

FIRST Swim Meeting: Session: 3: 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: 11: 100M FREESTYLE WOMEN 11+ Heat:19, starttime: 09:16

Heat: 19/22 Lane : 0 Athlete: BOHMER JANNE		Q-time: 01:04:03	
PB (50m pool): 01:04.03 Antwerpen 08/03/2026		PB (25m pool): 01:03.09 SB: 01:04.03 Antwerpen 08/03/2026	
	5 0 M	1 0 0 M	
PB	00:30.77	01:04.03	
	00:30.77	00:33.26	
			

Coach feedback:

Event number: 11: 100M FREESTYLE WOMEN 11+ Heat:19, starttime: 09:16

Heat: 19/22 Lane : 1 Athlete: VELDHUIS VICTORIA		Q-time: 01:03:91	
PB (50m pool): 01:03.91 Antwerp 09/02/2025		PB (25m pool): 01:01.77 SB: 01:04.29 Antwerpen 15/03/2026	
	5 0 M	1 0 0 M	
PB	00:30.97	01:03.91	
	00:30.97	00:32.94	
			

Coach feedback:

Event number: 11: 100M FREESTYLE WOMEN 11+ Heat:19, starttime: 09:16

Heat: 19/22 Lane : 3 Athlete: THIJS MAAIKE		Q-time: 01:03:38	
PB (50m pool): 01:03.38 Antwerpen 08/03/2026		PB (25m pool): 01:02.00 SB: 01:03.38 Antwerpen 08/03/2026	
	5 0 M	1 0 0 M	
PB	00:30.81	01:03.38	
	00:30.81	00:32.57	
			

Coach feedback:

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Event number: 12: 100M FREESTYLE MEN 11+			Heat:18, starttime: 09:50
Heat: 18/23 Lane : 8 Athlete: PELGRIMS LOWIE			Q-time: 00:59:15
PB (50m pool): 00:59.15 Gent 08/02/2026			PB (25m pool): 00:57.19 SB: 00:59.15 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:28.29	00:59.15	
	00:28.29	00:30.86	
			

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 11+			Heat:20, starttime: 09:53
Heat: 20/23 Lane : 2 Athlete: DECALUWé GEORGES			Q-time: 00:57:77
PB (50m pool): 00:57.77 Antwerpen 27/07/2025			PB (25m pool): 00:56.39 SB: 00:57.84 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:28.01	00:57.77	
	00:28.01	00:29.76	
			

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 11+			Heat:20, starttime: 09:53
Heat: 20/23 Lane : 7 Athlete: VAN GRUNDERBEECK BAS			Q-time: 00:57:81
PB (50m pool): 00:57.24 Zwembad Brigitte Becue 26/04/2026			PB (25m pool): 00:55.72 SB: 00:57.24 Zwembad Brigitte Becue 26/04/2026
	5 0 M	1 0 0 M	
PB	00:27.64	00:57.24	
	00:27.64	00:29.60	
			

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 11+			Heat:21, starttime: 09:54
Heat: 21/23 Lane : 2 Athlete: GEENS DRé			Q-time: 00:55:27
PB (50m pool): 00:55.27 Antwerpen 15/03/2026			PB (25m pool): 00:54.83 SB: 00:55.27 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:26.32	00:55.27	
	00:26.32	00:28.95	
			

Coach feedback:

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Event number: 13: 100M BACKSTROKE WOMEN 11+			Heat:15, starttime: 10:31
Heat: 15/20 Lane : 3 Athlete: DECALUWé HELENA			Q-time: 01:17:15
PB (50m pool): 01:17.15 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 01:13.69 SB: 01:17.53 Zwembad Brigitte Becue 26/04/2026			
	5 0 M	1 0 0 M	
PB	00:38.16	01:17.15	
	00:38.16	00:38.99	
			

Coach feedback:

Event number: 13: 100M BACKSTROKE WOMEN 11+			Heat:17, starttime: 10:35
Heat: 17/20 Lane : 7 Athlete: UYTTERHOEVEN FLO			Q-time: 01:15:80
PB (50m pool): 01:15.80 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 01:13.34 SB: no time			
	5 0 M	1 0 0 M	
PB	00:37.41	01:15.80	
	00:37.41	00:38.39	
			

Coach feedback:

Event number: 13: 100M BACKSTROKE WOMEN 11+			Heat:19, starttime: 10:39
Heat: 19/20 Lane : 1 Athlete: VERELST LAURA			Q-time: 01:11:43
PB (50m pool): 01:11.43 Molenbeek 01/02/2026 PB (25m pool): 01:08.17 SB: 01:11.43 Molenbeek 01/02/2026			
	5 0 M	1 0 0 M	
PB	no time	01:11.43	
	no time		
			

Coach feedback:

Event number: 14: 100M BACKSTROKE MEN 11+			Heat:16, starttime: 11:15
Heat: 16/19 Lane : 3 Athlete: VAN GRUNDERBEECK BAS			Q-time: 01:08:03
PB (50m pool): 01:08.03 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 01:05.30 SB: 01:08.28 Zwembad Brigitte Becue 26/04/2026			
	5 0 M	1 0 0 M	
PB	00:33.15	01:08.03	
	00:33.15	00:34.88	
			

Coach feedback:

FIRST Swim Meeting: Session: 3: COACH evaluation sheet for TEAM: ZCT

Event number: 14: 100M BACKSTROKE MEN 11+										Heat:18, starttime: 11:19	
Heat: 18/19 Lane : 1 Athlete: DECALUWé GEORGES								Q-time: 01:05:77			
PB (50m pool): 01:05.77 Antwerpen 27/07/2025						PB (25m pool): 01:02.54 SB: 01:06.48 Antwerpen 22/03/2026					
	5 0 M		1 0 0 M								
PB	00:31.44		01:05.77								
	00:31.44		00:34.33								
											

Coach feedback:

Event number: 16: 400M MEDLEY MEN 11+							Heat:3, starttime: 11:51	
Heat: 3/3 Lane : 2 Athlete: VAN DER BORGHT FLORIS							Q-time: 05:17:70	
PB (50m pool): 05:17.70 Molenbeek 01/02/2026			PB (25m pool): 05:01.37 SB: 05:17.70 Molenbeek 01/02/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB	no time	01:13.28	no time	no time	no time	no time	no time	05:17.70
	<i>no time</i>							
								

Coach feedback: