

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

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

Coaches: Van Waeyenberghe Philippe HEADCOACH

PB => Personal Best time

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

| Event number: 2: 100M BREASTSTROKE MEN 15+ | | Heat:2, starttime: 09:11 |
|--|-------------|--|
| Heat: 2/9 Lane : 4 Athlete: VANMEIRHAEGHE KASPER | | Q-time: 01:31:32 |
| PB (50m pool): 01:35.86 Gent 08/02/2026 | | PB (25m pool): 01:31.32 SB: 01:35.86 Gent 08/02/2026 |
| | 50 M | 100 M |
| PB | 00:45.48 | 01:35.86 |
| | 00:45.48 | 00:50.38 |
| | | |

Coach feedback:

| Event number: 2: 100M BREASTSTROKE MEN 15+ | | Heat:4, starttime: 09:15 |
|--|-------------|---|
| Heat: 4/9 Lane : 5 Athlete: HEMELSOEN AARYAN | | Q-time: 01:22:41 |
| PB (50m pool): 01:26.07 Lago Gent Rozebroeken 03/05/2026 | | PB (25m pool): 01:22.41 SB: 01:26.07 Lago Gent Rozebroeken 03/05/2026 |
| | 50 M | 100 M |
| PB | 00:40.39 | 01:26.07 |
| | 00:40.39 | 00:45.68 |
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Coach feedback:

| Event number: 3: 100M FREESTYLE WOMEN 15+ | | Heat:5, starttime: 09:34 |
|--|-------------|---|
| Heat: 5/15 Lane : 7 Athlete: SCHELFAUT FLOOR | | Q-time: 01:11:35 |
| PB (50m pool): 01:13.72 Sportoase De Watermolen 29/03/2026 | | PB (25m pool): 01:11.35 SB: 01:13.72 Sportoase De Watermolen 29/03/2026 |
| | 50 M | 100 M |
| PB | 00:36.00 | 01:13.72 |
| | 00:36.00 | 00:37.72 |
| | | |

Coach feedback:

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|--|-------------|----------------------------------|--|
| Event number: 3: 100M FREESTYLE WOMEN 15+ | | Heat:11, starttime: 09:44 | |
| Heat: 11/15 Lane : 6 Athlete: BULCKAEN JANNE | | Q-time: 01:07:57 | |
| PB (50m pool): 01:08.54 Lago Gent Rozebroeken 03/05/2026 PB (25m pool): 01:07.57 SB: 01:08.54 Lago Gent Rozebroeken 03/05/2026 | | | |
| | 50 M | 100 M | |
| PB | 00:32.68 | 01:08.54 | |
| | 00:32.68 | 00:35.86 | |
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Coach feedback:

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|--|-------------|--------------|--------------|--|--|
| Event number: 4: 200M MEDLEY WOMEN 11-12 | | | | Heat:7, starttime: 10:17 | |
| Heat: 7/9 Lane : 2 Athlete: CONRADIE BEAH | | | | Q-time: 03:16:85 | |
| PB (50m pool): 03:16.85 Gent 08/02/2026 | | | | PB (25m pool): 03:20.48 SB: 03:16.85 Gent 08/02/2026 | |
| | 50 M | 100 M | 150 M | 200 M | |
| PB | 00:43.40 | 01:35.70 | 02:30.85 | 03:16.85 | |
| | 00:43.40 | 00:52.30 | 00:55.15 | 00:46.00 | |
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Coach feedback:

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|---|-------------|--------------|--------------|--|--|
| Event number: 6: 200M BREASTSTROKE WOMEN 13-14 | | | | Heat:6, starttime: 11:02 | |
| Heat: 6/7 Lane : 4 Athlete: VAN BUGGENHOUT AMBER | | | | Q-time: 03:15:16 | |
| PB (50m pool): 03:25.09 Gent 08/02/2026 | | | | PB (25m pool): 03:15.16 SB: 03:25.09 Gent 08/02/2026 | |
| | 50 M | 100 M | 150 M | 200 M | |
| PB | 00:47.24 | 01:38.66 | 02:32.25 | 03:25.09 | |
| | 00:47.24 | 00:51.42 | 00:53.59 | 00:52.84 | |
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Coach feedback:

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|--|-------------|--------------|--------------|---|--|
| Event number: 6: 200M BREASTSTROKE WOMEN 13-14 | | | | Heat:7, starttime: 11:06 | |
| Heat: 7/7 Lane : 6 Athlete: VANDENBUSSCHE LENA | | | | Q-time: 03:09:48 | |
| PB (50m pool): 03:24.33 Sportoase De Watermolen 29/03/2026 | | | | PB (25m pool): 03:09.48 SB: 03:24.33 Sportoase De Watermolen 29/03/2026 | |
| | 50 M | 100 M | 150 M | 200 M | |
| PB | 00:46.42 | 01:39.10 | 02:32.23 | 03:24.33 | |
| | 00:46.42 | 00:52.68 | 00:53.13 | 00:52.10 | |
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Coach feedback:

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|--|-----------------|-----------------|-----------------|---------------------------------|--|
| Event number: 7: 200M BUTTERFLY MEN 15+ | | | | Heat:1, starttime: 11:10 | |
| Heat: 1/2 Lane : 4 Athlete: NIEMEGEERTS SVEN | | | | Q-time: 02:52:21 | |
| PB (50m pool): 02:54.10 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 02:52.21 SB: no time | | | | | |
| | 50 M | 100 M | 150 M | 200 M | |
| PB | 00:34.41 | 01:17.82 | 02:05.48 | 02:54.10 | |
| | <i>00:34.41</i> | <i>00:43.41</i> | <i>00:47.66</i> | <i>00:48.62</i> | |
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Coach feedback:

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|--|----------------|-------------------------------------|--|
| Event number: 9: 50M BUTTERFLY MEN 11-12 | | Heat:3, starttime: 11:44 | |
| Heat: 3/9 Lane : 5 Athlete: PIETERS MAURO | | Q-time: 00:47:71 | |
| PB (50m pool): no time | | PB (25m pool): 00:47.71 SB: no time | |
| | 50 M | | |
| PB | no time | | |
| | <i>no time</i> | | |
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Coach feedback:

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|--|----------------|-------------------------------------|--|
| Event number: 9: 50M BUTTERFLY MEN 11-12 | | Heat:5, starttime: 11:47 | |
| Heat: 5/9 Lane : 5 Athlete: DE CONINCK MAXIME | | Q-time: 00:44:55 | |
| PB (50m pool): no time | | PB (25m pool): 00:44.55 SB: no time | |
| | 50 M | | |
| PB | no time | | |
| | <i>no time</i> | | |
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Coach feedback: