

# ZC 2026: Session: 1: COACH evaluation sheet for TEAM: DMI

Coachinfo: Warming up from: 07:45 until 08:45. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Moerman Pieter

Coaches: Van der Elst Astrid

Coaches: Claerhout John

PB => Personal Best time

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

**Event number: 1: 100M BUTTERFLY MEN 13-14** **Heat:1, starttime: 09:00**

**Heat: 1/4 Lane : 3 Athlete: VLAMYNCK RIEN** **Q-time: 01:50:72**

**PB (50m pool): 01:50.72 Brugge 01/02/2026** **PB (25m pool): no time SB: 01:50.72 Brugge 01/02/2026**

	<b>50 M</b>	<b>100 M</b>	
<b>PB</b>	00:48.67	01:50.72	
	<i>00:48.67</i>	<i>01:02.05</i>	
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Coach feedback:

**Event number: 1: 100M BUTTERFLY MEN 13-14** **Heat:2, starttime: 09:03**

**Heat: 2/4 Lane : 2 Athlete: DECLERCQ IAN** **Q-time: 01:33:79**

**PB (50m pool): no time** **PB (25m pool): 01:33.79 SB: no time**

	<b>50 M</b>	<b>100 M</b>	
<b>PB</b>	no time	no time	
	<i>no time</i>		
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Coach feedback:

**Event number: 2: 100M BREASTSTROKE MEN 15+** **Heat:2, starttime: 09:11**

**Heat: 2/9 Lane : 3 Athlete: VANKEMMELBEKE HECTOR** **Q-time: 01:32:74**

**PB (50m pool): 01:32.74 Lago Kortrijk Weide 03/05/2026** **PB (25m pool): 01:31.31 SB: 01:32.74 Lago Kortrijk Weide 03/05/2026**

	<b>50 M</b>	<b>100 M</b>	
<b>PB</b>	00:43.72	01:32.74	
	<i>00:43.72</i>	<i>00:49.02</i>	
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Coach feedback:

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<b>Event number: 3: 100M FREESTYLE WOMEN 15+</b>		<b>Heat:2, starttime: 09:29</b>	
<b>Heat: 2/15 Lane : 8 Athlete: VANDROOGENBROECK CHEYENNE</b>		<b>Q-time: 01:17:68</b>	
PB (50m pool): 01:17.68 Brugge 01/02/2026		PB (25m pool): 01:18.46 SB: 01:17.68 Brugge 01/02/2026	
	<b>50 M</b>	<b>100 M</b>	
PB	00:36.44	01:17.68	
	00:36.44	00:41.24	
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Coach feedback:

<b>Event number: 4: 200M MEDLEY WOMEN 11-12</b>				<b>Heat:1, starttime: 09:52</b>	
<b>Heat: 1/9 Lane : 2 Athlete: NAESSENS ANKE</b>				<b>Q-time: 04:01:64</b>	
PB (50m pool): no time			PB (25m pool): 04:01.64 SB: no time		
	<b>50 M</b>	<b>100 M</b>	<b>150 M</b>	<b>200 M</b>	
PB	no time	no time	no time	no time	
	no time				
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Coach feedback:

<b>Event number: 5: 50M BACKSTROKE MEN 13-14</b>		<b>Heat:1, starttime: 10:29</b>	
<b>Heat: 1/7 Lane : 2 Athlete: DECLERCQ IAN</b>		<b>Q-time: 00:49:07</b>	
PB (50m pool): 00:49.07 Kortrijk 04/05/2025		PB (25m pool): no time SB: no time	
	<b>50 M</b>		
PB	00:49.07		
	00:49.07		
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Coach feedback:

<b>Event number: 5: 50M BACKSTROKE MEN 13-14</b>		<b>Heat:1, starttime: 10:29</b>	
<b>Heat: 1/7 Lane : 6 Athlete: VLAMYNCK RIEN</b>		<b>Q-time: 00:48:58</b>	
PB (50m pool): 00:48.58 Kortrijk 04/05/2025		PB (25m pool): no time SB: no time	
	<b>50 M</b>		
PB	00:48.58		
	00:48.58		
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Coach feedback:

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<b>Event number: 6: 200M BREASTSTROKE WOMEN 13-14</b>				<b>Heat:1, starttime: 10:41</b>	
<b>Heat: 1/7 Lane : 4 Athlete: BAECKELANDT JINTHE</b>				<b>Q-time: 03:55:37</b>	
PB (50m pool): 03:55.37 Lago Kortrijk Weide 03/05/2026			PB (25m pool): 03:51.84 SB: 03:55.37 Lago Kortrijk Weide 03/05/2026		
	<b>50 M</b>	<b>100 M</b>	<b>150 M</b>	<b>200 M</b>	
PB	00:52.26	01:51.94	02:54.14	03:55.37	
	00:52.26	00:59.68	01:02.20	01:01.23	
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Coach feedback:

<b>Event number: 7: 200M BUTTERFLY MEN 15+</b>				<b>Heat:2, starttime: 11:14</b>	
<b>Heat: 2/2 Lane : 6 Athlete: VANHOORNE ARNO</b>				<b>Q-time: 02:41:55</b>	
PB (50m pool): 02:41.55 Lago Kortrijk Weide 03/05/2026			PB (25m pool): 02:47.40 SB: 02:41.55 Lago Kortrijk Weide 03/05/2026		
	<b>50 M</b>	<b>100 M</b>	<b>150 M</b>	<b>200 M</b>	
PB	00:34.15	01:14.14	01:57.76	02:41.55	
	00:34.15	00:39.99	00:43.62	00:43.79	
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Coach feedback:

<b>Event number: 8: 100M BACKSTROKE WOMEN 15+</b>			<b>Heat:1, starttime: 11:18</b>		
<b>Heat: 1/10 Lane : 1 Athlete: VANDROOGENBROECK CHEYENNE</b>			<b>Q-time: 01:31:33</b>		
PB (50m pool): 01:31.33 Lago Kortrijk Weide 03/05/2026			PB (25m pool): 01:28.97 SB: 01:31.33 Lago Kortrijk Weide 03/05/2026		
	<b>50 M</b>	<b>100 M</b>			
PB	00:44.80	01:31.33			
	00:44.80	00:46.53			
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Coach feedback:

<b>Event number: 9: 50M BUTTERFLY MEN 11-12</b>		<b>Heat:2, starttime: 11:43</b>			
<b>Heat: 2/9 Lane : 5 Athlete: DEHONDT TUUR</b>		<b>Q-time: 00:50:87</b>			
PB (50m pool): 00:50.87 Brugge 01/02/2026		PB (25m pool): no time SB: 00:50.87 Brugge 01/02/2026			
	<b>50 M</b>				
PB	00:50.87				
	00:50.87				
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Coach feedback:

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<b>Event number: 9: 50M BUTTERFLY MEN 11-12</b>		<b>Heat:6, starttime: 11:48</b>
<b>Heat: 6/9 Lane : 5 Athlete: DE RYCK ALEXANDER</b>		<b>Q-time: 00:42:38</b>
PB (50m pool): 00:42.38 Brugge 01/02/2026		PB (25m pool): 00:45.58 SB: 00:42.38 Brugge 01/02/2026
	<b>5 0 M</b>	
PB	00:42.38	
	00:42.38	
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Coach feedback:

<b>Event number: 9: 50M BUTTERFLY MEN 11-12</b>		<b>Heat:9, starttime: 11:52</b>
<b>Heat: 9/9 Lane : 5 Athlete: GHYSELBRECHT BENT</b>		<b>Q-time: 00:36:86</b>
PB (50m pool): 00:36.86 Brugge 01/02/2026		PB (25m pool): 00:39.89 SB: 00:36.86 Brugge 01/02/2026
	<b>5 0 M</b>	
PB	00:36.86	
	00:36.86	
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Coach feedback: