

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

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

Coaches: Slos Robbie

Coaches: De Waele Lente

Coaches: Huberty Maren

Coaches: De Backer Bart

Coaches: De Noble Chloë

Coaches: De Noble Naomi

Coaches: Van Heghe Margot

Coaches: Cools Sandra HEADCOACH

Coaches: Mathys Jana

PB => Personal Best time

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

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

Heat: 4/4 Lane : 1 Athlete: VAN LOO HANNAH **Q-time: 01:23:80**

PB (50m pool): 01:23.80 Sportoase De Watermolen 24/05/2026 PB (25m pool): 01:28.06 SB: 01:23.80 Sportoase De Watermolen 24/05/2026

	50 M	100 M	
PB	00:37.63	01:23.80	
	00:37.63	00:46.17	
	

Coach feedback:

Event number: 11: 100M BREASTSTROKE WOMEN 15+ **Heat:2, starttime: 14:11**

Heat: 2/9 Lane : 1 Athlete: GERRITSEN VESPER **Q-time: 01:41:89**

PB (50m pool): 01:37.87 Antwerpen 16/07/2023 PB (25m pool): 01:37.43 SB: 01:41.89 Lago Gent Rozebroeken 03/05/2026

	50 M	100 M	
PB	no time	01:37.87	
	no time		
	

Coach feedback:

Event number: 11: 100M BREASTSTROKE WOMEN 15+ **Heat:5, starttime: 14:18**

Heat: 5/9 Lane : 5 Athlete: DE BOCK AUDE **Q-time: 01:30:53**

PB (50m pool): 01:30.53 Antwerpen 13/07/2025 PB (25m pool): 01:31.42 SB: 01:38.89 Lago Gent Rozebroeken 03/05/2026

	50 M	100 M	
PB	00:41.51	01:30.53	
	00:41.51	00:49.02	
	

Coach feedback:

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Event number: 11: 100M BREASTSTROKE WOMEN 15+		Heat:6, starttime: 14:20	
Heat: 6/9 Lane : 2 Athlete: DE WEVER LAURA		Q-time: 01:28:57	
PB (50m pool): 01:32.66 Gent 08/02/2026		PB (25m pool): 01:28.57 SB: 01:32.66 Gent 08/02/2026	
	5 0 M	1 0 0 M	
PB	00:42.70	01:32.66	
	00:42.70	00:49.96	
	

Coach feedback:

Event number: 11: 100M BREASTSTROKE WOMEN 15+		Heat:9, starttime: 14:26	
Heat: 9/9 Lane : 3 Athlete: VAN GHELUE RINSKE		Q-time: 01:22:63	
PB (50m pool): 01:25.89 Antwerpen 15/03/2026		PB (25m pool): 01:22.63 SB: 01:25.89 Antwerpen 15/03/2026	
	5 0 M	1 0 0 M	
PB	00:40.28	01:25.89	
	00:40.28	00:45.61	
	

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 15+		Heat:1, starttime: 14:28	
Heat: 1/15 Lane : 2 Athlete: DE CRAENE THIBE		Q-time: 01:12:80	
PB (50m pool): 01:12.80 Lago Gent Rozebroeken 03/05/2026		PB (25m pool): 01:13.72 SB: 01:12.80 Lago Gent Rozebroeken 03/05/2026	
	5 0 M	1 0 0 M	
PB	00:34.90	01:12.80	
	00:34.90	00:37.90	
	

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 15+		Heat:1, starttime: 14:28	
Heat: 1/15 Lane : 5 Athlete: MARGUTTI MAURO		Q-time: 01:11:79	
PB (50m pool): 01:11.79 Lago Gent Rozebroeken 03/05/2026		PB (25m pool): 01:12.88 SB: 01:11.79 Lago Gent Rozebroeken 03/05/2026	
	5 0 M	1 0 0 M	
PB	00:33.58	01:11.79	
	00:33.58	00:38.21	
	

Coach feedback:

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Event number: 12: 100M FREESTYLE MEN 15+		Heat:2, starttime: 14:30	
Heat: 2/15 Lane : 1 Athlete: TRIEST LOUIS		Q-time: 01:10:83	
PB (50m pool): 01:10.83 Lago Gent Rozebroeken 03/05/2026 PB (25m pool): 01:11.30 SB: 01:10.83 Lago Gent Rozebroeken 03/05/2026			
	5 0 M	1 0 0 M	
PB	00:33.24	01:10.83	
	00:33.24	00:37.59	
	

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 15+		Heat:2, starttime: 14:30	
Heat: 2/15 Lane : 3 Athlete: STEVENS GERBEN		Q-time: 01:08:64	
PB (50m pool): 01:09.56 Lago Gent Rozebroeken 03/05/2026 PB (25m pool): 01:08.64 SB: 01:09.56 Lago Gent Rozebroeken 03/05/2026			
	5 0 M	1 0 0 M	
PB	00:33.06	01:09.56	
	00:33.06	00:36.50	
	

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 15+		Heat:2, starttime: 14:30	
Heat: 2/15 Lane : 5 Athlete: MINNOYE TIEBE		Q-time: 01:08:50	
PB (50m pool): 01:08.50 Lago Gent Rozebroeken 03/05/2026 PB (25m pool): 01:09.08 SB: 01:08.50 Lago Gent Rozebroeken 03/05/2026			
	5 0 M	1 0 0 M	
PB	00:33.38	01:08.50	
	00:33.38	00:35.12	
	

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 15+		Heat:3, starttime: 14:31	
Heat: 3/15 Lane : 7 Athlete: VAN LOO MATHIAS		Q-time: 01:07:30	
PB (50m pool): 01:08.57 Lago Gent Rozebroeken 03/05/2026 PB (25m pool): 01:07.30 SB: 01:08.57 Lago Gent Rozebroeken 03/05/2026			
	5 0 M	1 0 0 M	
PB	00:33.19	01:08.57	
	00:33.19	00:35.38	
	

Coach feedback:

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Event number: 12: 100M FREESTYLE MEN 15+		Heat:4, starttime: 14:33	
Heat: 4/15 Lane : 8 Athlete: DE PAUW JULES		Q-time: 01:06:34	
PB (50m pool): 01:09.14 Lago Gent Rozebroeken 03/05/2026 PB (25m pool): 01:06.34 SB: 01:09.14 Lago Gent Rozebroeken 03/05/2026			
	5 0 M	1 0 0 M	
PB	00:32.95	01:09.14	
	00:32.95	00:36.19	
	

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 15+		Heat:6, starttime: 14:36	
Heat: 6/15 Lane : 5 Athlete: HOSTE LARS		Q-time: 01:03:20	
PB (50m pool): 01:04.85 Lago Gent Rozebroeken 03/05/2026 PB (25m pool): 01:03.20 SB: 01:04.85 Lago Gent Rozebroeken 03/05/2026			
	5 0 M	1 0 0 M	
PB	00:31.14	01:04.85	
	00:31.14	00:33.71	
	

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 15+		Heat:8, starttime: 14:39	
Heat: 8/15 Lane : 4 Athlete: CASTEUR ALEXANDER		Q-time: 01:02:13	
PB (50m pool): 01:02.13 Antwerpen 13/07/2025 PB (25m pool): 01:02.26 SB: 01:02.57 Lago Gent Rozebroeken 03/05/2026			
	5 0 M	1 0 0 M	
PB	00:29.84	01:02.13	
	00:29.84	00:32.29	
	

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 15+		Heat:9, starttime: 14:41	
Heat: 9/15 Lane : 4 Athlete: EL GHAZALI ADAM		Q-time: 01:01:51	
PB (50m pool): 01:03.25 Lago Gent Rozebroeken 03/05/2026 PB (25m pool): 01:01.51 SB: 01:03.25 Lago Gent Rozebroeken 03/05/2026			
	5 0 M	1 0 0 M	
PB	00:29.38	01:03.25	
	00:29.38	00:33.87	
	

Coach feedback:

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Event number: 12: 100M FREESTYLE MEN 15+			Heat:15, starttime: 14:50
Heat: 15/15 Lane : 1 Athlete: DEGRANDE LARS			Q-time: 00:57:82
PB (50m pool): 01:00.29 Antwerpen 15/03/2026		PB (25m pool): 00:57.82 SB: 01:00.29 Antwerpen 15/03/2026	
	50 M	100 M	
PB	00:28.99	01:00.29	
	00:28.99	00:31.30	
	

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 15+			Heat:15, starttime: 14:50
Heat: 15/15 Lane : 2 Athlete: STEVENS JAAN			Q-time: 00:57:59
PB (50m pool): 00:59.26 Antwerpen 15/03/2026		PB (25m pool): 00:57.59 SB: 00:59.26 Antwerpen 15/03/2026	
	50 M	100 M	
PB	00:29.20	00:59.26	
	00:29.20	00:30.06	
	

Coach feedback:

Event number: 13: 200M MEDLEY MEN 11-12				Heat:3, starttime: 15:01
Heat: 3/9 Lane : 7 Athlete: VERMEIR CAS				Q-time: 03:31:30
PB (50m pool): 03:31.30 Gent 08/02/2026		PB (25m pool): no time SB: 03:31.30 Gent 08/02/2026		
	50 M	100 M	150 M	200 M
PB	00:52.50	01:42.49	02:44.08	03:31.30
	00:52.50	00:49.99	01:01.59	00:47.22

Coach feedback:

Event number: 13: 200M MEDLEY MEN 11-12				Heat:8, starttime: 15:20
Heat: 8/9 Lane : 4 Athlete: COESSENS KOBE				Q-time: 03:07:49
PB (50m pool): 03:18.70 Gent 08/02/2026		PB (25m pool): 03:07.49 SB: 03:18.70 Gent 08/02/2026		
	50 M	100 M	150 M	200 M
PB	00:46.53	01:35.82	02:35.93	03:18.70
	00:46.53	00:49.29	01:00.11	00:42.77

Coach feedback:

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Event number: 13: 200M MEDLEY MEN 11-12				Heat:9, starttime: 15:24	
Heat: 9/9 Lane : 1 Athlete: ACKE MANU				Q-time: 03:05:46	
PB (50m pool): 03:17.80 Gent 08/02/2026			PB (25m pool): 03:05.46 SB: 03:17.80 Gent 08/02/2026		
	50 M	100 M	150 M	200 M	
PB	00:46.70	01:38.15	02:34.04	03:17.80	
	00:46.70	00:51.45	00:55.89	00:43.76	
	

Coach feedback:

Event number: 14: 50M BACKSTROKE WOMEN 13-14		Heat:5, starttime: 15:35	
Heat: 5/6 Lane : 1 Athlete: VERBERT KAAAT		Q-time: 00:39:77	
PB (50m pool): 00:39.77 Antwerpen 15/03/2026		PB (25m pool): 00:41.89 SB: 00:39.77 Antwerpen 15/03/2026	
	50 M		
PB	00:39.77		
	00:39.77		
		

Coach feedback:

Event number: 14: 50M BACKSTROKE WOMEN 13-14		Heat:5, starttime: 15:35	
Heat: 5/6 Lane : 8 Athlete: DAEM HANNELISE		Q-time: 00:39:82	
PB (50m pool): 00:40.24 Zwembad Brigitte Becue 30/05/2025		PB (25m pool): 00:39.82 SB: 00:40.63 Lochristi 01/02/2026	
	50 M		
PB	00:40.24		
	00:40.24		
		

Coach feedback:

Event number: 15: 200M BREASTSTROKE MEN 13-14				Heat:1, starttime: 15:38	
Heat: 1/4 Lane : 2 Athlete: TRIEST JULES				Q-time: 03:55:72	
PB (50m pool): 03:55.72 Lago Gent Rozebroeken 03/05/2026			PB (25m pool): 04:21.67 SB: 03:55.72 Lago Gent Rozebroeken 03/05/2026		
	50 M	100 M	150 M	200 M	
PB	00:53.25	01:53.75	02:55.51	03:55.72	
	00:53.25	01:00.50	01:01.76	01:00.21	
	

Coach feedback:

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Event number: 15: 200M BREASTSTROKE MEN 13-14				Heat:1, starttime: 15:38	
Heat: 1/4 Lane : 6 Athlete: DE CRAENE NATHEN				Q-time: 03:46:89	
PB (50m pool): 03:46.89 Lago Gent Rozebroeken 03/05/2026 PB (25m pool): no time SB: 03:46.89 Lago Gent Rozebroeken 03/05/2026					
	50 M	100 M	150 M	200 M	
PB	00:51.35	01:49.33	02:49.30	03:46.89	
	00:51.35	00:57.98	00:59.97	00:57.59	
	

Coach feedback:

Event number: 15: 200M BREASTSTROKE MEN 13-14				Heat:3, starttime: 15:47	
Heat: 3/4 Lane : 5 Athlete: DE CHAMPS LOÏC				Q-time: 03:10:59	
PB (50m pool): 03:10.62 Gent 08/02/2026 PB (25m pool): 03:10.59 SB: 03:10.62 Gent 08/02/2026					
	50 M	100 M	150 M	200 M	
PB	00:41.32	01:29.61	02:19.75	03:10.62	
	00:41.32	00:48.29	00:50.14	00:50.87	
	

Coach feedback:

Event number: 15: 200M BREASTSTROKE MEN 13-14				Heat:4, starttime: 15:51	
Heat: 4/4 Lane : 5 Athlete: GERRITSEN BRUNO				Q-time: 03:02:08	
PB (50m pool): 03:05.99 Lago Gent Rozebroeken 03/05/2026 PB (25m pool): 03:02.08 SB: 03:05.99 Lago Gent Rozebroeken 03/05/2026					
	50 M	100 M	150 M	200 M	
PB	00:42.21	01:28.83	02:17.80	03:05.99	
	00:42.21	00:46.62	00:48.97	00:48.19	
	

Coach feedback:

Event number: 17: 100M BACKSTROKE MEN 15+			Heat:1, starttime: 16:03		
Heat: 1/9 Lane : 6 Athlete: MARGUTTI MAURO			Q-time: 01:36:93		
PB (50m pool): 01:36.93 Lago Gent Rozebroeken 03/05/2026 PB (25m pool): no time SB: 01:36.93 Lago Gent Rozebroeken 03/05/2026					
	50 M	100 M			
PB	00:47.11	01:36.93			
	00:47.11	00:49.82			
			

Coach feedback:

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Event number: 17: 100M BACKSTROKE MEN 15+		Heat:2, starttime: 16:05	
Heat: 2/9 Lane : 3 Athlete: MINNOYE TIEBE		Q-time: 01:20:01	
PB (50m pool): 01:20.93 Lago Gent Rozebroeken 03/05/2026 PB (25m pool): 01:20.01 SB: 01:20.93 Lago Gent Rozebroeken 03/05/2026			
	50 M	100 M	
PB	00:39.88	01:20.93	
	00:39.88	00:41.05	
	

Coach feedback:

Event number: 17: 100M BACKSTROKE MEN 15+		Heat:2, starttime: 16:05	
Heat: 2/9 Lane : 8 Athlete: TRIEST LOUIS		Q-time: 01:23:77	
PB (50m pool): 01:23.91 Lago Gent Rozebroeken 03/05/2026 PB (25m pool): 01:23.77 SB: 01:23.91 Lago Gent Rozebroeken 03/05/2026			
	50 M	100 M	
PB	00:40.98	01:23.91	
	00:40.98	00:42.93	
	

Coach feedback:

Event number: 17: 100M BACKSTROKE MEN 15+		Heat:3, starttime: 16:08	
Heat: 3/9 Lane : 5 Athlete: CASTEUR ALEXANDER		Q-time: 01:17:75	
PB (50m pool): 01:17.75 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 01:17.56 SB: no time			
	50 M	100 M	
PB	00:38.10	01:17.75	
	00:38.10	00:39.65	
	

Coach feedback:

Event number: 17: 100M BACKSTROKE MEN 15+		Heat:4, starttime: 16:10	
Heat: 4/9 Lane : 1 Athlete: VAN LOO MATHIAS		Q-time: 01:17:45	
PB (50m pool): 01:20.63 Lago Gent Rozebroeken 03/05/2026 PB (25m pool): 01:17.45 SB: 01:20.63 Lago Gent Rozebroeken 03/05/2026			
	50 M	100 M	
PB	00:39.74	01:20.63	
	00:39.74	00:40.89	
	

Coach feedback:

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Event number: 17: 100M BACKSTROKE MEN 15+		Heat:6, starttime: 16:15	
Heat: 6/9 Lane : 7 Athlete: EL GHAZALI ADAM		Q-time: 01:12:53	
PB (50m pool): 01:14.60 Antwerpen 15/03/2026		PB (25m pool): 01:12.53 SB: 01:14.60 Antwerpen 15/03/2026	
	50 M	100 M	
PB	00:34.97	01:14.60	
	00:34.97	00:39.63	
	

Coach feedback:

Event number: 17: 100M BACKSTROKE MEN 15+		Heat:7, starttime: 16:17	
Heat: 7/9 Lane : 8 Athlete: HOSTE LARS		Q-time: 01:11:54	
PB (50m pool): 01:14.70 Antwerpen 19/04/2026		PB (25m pool): 01:11.54 SB: 01:14.70 Antwerpen 19/04/2026	
	50 M	100 M	
PB	00:36.11	01:14.70	
	00:36.11	00:38.59	
	

Coach feedback:

Event number: 17: 100M BACKSTROKE MEN 15+		Heat:9, starttime: 16:21	
Heat: 9/9 Lane : 6 Athlete: STEVENS JAAN		Q-time: 01:06:55	
PB (50m pool): 01:09.73 Antwerpen 15/03/2026		PB (25m pool): 01:06.55 SB: 01:09.73 Antwerpen 15/03/2026	
	50 M	100 M	
PB	00:34.60	01:09.73	
	00:34.60	00:35.13	
	

Coach feedback:

Event number: 18: 50M BUTTERFLY WOMEN 11-12		Heat:5, starttime: 16:29	
Heat: 5/10 Lane : 6 Athlete: HERREGODS INE		Q-time: 00:46:19	
PB (50m pool): no time		PB (25m pool): 00:46.19 SB: no time	
	50 M		
PB	no time		
	no time		
		

Coach feedback:

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Event number: 18: 50M BUTTERFLY WOMEN 11-12		Heat:7, starttime: 16:32
Heat: 7/10 Lane : 2 Athlete: BOON MARGOT		Q-time: 00:44:07
PB (50m pool): no time		PB (25m pool): 00:44.07 SB: no time
	5 0 M	
PB	no time	
	<i>no time</i>	
	

Coach feedback:

Event number: 18: 50M BUTTERFLY WOMEN 11-12		Heat:8, starttime: 16:33
Heat: 8/10 Lane : 2 Athlete: VAN CAENEGEM FIEN		Q-time: 00:42:76
PB (50m pool): no time		PB (25m pool): 00:42.76 SB: no time
	5 0 M	
PB	no time	
	<i>no time</i>	
	

Coach feedback:

Event number: 18: 50M BUTTERFLY WOMEN 11-12		Heat:9, starttime: 16:34
Heat: 9/10 Lane : 1 Athlete: VAN LAETHEM ALEXIS		Q-time: 00:41:13
PB (50m pool): no time		PB (25m pool): 00:41.13 SB: no time
	5 0 M	
PB	no time	
	<i>no time</i>	
	

Coach feedback:

Event number: 18: 50M BUTTERFLY WOMEN 11-12		Heat:10, starttime: 16:35
Heat: 10/10 Lane : 1 Athlete: BRUNET MAXIME		Q-time: 00:39:81
PB (50m pool): no time		PB (25m pool): 00:39.81 SB: no time
	5 0 M	
PB	no time	
	<i>no time</i>	
	

Coach feedback: