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

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

Coaches: Pieters Jana

Coaches: Gullentops Axel

Coaches: De Cuyper Tibo

Coaches: Oerlemans Kim HEADCOACH

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

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

Heat: 4/4 Lane : 7 Athlete: VERBEEK MATTS — **Q-time: 01:18:28**

PB (50m pool): 01:18.28 Antwerpen 19/04/2026 **PB (25m pool):** 01:25.84 **SB:** 01:18.28 Antwerpen 19/04/2026

	50M	100M	
PB	00:35.49	01:18.28	
	00:35.49	*00:42.79*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 2: 100M BREASTSTROKE MEN 15+ — Heat:8, starttime: 09:23

Heat: 8/9 Lane : 1 Athlete: ARIJS KYAN — **Q-time: 01:18:29**

PB (50m pool): 01:25.00 Antwerpen 20/04/2025 **PB (25m pool):** 01:18.29 **SB:** no time

	50M	100M	
PB	00:39.82	01:25.00	
	00:39.82	*00:45.18*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 3: 100M FREESTYLE WOMEN 15+ — Heat:9, starttime: 09:41

Heat: 9/15 Lane : 5 Athlete: DE BOCK MARIE — **Q-time: 01:08:26**

PB (50m pool): 01:11.33 Wezenberg Topsportbad, Antwerp 18/09/2025 **PB (25m pool):** 01:08.26 **SB:** no time

	50M	100M	
PB	no time	01:11.33	
	no time		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 3: 100M FREESTYLE WOMEN 15+ — **Heat:13, starttime: 09:47**

Heat: 13/15 Lane : 2 Athlete: WIJCKMANS LENE — **Q-time: 01:05:80**

PB (50m pool): 01:06.78 Wezenberg Topsportbad, Antwerp 18/09/2025 **PB (25m pool):** 01:05.80 **SB:** no time

	50M	100M	
PB	no time	01:06.78	
	no time		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 3: 100M FREESTYLE WOMEN 15+ — **Heat:15, starttime: 09:50**

Heat: 15/15 Lane : 5 Athlete: VAN ESPEN LOTTE — **Q-time: 01:04:16**

PB (50m pool): 01:05.65 Antwerp 09/02/2025 **PB (25m pool):** 01:03.11 **SB:** no time

	50M	100M	
PB	00:31.71	01:05.65	
	00:31.71	*00:33.94*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 5: 50M BACKSTROKE MEN 13-14 — **Heat:7, starttime: 10:39**

Heat: 7/7 Lane : 1 Athlete: VERBEEK MATTS — **Q-time: 00:35:61**

PB (50m pool): 00:36.83 Antwerpen 19/04/2026 **PB (25m pool):** 00:35.61 **SB:** 00:36.83 Antwerpen 19/04/2026

	50M	
PB	00:36.83	
	00:36.83	
	. . : . . : . .	

Coach feedback:

Event number: 8: 100M BACKSTROKE WOMEN 15+ — **Heat:5, starttime: 11:28**

Heat: 5/10 Lane : 3 Athlete: DE BOCK MARIE — **Q-time: 01:19:61**

PB (50m pool): 01:22.17 Antwerpen 19/04/2026 **PB (25m pool):** 01:19.61 **SB:** 01:22.17 Antwerpen 19/04/2026

	50M	100M	
PB	00:39.84	01:22.17	
	00:39.84	*00:42.33*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 8: 100M BACKSTROKE WOMEN 15+	Heat:10, starttime: 11:39
Heat: 10/10 Lane : 4 Athlete: WIJCKMANS LENE	Q-time: 01:13:23

PB (50m pool): 01:15.71 Antwerpen 28/07/2024 **PB (25m pool):** 01:12.87 **SB:** 01:16.50 Olympic Pool Wezenberg, Antwer 29

	50M	100M	
PB	no time	01:15.71	
	no time		
	. . : . . : . .	. . : . . : . .	

Coach feedback: