M FREESTYLE MEN 11+ Heat:24, starttime: 15:36

Heat: 24/28 Lane : 3 Athlete: VAN DER BORGHT FLORIS				Q-time: 02:09:01
PB (50m pool): 02:09.01 Gent 08/02/2026				PB (25m pool): 02:04.14 SB: 02:09.01 Gent 08/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M
PB	00:29.84	01:02.43	01:35.91	02:09.01
	00:29.84	00:32.59	00:33.48	00:33.10
				

Coach feedback:

Event number: 8: 200M FREESTYLE MEN 11+ Heat:24, starttime: 15:36

Heat: 24/28 Lane : 4 Athlete: VAN GRUNDERBEECK BAS				Q-time: 02:08:82
PB (50m pool): 02:08.82 Molenbeek 01/02/2026				PB (25m pool): 02:02.83 SB: 02:08.82 Molenbeek 01/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M
PB	no time	01:01.78	no time	02:08.82
	no time			
				

Coach feedback:

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Event number: 8: 200M FREESTYLE MEN 11+				Heat:25, starttime: 15:38	
Heat: 25/28 Lane : 2 Athlete: GEENS DRé				Q-time: 02:07:80	
PB (50m pool): 02:07.80 Antwerpen 27/07/2025				PB (25m pool): 02:03.16 SB: 02:08.48 Molenbeek 01/02/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:28.55	01:01.26	01:34.68	02:07.80	
	00:28.55	00:32.71	00:33.42	00:33.12	
					

Coach feedback:

Event number: 8: 200M FREESTYLE MEN 11+				Heat:25, starttime: 15:38	
Heat: 25/28 Lane : 6 Athlete: DECALUWé GEORGES				Q-time: 02:07:54	
PB (50m pool): 02:07.54 Antwerpen 27/07/2025				PB (25m pool): 02:05.70 SB: 02:10.99 Molenbeek 01/02/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:29.26	01:01.06	01:34.47	02:07.54	
	00:29.26	00:31.80	00:33.41	00:33.07	
					

Coach feedback:

Event number: 10: 200M BREASTSTROKE WOMEN 11+				Heat:13, starttime: 16:49	
Heat: 13/18 Lane : 7 Athlete: THIJS MAAIKE				Q-time: 03:20:32	
PB (50m pool): 03:20.32 Lago Gent Rozebroeken 04/05/2025				PB (25m pool): 03:12.83 SB: no time	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:46.14	01:38.07	02:30.51	03:20.32	
	00:46.14	00:51.93	00:52.44	00:49.81	
					

Coach feedback:

Event number: 10: 200M BREASTSTROKE WOMEN 11+				Heat:15, starttime: 16:56	
Heat: 15/18 Lane : 1 Athlete: BOHMER JANNE				Q-time: 03:10:42	
PB (50m pool): 03:10.42 Lago Gent Rozebroeken 04/05/2025				PB (25m pool): 03:09.13 SB: no time	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:43.87	01:33.49	02:22.51	03:10.42	
	00:43.87	00:49.62	00:49.02	00:47.91	
					

Coach feedback:

FIRST Swim Meeting: Session: 2: COACH evaluation sheet for TEAM: ZCT

Event number: 10: 200M BREASTSTROKE WOMEN 11+					Heat:15, starttime: 16:56
Heat: 15/18 Lane : 5 Athlete: VELDHUIS VICTORIA					Q-time: 03:06:49
PB (50m pool): 03:05.01 Lago Gent Rozebroeken 07/05/2023 PB (25m pool): 02:57.04 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	03:05.01	
	no time				
					

Coach feedback:

Event number: 10: 200M BREASTSTROKE WOMEN 11+					Heat:16, starttime: 17:00
Heat: 16/18 Lane : 3 Athlete: DECALUWé HELENA					Q-time: 03:04:29
PB (50m pool): 03:04.29 Antwerpen 20/07/2025 PB (25m pool): 02:58.41 SB: 03:04.33 Molenbeek 01/02/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:40.88	01:26.92	02:15.45	03:04.29	
	00:40.88	00:46.04	00:48.53	00:48.84	
					

Coach feedback:

Event number: 10: 200M BREASTSTROKE WOMEN 11+					Heat:18, starttime: 17:07
Heat: 18/18 Lane : 1 Athlete: UYTTERHOEVEN FLO					Q-time: 02:52:11
PB (50m pool): 02:52.11 Antwerpen 22/03/2026 PB (25m pool): 02:47.81 SB: 02:52.11 Antwerpen 22/03/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:39.65	01:24.89	02:08.46	02:52.11	
	00:39.65	00:45.24	00:43.57	00:43.65	
					

Coach feedback:

Event number: 10: 200M BREASTSTROKE WOMEN 11+					Heat:18, starttime: 17:07
Heat: 18/18 Lane : 2 Athlete: VERELST LAURA					Q-time: 02:50:53
PB (50m pool): 02:50.53 Antwerpen 08/03/2026 PB (25m pool): 02:48.10 SB: 02:50.53 Antwerpen 08/03/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:38.36	01:21.43	02:05.68	02:50.53	
	00:38.36	00:43.07	00:44.25	00:44.85	
					

Coach feedback: