

ZC 2026: Session: 2: COACH evaluation sheet for TEAM: DDAT

Coachinfo: Warming up from: 13:00 until 13:45. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Slabbaert Ann HEADCOACH

Coaches: Uyttersprot Katrien

PB => Personal Best time

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

Event number: 10: 100M BUTTERFLY WOMEN 13-14 **Heat:2, starttime: 14:02**

Heat: 2/4 Lane : 4 Athlete: TRONCKOE BENTE **Q-time: 01:31:31**

PB (50m pool): 01:34.92 Antwerpen 15/03/2026 **PB (25m pool): 01:31.31 SB: 01:34.92 Antwerpen 15/03/2026**

| | 50 M | 100 M | |
|----|-----------------|-----------------|--|
| PB | 00:41.11 | 01:34.92 | |
| | <i>00:41.11</i> | <i>00:53.81</i> | |
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Coach feedback:

Event number: 10: 100M BUTTERFLY WOMEN 13-14 **Heat:2, starttime: 14:02**

Heat: 2/4 Lane : 7 Athlete: VERMEIR JOSEFIEN **Q-time: 01:38:13**

PB (50m pool): 01:38.13 Zwembad Brigitte Becue 26/04/2026 **PB (25m pool): 01:43.71 SB: 01:38.13 Zwembad Brigitte Becue 26/04/2026**

| | 50 M | 100 M | |
|----|-----------------|-----------------|--|
| PB | 00:45.25 | 01:38.13 | |
| | <i>00:45.25</i> | <i>00:52.88</i> | |
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Coach feedback:

Event number: 10: 100M BUTTERFLY WOMEN 13-14 **Heat:4, starttime: 14:07**

Heat: 4/4 Lane : 2 Athlete: VERMOESEN ESTÉE **Q-time: 01:23:15**

PB (50m pool): 01:25.49 Zwembad Brigitte Becue 26/04/2026 **PB (25m pool): 01:23.15 SB: 01:25.49 Zwembad Brigitte Becue 26/04/2026**

| | 50 M | 100 M | |
|----|-----------------|-----------------|--|
| PB | 00:39.01 | 01:25.49 | |
| | <i>00:39.01</i> | <i>00:46.48</i> | |
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Coach feedback:

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|--|-----------------|---------------------------------|
| Event number: 11: 100M BREASTSTROKE WOMEN 15+ | | Heat:9, starttime: 14:26 |
| Heat: 9/9 Lane : 2 Athlete: DE PRATER JUNO | | Q-time: 01:23:78 |
| PB (50m pool): 01:24.98 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 01:23.78 SB: 01:24.98 Zwembad Brigitte Becue 26/04/2026 | | |
| | 5 0 M | 1 0 0 M |
| PB | 00:39.53 | 01:24.98 |
| | <i>00:39.53</i> | <i>00:45.45</i> |
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Coach feedback:

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|--|-----------------|---------------------------------|
| Event number: 11: 100M BREASTSTROKE WOMEN 15+ | | Heat:9, starttime: 14:26 |
| Heat: 9/9 Lane : 5 Athlete: NSUBUGA SOFIA | | Q-time: 01:21:74 |
| PB (50m pool): 01:24.45 Mol 28/06/2026 PB (25m pool): 01:21.74 SB: 01:24.45 Mol 28/06/2026 | | |
| | 5 0 M | 1 0 0 M |
| PB | 00:39.60 | 01:24.45 |
| | <i>00:39.60</i> | <i>00:44.85</i> |
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Coach feedback:

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|--|-----------------|---------------------------------|
| Event number: 12: 100M FREESTYLE MEN 15+ | | Heat:2, starttime: 14:30 |
| Heat: 2/15 Lane : 2 Athlete: CLAES ELIAN | | Q-time: 01:09:62 |
| PB (50m pool): 01:09.93 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 01:09.62 SB: 01:09.93 Zwembad Brigitte Becue 26/04/2026 | | |
| | 5 0 M | 1 0 0 M |
| PB | 00:33.51 | 01:09.93 |
| | <i>00:33.51</i> | <i>00:36.42</i> |
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Coach feedback:

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|--|-----------------|---------------------------------|
| Event number: 12: 100M FREESTYLE MEN 15+ | | Heat:3, starttime: 14:31 |
| Heat: 3/15 Lane : 1 Athlete: VERHASSELT LARS | | Q-time: 01:07:30 |
| PB (50m pool): 01:10.02 Lago Gent Rozebroeken 03/05/2026 PB (25m pool): 01:07.30 SB: 01:10.02 Lago Gent Rozebroeken 03/05/2026 | | |
| | 5 0 M | 1 0 0 M |
| PB | 00:33.73 | 01:10.02 |
| | <i>00:33.73</i> | <i>00:36.29</i> |
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Coach feedback:

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|---|-----------------|-----------------|---|--|--|
| Event number: 12: 100M FREESTYLE MEN 15+ | | | Heat:10, starttime: 14:42 | | |
| Heat: 10/15 Lane : 6 Athlete: DELCOIGNE NATHAN | | | Q-time: 01:01:27 | | |
| PB (50m pool): 01:02.12 Antwerpen 19/04/2026 | | | PB (25m pool): 01:01.27 SB: 01:02.12 Antwerpen 19/04/2026 | | |
| | 5 0 M | 1 0 0 M | | | |
| PB | 00:29.80 | 01:02.12 | | | |
| | <i>00:29.80</i> | <i>00:32.32</i> | | | |
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Coach feedback:

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|---|-----------------|-----------------|--|--|--|
| Event number: 12: 100M FREESTYLE MEN 15+ | | | Heat:13, starttime: 14:47 | | |
| Heat: 13/15 Lane : 4 Athlete: TRONCKOE KOBE | | | Q-time: 00:58:90 | | |
| PB (50m pool): 00:59.85 Zwembad Brigitte Becue 26/04/2026 | | | PB (25m pool): 00:58.90 SB: 00:59.85 Zwembad Brigitte Becue 26/04/2026 | | |
| | 5 0 M | 1 0 0 M | | | |
| PB | 00:29.09 | 00:59.85 | | | |
| | <i>00:29.09</i> | <i>00:30.76</i> | | | |
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Coach feedback:

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|---|-----------------|-----------------|-----------------|---|--|
| Event number: 13: 200M MEDLEY MEN 11-12 | | | | Heat:5, starttime: 15:09 | |
| Heat: 5/9 Lane : 3 Athlete: JACQUEMYNS LEWIS | | | | Q-time: 03:20:31 | |
| PB (50m pool): 03:35.78 Aalst 20/12/2025 | | | | PB (25m pool): 03:20.31 SB: 03:35.78 Aalst 20/12/2025 | |
| | 5 0 M | 1 0 0 M | 1 5 0 M | 2 0 0 M | |
| PB | 00:48.59 | 01:44.85 | 02:48.21 | 03:35.78 | |
| | <i>00:48.59</i> | <i>00:56.26</i> | <i>01:03.36</i> | <i>00:47.57</i> | |
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Coach feedback:

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|--|-----------------|-----------------|-----------------|--|--|
| Event number: 15: 200M BREASTSTROKE MEN 13-14 | | | | Heat:3, starttime: 15:47 | |
| Heat: 3/4 Lane : 1 Athlete: VANDEPITTE KYAN | | | | Q-time: 03:21:01 | |
| PB (50m pool): 03:39.11 Gent 08/02/2026 | | | | PB (25m pool): 03:21.01 SB: 03:39.11 Gent 08/02/2026 | |
| | 5 0 M | 1 0 0 M | 1 5 0 M | 2 0 0 M | |
| PB | 00:50.38 | 01:45.96 | 02:43.75 | 03:39.11 | |
| | <i>00:50.38</i> | <i>00:55.58</i> | <i>00:57.79</i> | <i>00:55.36</i> | |
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Coach feedback:

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| Event number: 17: 100M BACKSTROKE MEN 15+ | | Heat:8, starttime: 16:19 | |
| Heat: 8/9 Lane : 2 Athlete: TRONCKOE KOBE | | Q-time: 01:08:48 | |
| PB (50m pool): 01:12.45 Zwembad Brigitte Becue 26/04/2026 | | PB (25m pool): 01:08.48 SB: 01:12.45 Zwembad Brigitte Becue 26/04/2026 | |
| | 50 M | 100 M | |
| PB | 00:35.63 | 01:12.45 | |
| | 00:35.63 | 00:36.82 | |
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Coach feedback:

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|---|-------------|---|--|
| Event number: 18: 50M BUTTERFLY WOMEN 11-12 | | Heat:3, starttime: 16:26 | |
| Heat: 3/10 Lane : 3 Athlete: DE PRATER ELINE | | Q-time: 00:50:63 | |
| PB (50m pool): 00:50.63 Antwerpen 15/03/2026 | | PB (25m pool): 00:55.74 SB: 00:50.63 Antwerpen 15/03/2026 | |
| | 50 M | | |
| PB | 00:50.63 | | |
| | 00:50.63 | | |
| | | | |

Coach feedback: