

ZC 2026: Session: 1: COACH evaluation sheet for TEAM: FIRST

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

Coaches: Slos Robbie

Coaches: De Waele Lente

Coaches: Huberty Maren

Coaches: De Backer Bart

Coaches: De Noble Chloë

Coaches: De Noble Naomi

Coaches: Van Heghe Margot

Coaches: Cools Sandra HEADCOACH

Coaches: Mathys Jana

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 : 5 Athlete: TRIEST JULES **Q-time: 01:40:76**

PB (50m pool): 01:40.76 Lago Gent Rozebroeken 03/05/2026 **PB (25m pool): 01:46.80** **SB: 01:40.76** Lago Gent Rozebroeken 03/05/2026

	50 M	100 M
PB	00:44.46	01:40.76
	00:44.46	00:56.30

Coach feedback:

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

Heat: 1/4 Lane : 6 Athlete: DE CRAENE NATHEN **Q-time: 02:01:98**

PB (50m pool): 02:01.98 Lago Gent Rozebroeken 03/05/2026 **PB (25m pool): no time** **SB: 02:01.98** Lago Gent Rozebroeken 03/05/2026

	50 M	100 M
PB	00:56.31	02:01.98
	00:56.31	01:05.67

Coach feedback:

Event number: 1: 100M BUTTERFLY MEN 13-14 **Heat:4, starttime: 09:07**

Heat: 4/4 Lane : 6 Athlete: DE CHAMPS LOÏC **Q-time: 01:17:63**

PB (50m pool): 01:17.63 Lago Gent Rozebroeken 03/05/2026 **PB (25m pool): 01:18.10** **SB: 01:17.63** Lago Gent Rozebroeken 03/05/2026

	50 M	100 M
PB	00:35.42	01:17.63
	00:35.42	00:42.21

Coach feedback:

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Event number: 2: 100M BREASTSTROKE MEN 15+		Heat:1, starttime: 09:09	
Heat: 1/9 Lane : 3 Athlete: MARGUTTI MAURO		Q-time: 01:44:02	
PB (50m pool): 01:46.84 Lago Gent Rozebroeken 03/05/2026 PB (25m pool): 01:44.02 SB: 01:46.84 Lago Gent Rozebroeken 03/05/2026			
	50 M	100 M	
PB	00:47.96	01:46.84	
	00:47.96	00:58.88	
	

Coach feedback:

Event number: 2: 100M BREASTSTROKE MEN 15+		Heat:2, starttime: 09:11	
Heat: 2/9 Lane : 1 Athlete: DE CRAENE THIBE		Q-time: 01:38:17	
PB (50m pool): 01:38.17 Gent 08/02/2026 PB (25m pool): 01:41.09 SB: 01:38.17 Gent 08/02/2026			
	50 M	100 M	
PB	00:47.11	01:38.17	
	00:47.11	00:51.06	
	

Coach feedback:

Event number: 2: 100M BREASTSTROKE MEN 15+		Heat:2, starttime: 09:11	
Heat: 2/9 Lane : 5 Athlete: TRIEST LOUIS		Q-time: 01:31:40	
PB (50m pool): 01:33.73 Lago Gent Rozebroeken 03/05/2026 PB (25m pool): 01:31.40 SB: 01:33.73 Lago Gent Rozebroeken 03/05/2026			
	50 M	100 M	
PB	00:43.81	01:33.73	
	00:43.81	00:49.92	
	

Coach feedback:

Event number: 2: 100M BREASTSTROKE MEN 15+		Heat:2, starttime: 09:11	
Heat: 2/9 Lane : 8 Athlete: STEVENS GERBEN		Q-time: 01:38:27	
PB (50m pool): 01:40.82 Antwerpen 13/07/2025 PB (25m pool): 01:38.27 SB: 01:41.25 Lago Gent Rozebroeken 03/05/2026			
	50 M	100 M	
PB	00:46.54	01:40.82	
	00:46.54	00:54.28	
	

Coach feedback:

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Event number: 2: 100M BREASTSTROKE MEN 15+		Heat:3, starttime: 09:13	
Heat: 3/9 Lane : 6 Athlete: DE PAUW JULES		Q-time: 01:28:41	
PB (50m pool): 01:28.41 Lago Gent Rozebroeken 03/05/2026		PB (25m pool): 01:33.97 SB: 01:28.41 Lago Gent Rozebroeken 03/05/2026	
	5 0 M	1 0 0 M	
PB	00:42.36	01:28.41	
	<i>00:42.36</i>	<i>00:46.05</i>	
	

Coach feedback:

Event number: 2: 100M BREASTSTROKE MEN 15+		Heat:3, starttime: 09:13	
Heat: 3/9 Lane : 8 Athlete: HOSTE LARS		Q-time: 01:30:88	
PB (50m pool): 01:30.88 Lago Gent Rozebroeken 03/05/2026		PB (25m pool): 01:48.25 SB: 01:30.88 Lago Gent Rozebroeken 03/05/2026	
	5 0 M	1 0 0 M	
PB	00:42.40	01:30.88	
	<i>00:42.40</i>	<i>00:48.48</i>	
	

Coach feedback:

Event number: 2: 100M BREASTSTROKE MEN 15+		Heat:9, starttime: 09:25	
Heat: 9/9 Lane : 2 Athlete: CASTEUR ALEXANDER		Q-time: 01:13:87	
PB (50m pool): 01:16.61 Antwerpen 15/03/2026		PB (25m pool): 01:13.87 SB: 01:16.61 Antwerpen 15/03/2026	
	5 0 M	1 0 0 M	
PB	00:35.90	01:16.61	
	<i>00:35.90</i>	<i>00:40.71</i>	
	

Coach feedback:

Event number: 3: 100M FREESTYLE WOMEN 15+		Heat:1, starttime: 09:27	
Heat: 1/15 Lane : 5 Athlete: BEKAERT SOPHIA		Q-time: 01:19:01	
PB (50m pool): 01:19.84 Lago Gent Rozebroeken 03/05/2026		PB (25m pool): 01:19.01 SB: 01:19.84 Lago Gent Rozebroeken 03/05/2026	
	5 0 M	1 0 0 M	
PB	00:37.17	01:19.84	
	<i>00:37.17</i>	<i>00:42.67</i>	
	

Coach feedback:

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Event number: 3: 100M FREESTYLE WOMEN 15+		Heat:2, starttime: 09:29	
Heat: 2/15 Lane : 7 Athlete: VAN LOO CHARLOTTE		Q-time: 01:15:76	
PB (50m pool): 01:14.55 Antwerp 04/02/2024		PB (25m pool): 01:10.48 SB: 01:19.94 Gent 08/02/2026	
	50 M	100 M	
PB	no time	01:14.55	
	<i>no time</i>		
	

Coach feedback:

Event number: 3: 100M FREESTYLE WOMEN 15+		Heat:3, starttime: 09:31	
Heat: 3/15 Lane : 3 Athlete: GERRITSEN VESPER		Q-time: 01:13:35	
PB (50m pool): 01:15.02 Lago Gent Rozebroeken 03/05/2026		PB (25m pool): 01:13.35 SB: 01:15.02 Lago Gent Rozebroeken 03/05/2026	
	50 M	100 M	
PB	00:35.78	01:15.02	
	<i>00:35.78</i>	<i>00:39.24</i>	
	

Coach feedback:

Event number: 3: 100M FREESTYLE WOMEN 15+		Heat:5, starttime: 09:34	
Heat: 5/15 Lane : 1 Athlete: DE BOCK AUDE		Q-time: 01:11:40	
PB (50m pool): 01:12.90 Antwerpen 13/07/2025		PB (25m pool): 01:11.40 SB: 01:13.87 Lago Gent Rozebroeken 03/05/2026	
	50 M	100 M	
PB	00:34.50	01:12.90	
	<i>00:34.50</i>	<i>00:38.40</i>	
	

Coach feedback:

Event number: 3: 100M FREESTYLE WOMEN 15+		Heat:5, starttime: 09:34	
Heat: 5/15 Lane : 4 Athlete: DE WEVER LAURA		Q-time: 01:11:07	
PB (50m pool): 01:11.07 Antwerpen 15/03/2026		PB (25m pool): 01:11.43 SB: 01:11.07 Antwerpen 15/03/2026	
	50 M	100 M	
PB	00:34.61	01:11.07	
	<i>00:34.61</i>	<i>00:36.46</i>	
	

Coach feedback:

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Event number: 3: 100M FREESTYLE WOMEN 15+		Heat:6, starttime: 09:36	
Heat: 6/15 Lane : 1 Athlete: DE GRIEVE ONA		Q-time: 01:10:67	
PB (50m pool): 01:11.50 Antwerpen 13/07/2025		PB (25m pool): 01:10.67 SB: 01:11.53 Gent 08/02/2026	
	5 0 M	1 0 0 M	
PB	00:34.20	01:11.50	
	00:34.20	00:37.30	
	

Coach feedback:

Event number: 3: 100M FREESTYLE WOMEN 15+		Heat:7, starttime: 09:37	
Heat: 7/15 Lane : 2 Athlete: NEIRINCK ANNELIES		Q-time: 01:09:71	
PB (50m pool): 01:09.33 Antwerpen 14/07/2024		PB (25m pool): 01:07.88 SB: 01:12.82 Lago Gent Rozebroeken 03/05/2026	
	5 0 M	1 0 0 M	
PB	no time	01:09.33	
	no time		
	

Coach feedback:

Event number: 3: 100M FREESTYLE WOMEN 15+		Heat:9, starttime: 09:41	
Heat: 9/15 Lane : 2 Athlete: MINNOYE YAANA		Q-time: 01:08:52	
PB (50m pool): 01:08.39 Antwerpen 14/07/2024		PB (25m pool): 01:08.52 SB: 01:12.11 Lago Gent Rozebroeken 03/05/2026	
	5 0 M	1 0 0 M	
PB	no time	01:08.39	
	no time		
	

Coach feedback:

Event number: 3: 100M FREESTYLE WOMEN 15+		Heat:9, starttime: 09:41	
Heat: 9/15 Lane : 7 Athlete: VAN GHELUE RINSKE		Q-time: 01:08:54	
PB (50m pool): 01:08.87 Lago Gent Rozebroeken 03/05/2026		PB (25m pool): 01:08.54 SB: 01:08.87 Lago Gent Rozebroeken 03/05/2026	
	5 0 M	1 0 0 M	
PB	00:33.01	01:08.87	
	00:33.01	00:35.86	
	

Coach feedback:

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Event number: 3: 100M FREESTYLE WOMEN 15+		Heat:15, starttime: 09:50	
Heat: 15/15 Lane : 2 Athlete: VAN BRABANDT MILA		Q-time: 01:04:36	
PB (50m pool): 01:05.33 Sportoase De Watermolen 24/05/2026 PB (25m pool): 01:04.36 SB: 01:05.33 Sportoase De Watermolen 24/05/2026			
	50 M	100 M	
PB	00:31.77	01:05.33	
	00:31.77	00:33.56	
	

Coach feedback:

Event number: 4: 200M MEDLEY WOMEN 11-12		Heat:2, starttime: 09:57		
Heat: 2/9 Lane : 1 Athlete: HERREGODS INE		Q-time: 03:44:76		
PB (50m pool): 03:44.76 Gent 08/02/2026 PB (25m pool): no time SB: 03:44.76 Gent 08/02/2026				
	50 M	100 M	150 M	200 M
PB	00:55.09	01:48.28	02:54.48	03:44.76
	00:55.09	00:53.19	01:06.20	00:50.28

Coach feedback:

Event number: 4: 200M MEDLEY WOMEN 11-12		Heat:2, starttime: 09:57		
Heat: 2/9 Lane : 6 Athlete: BOON MARGOT		Q-time: 03:43:75		
PB (50m pool): 03:43.75 Gent 08/02/2026 PB (25m pool): 03:31.43 SB: 03:43.75 Gent 08/02/2026				
	50 M	100 M	150 M	200 M
PB	00:50.52	01:47.72	02:57.23	03:43.75
	00:50.52	00:57.20	01:09.51	00:46.52

Coach feedback:

Event number: 4: 200M MEDLEY WOMEN 11-12		Heat:2, starttime: 09:57		
Heat: 2/9 Lane : 7 Athlete: VAN LAETHEM ALEXIS		Q-time: 03:44:16		
PB (50m pool): 03:44.16 Gent 08/02/2026 PB (25m pool): no time SB: 03:44.16 Gent 08/02/2026				
	50 M	100 M	150 M	200 M
PB	00:57.80	01:57.03	02:57.86	03:44.16
	00:57.80	00:59.23	01:00.83	00:46.30

Coach feedback:

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Event number: 4: 200M MEDLEY WOMEN 11-12				Heat:4, starttime: 10:06	
Heat: 4/9 Lane : 5 Athlete: BAEYENS EMKE				Q-time: 03:27:25	
PB (50m pool): 03:27.25 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 03:46.02 SB: 03:27.25 Zwembad Brigitte Becue 26/04/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:52.60	01:43.05	02:43.23	03:27.25	
	00:52.60	00:50.45	01:00.18	00:44.02	
	

Coach feedback:

Event number: 4: 200M MEDLEY WOMEN 11-12				Heat:5, starttime: 10:10	
Heat: 5/9 Lane : 8 Athlete: BRUNET MAXIME				Q-time: 03:26:99	
PB (50m pool): 03:30.81 Gent 08/02/2026 PB (25m pool): 03:26.99 SB: 03:30.81 Gent 08/02/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:49.07	01:40.42	02:39.66	03:30.81	
	00:49.07	00:51.35	00:59.24	00:51.15	
	

Coach feedback:

Event number: 4: 200M MEDLEY WOMEN 11-12				Heat:7, starttime: 10:17	
Heat: 7/9 Lane : 3 Athlete: VAN CAENEGEM FIEN				Q-time: 03:16:46	
PB (50m pool): 03:16.46 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): no time SB: 03:16.46 Zwembad Brigitte Becue 26/04/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:46.17	01:35.47	02:33.05	03:16.46	
	00:46.17	00:49.30	00:57.58	00:43.41	
	

Coach feedback:

Event number: 6: 200M BREASTSTROKE WOMEN 13-14				Heat:4, starttime: 10:54	
Heat: 4/7 Lane : 2 Athlete: RUTTEN LEONIE				Q-time: 03:29:53	
PB (50m pool): 03:31.64 Lago Gent Rozebroeken 03/05/2026 PB (25m pool): 03:29.53 SB: 03:31.64 Lago Gent Rozebroeken 03/05/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:48.04	01:42.49	02:37.29	03:31.64	
	00:48.04	00:54.45	00:54.80	00:54.35	
	

Coach feedback:

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Event number: 6: 200M BREASTSTROKE WOMEN 13-14				Heat:4, starttime: 10:54	
Heat: 4/7 Lane : 5 Athlete: GALMART HAYLEY				Q-time: 03:27:37	
PB (50m pool): 03:29.74 Gent 08/02/2026			PB (25m pool): 03:27.37 SB: 03:29.74 Gent 08/02/2026		
	50 M	100 M	150 M	200 M	
PB	00:47.87	01:42.43	02:36.59	03:29.74	
	00:47.87	00:54.56	00:54.16	00:53.15	
	

Coach feedback:

Event number: 6: 200M BREASTSTROKE WOMEN 13-14				Heat:5, starttime: 10:58	
Heat: 5/7 Lane : 1 Athlete: DAEM HANNELISE				Q-time: 03:26:45	
PB (50m pool): 03:36.48 Lago Gent Rozebroeken 03/05/2026			PB (25m pool): 03:26.45 SB: 03:36.48 Lago Gent Rozebroeken 03/05/2026		
	50 M	100 M	150 M	200 M	
PB	00:48.42	01:43.72	02:40.99	03:36.48	
	00:48.42	00:55.30	00:57.27	00:55.49	
	

Coach feedback:

Event number: 7: 200M BUTTERFLY MEN 15+				Heat:2, starttime: 11:14	
Heat: 2/2 Lane : 2 Athlete: STEVENS JAAN				Q-time: 02:43:46	
PB (50m pool): no time			PB (25m pool): 02:43.46 SB: no time		
	50 M	100 M	150 M	200 M	
PB	no time	no time	no time	no time	
	no time				
	

Coach feedback:

Event number: 8: 100M BACKSTROKE WOMEN 15+				Heat:1, starttime: 11:18	
Heat: 1/10 Lane : 2 Athlete: GERRITSEN VESPER				Q-time: 01:29:24	
PB (50m pool): 01:31.18 Antwerpen 13/07/2025			PB (25m pool): 01:28.37 SB: 01:31.67 Lago Gent Rozebroeken 03/05/2026		
	50 M	100 M			
PB	00:44.28	01:31.18			
	00:44.28	00:46.90			
			

Coach feedback:

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Event number: 8: 100M BACKSTROKE WOMEN 15+		Heat:1, starttime: 11:18	
Heat: 1/10 Lane : 3 Athlete: DE BOCK AUDE		Q-time: 01:28:93	
PB (50m pool): 01:31.64 Antwerpen 13/07/2025		PB (25m pool): 01:28.93 SB: 01:34.61 Lago Gent Rozebroeken 03/05/2026	
	50 M	100 M	
PB	00:44.59	01:31.64	
	00:44.59	00:47.05	
	

Coach feedback:

Event number: 8: 100M BACKSTROKE WOMEN 15+		Heat:1, starttime: 11:18	
Heat: 1/10 Lane : 8 Athlete: BEKAERT SOPHIA		Q-time: 01:33:67	
PB (50m pool): 01:33.67 Lago Gent Rozebroeken 03/05/2026		PB (25m pool): 01:40.64 SB: 01:33.67 Lago Gent Rozebroeken 03/05/2026	
	50 M	100 M	
PB	00:45.83	01:33.67	
	00:45.83	00:47.84	
	

Coach feedback:

Event number: 8: 100M BACKSTROKE WOMEN 15+		Heat:4, starttime: 11:25	
Heat: 4/10 Lane : 7 Athlete: DE GRIEVE ONA		Q-time: 01:21:87	
PB (50m pool): 01:23.09 Aalst 28/04/2024		PB (25m pool): 01:20.81 SB: 01:26.68 Lago Gent Rozebroeken 03/05/2026	
	50 M	100 M	
PB	no time	01:23.09	
	no time		
	

Coach feedback:

Event number: 8: 100M BACKSTROKE WOMEN 15+		Heat:7, starttime: 11:32	
Heat: 7/10 Lane : 5 Athlete: VAN GHELUE RINSKE		Q-time: 01:17:46	
PB (50m pool): 01:18.81 Lago Gent Rozebroeken 03/05/2026		PB (25m pool): 01:17.46 SB: 01:18.81 Lago Gent Rozebroeken 03/05/2026	
	50 M	100 M	
PB	00:38.99	01:18.81	
	00:38.99	00:39.82	
	

Coach feedback:

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Event number: 8: 100M BACKSTROKE WOMEN 15+		Heat:9, starttime: 11:37	
Heat: 9/10 Lane : 3 Athlete: MINNOYE YAANA		Q-time: 01:16:04	
PB (50m pool): 01:19.79 Antwerp 02/02/2025		PB (25m pool): 01:15.90 SB: 01:20.99 Antwerpen 15/03/2026	
	50 M	100 M	
PB	00:38.35	01:19.79	
	00:38.35	00:41.44	
	

Coach feedback:

Event number: 8: 100M BACKSTROKE WOMEN 15+		Heat:10, starttime: 11:39	
Heat: 10/10 Lane : 2 Athlete: NEIRINCK ANNELIES		Q-time: 01:14:50	
PB (50m pool): 01:17.06 Antwerpen 13/07/2025		PB (25m pool): 01:12.95 SB: 01:18.34 Lago Gent Rozebroeken 03/05/2026	
	50 M	100 M	
PB	00:37.04	01:17.06	
	00:37.04	00:40.02	
	

Coach feedback:

Event number: 9: 50M BUTTERFLY MEN 11-12		Heat:3, starttime: 11:44	
Heat: 3/9 Lane : 3 Athlete: VERMEIR CAS		Q-time: 00:48:11	
PB (50m pool): 00:48.11 Lochristi 01/02/2026		PB (25m pool): 00:48.35 SB: 00:48.11 Lochristi 01/02/2026	
	50 M		
PB	00:48.11		
	00:48.11		
		

Coach feedback:

Event number: 9: 50M BUTTERFLY MEN 11-12		Heat:4, starttime: 11:46	
Heat: 4/9 Lane : 7 Athlete: VEYS ARTHUR		Q-time: 00:46:35	
PB (50m pool): 00:46.35 Lochristi 01/02/2026		PB (25m pool): no time SB: 00:46.35 Lochristi 01/02/2026	
	50 M		
PB	00:46.35		
	00:46.35		
		

Coach feedback:

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Event number: 9: 50M BUTTERFLY MEN 11-12		Heat:6, starttime: 11:48
Heat: 6/9 Lane : 2 Athlete: COESSENS KOBE		Q-time: 00:43:43
PB (50m pool): 00:44.19 Antwerpen 15/03/2026		PB (25m pool): 00:43.43 SB: 00:44.19 Antwerpen 15/03/2026
	5 0 M	
PB	00:44.19	
	00:44.19	
	

Coach feedback:

Event number: 9: 50M BUTTERFLY MEN 11-12		Heat:8, starttime: 11:51
Heat: 8/9 Lane : 6 Athlete: ACKE MANU		Q-time: 00:40:95
PB (50m pool): 00:40.95 Antwerpen 15/03/2026		PB (25m pool): 00:44.10 SB: 00:40.95 Antwerpen 15/03/2026
	5 0 M	
PB	00:40.95	
	00:40.95	
	

Coach feedback: