

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

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

Coaches: Baeyens Filip

Coaches: Van Nieuwenhuyse Ralf

Coaches: Van Biervliet Kristof

PB => Personal Best time

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

Event number: 2: 100M BREASTSTROKE MEN 15+		Heat:7, starttime: 09:21
Heat: 7/9 Lane : 4 Athlete: BAEYENS SIEMEN		Q-time: 01:18:87
PB (50m pool): 01:18.87 Brugge 01/02/2026		PB (25m pool): 01:15.86 SB: 01:18.87 Brugge 01/02/2026
	50 M	100 M
PB	00:36.43	01:18.87
	00:36.43	00:42.44

Coach feedback:

Event number: 2: 100M BREASTSTROKE MEN 15+		Heat:7, starttime: 09:21
Heat: 7/9 Lane : 7 Athlete: VAN BIERVLIET CAMIEL		Q-time: 01:19:70
PB (50m pool): 01:21.49 Antwerpen 15/03/2026		PB (25m pool): 01:19.70 SB: 01:21.49 Antwerpen 15/03/2026
	50 M	100 M
PB	00:38.00	01:21.49
	00:38.00	00:43.49

Coach feedback:

Event number: 3: 100M FREESTYLE WOMEN 15+		Heat:1, starttime: 09:27
Heat: 1/15 Lane : 4 Athlete: BOURDEAUX ALISSA		Q-time: 01:17:77
PB (50m pool): 01:18.35 Brugge 01/02/2026		PB (25m pool): 01:17.77 SB: 01:18.35 Brugge 01/02/2026
	50 M	100 M
PB	00:37.38	01:18.35
	00:37.38	00:40.97

Coach feedback:

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Event number: 3: 100M FREESTYLE WOMEN 15+			Heat:6, starttime: 09:36
Heat: 6/15 Lane : 4 Athlete: TUYTENS AGLAYA			Q-time: 01:09:97
PB (50m pool): 01:10.10 Lago Kortrijk Weide 03/05/2026		PB (25m pool): 01:09.97 SB: 01:10.10 Lago Kortrijk Weide 03/05/2026	
	50 M	100 M	
PB	00:34.14	01:10.10	
	00:34.14	00:35.96	
	

Coach feedback:

Event number: 3: 100M FREESTYLE WOMEN 15+			Heat:12, starttime: 09:46
Heat: 12/15 Lane : 8 Athlete: ANRAED CAMILLE			Q-time: 01:06:52
PB (50m pool): 01:06.52 Antwerpen 13/07/2025		PB (25m pool): 01:06.27 SB: 01:08.09 Antwerpen 15/03/2026	
	50 M	100 M	
PB	00:32.17	01:06.52	
	00:32.17	00:34.35	
	

Coach feedback:

Event number: 4: 200M MEDLEY WOMEN 11-12				Heat:5, starttime: 10:10
Heat: 5/9 Lane : 5 Athlete: BOURDEAUX AMELIA				Q-time: 03:24:36
PB (50m pool): 03:24.36 Brugge 25/01/2026		PB (25m pool): no time SB: 03:24.36 Brugge 25/01/2026		
	50 M	100 M	150 M	200 M
PB	00:46.63	01:40.73	02:41.16	03:24.36
	00:46.63	00:54.10	01:00.43	00:43.20

Coach feedback:

Event number: 4: 200M MEDLEY WOMEN 11-12				Heat:9, starttime: 10:25
Heat: 9/9 Lane : 1 Athlete: TACK CATALEYA				Q-time: 03:06:25
PB (50m pool): 03:33.11 Kortrijk 26/12/2025		PB (25m pool): 03:06.25 SB: 03:33.11 Kortrijk 26/12/2025		
	50 M	100 M	150 M	200 M
PB	00:48.61	01:44.65	02:47.49	03:33.11
	00:48.61	00:56.04	01:02.84	00:45.62

Coach feedback:

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Event number: 4: 200M MEDLEY WOMEN 11-12				Heat:9, starttime: 10:25	
Heat: 9/9 Lane : 3 Athlete: HEYTENS JORIEN				Q-time: 03:03:73	
PB (50m pool): 03:24.75 Kortrijk 26/12/2025			PB (25m pool): 03:03.73 SB: 03:24.75 Kortrijk 26/12/2025		
	50 M	100 M	150 M	200 M	
PB	00:43.97	01:34.13	02:38.53	03:24.75	
	00:43.97	00:50.16	01:04.40	00:46.22	
	

Coach feedback:

Event number: 5: 50M BACKSTROKE MEN 13-14				Heat:6, starttime: 10:38	
Heat: 6/7 Lane : 2 Athlete: WILLEMS KORBEN				Q-time: 00:36:79	
PB (50m pool): 00:36.79 Antwerpen 15/03/2026			PB (25m pool): no time SB: 00:36.79 Antwerpen 15/03/2026		
	50 M				
PB	00:36.79				
	00:36.79				
				

Coach feedback:

Event number: 6: 200M BREASTSTROKE WOMEN 13-14				Heat:5, starttime: 10:58	
Heat: 5/7 Lane : 6 Athlete: DEFEVER AUWKE				Q-time: 03:23:75	
PB (50m pool): 03:30.71 Kortrijk 04/05/2025			PB (25m pool): 03:23.75 SB: 03:35.19 Brugge 01/02/2026		
	50 M	100 M	150 M	200 M	
PB	00:49.36	01:44.57	02:38.52	03:30.71	
	00:49.36	00:55.21	00:53.95	00:52.19	
	

Coach feedback:

Event number: 7: 200M BUTTERFLY MEN 15+				Heat:2, starttime: 11:14	
Heat: 2/2 Lane : 4 Athlete: LAMBERT LIAM				Q-time: 02:26:85	
PB (50m pool): no time			PB (25m pool): 02:26.85 SB: no time		
	50 M	100 M	150 M	200 M	
PB	no time	no time	no time	no time	
	no time				
	

Coach feedback:

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Event number: 9: 50M BUTTERFLY MEN 11-12		Heat:4, starttime: 11:46
Heat: 4/9 Lane : 5 Athlete: GALLE ELIAS		Q-time: 00:46:04
PB (50m pool): 00:46.04 Antwerpen 15/03/2026		PB (25m pool): no time SB: 00:46.04 Antwerpen 15/03/2026
	50 M	
PB	00:46.04	
	00:46.04	
	

Coach feedback:

Event number: 9: 50M BUTTERFLY MEN 11-12		Heat:7, starttime: 11:50
Heat: 7/9 Lane : 6 Athlete: LAGACIE THIBAUT		Q-time: 00:41:79
PB (50m pool): 00:41.79 Antwerpen 15/03/2026		PB (25m pool): 00:47.23 SB: 00:41.79 Antwerpen 15/03/2026
	50 M	
PB	00:41.79	
	00:41.79	
	

Coach feedback: