

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

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

Coaches: Mertens Wenke

Coaches: Fobelets Jos

Coaches: Van de Weyer Rune

PB => Personal Best time

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

Event number: 3: 100M FREESTYLE WOMEN 15+			Heat:9, starttime: 09:41
Heat: 9/15 Lane : 1 Athlete: FIQI ALEXIA			Q-time: 01:08:66
PB (50m pool): 01:08.37 Mol 28/06/2026		PB (25m pool): 01:07.68 SB: 01:08.37 Mol 28/06/2026	
	50 M	100 M	
PB	00:33.08	01:08.37	
	00:33.08	00:35.29	
	

Coach feedback:

Event number: 3: 100M FREESTYLE WOMEN 15+			Heat:9, starttime: 09:41
Heat: 9/15 Lane : 8 Athlete: VAN WAELDEREN HANNE			Q-time: 01:08:80
PB (50m pool): 01:08.45 Antwerpen 14/07/2024		PB (25m pool): 01:07.01 SB: 01:09.77 Lago Gent Rozebroeken 03/05/2026	
	50 M	100 M	
PB	no time	01:08.45	
	no time		
	

Coach feedback:

Event number: 6: 200M BREASTSTROKE WOMEN 13-14				Heat:3, starttime: 10:50
Heat: 3/7 Lane : 1 Athlete: CUYPERS LEONIE				Q-time: 03:35:66
PB (50m pool): no time		PB (25m pool): 03:35.66 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: 8: 100M BACKSTROKE WOMEN 15+		Heat:3, starttime: 11:23	
Heat: 3/10 Lane : 6 Athlete: VAN WAELDEREN HANNE		Q-time: 01:22:56	
PB (50m pool): 01:22.56 SportinGenk Park 21/04/2025		PB (25m pool): 01:18.67 SB: 01:24.17 SportinGenk Park 06/04/2026	
	50 M	100 M	
PB	00:40.50	01:22.56	
	00:40.50	00:42.06	
	

Coach feedback:

Event number: 9: 50M BUTTERFLY MEN 11-12		Heat:7, starttime: 11:50	
Heat: 7/9 Lane : 4 Athlete: VAN WAELDEREN KAREL		Q-time: 00:41:30	
PB (50m pool): 00:41.30 Antwerpen 15/03/2026		PB (25m pool): no time SB: 00:41.30 Antwerpen 15/03/2026	
	50 M		
PB	00:41.30		
	00:41.30		
		

Coach feedback: