

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

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

Coaches: Vandeputte Debby

Coaches: Leman Adriano

Coaches: Vandeputte Pedro

Coaches: Demeyere Linda HEADCOACH

Coaches: Pickavet Elien

PB => Personal Best time

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

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

Heat: 2/9 Lane : 8 Athlete: DECOUTTERE EMMA Q-time: 01:42:32

PB (50m pool): no time PB (25m pool): 01:42.32 SB: no time

	50 M	100 M	
PB	no time	no time	
	<i>no time</i>		
	

Coach feedback:

Event number: 13: 200M MEDLEY MEN 11-12 Heat:1, starttime: 14:52

Heat: 1/9 Lane : 2 Athlete: CARDINAEL MILAN Q-time: 03:47:49

PB (50m pool): no time PB (25m pool): no time SB: no time

	50 M	100 M	150 M	200 M	
PB	no time	no time	no time	no time	
	<i>no time</i>				
	

Coach feedback:

Event number: 13: 200M MEDLEY MEN 11-12 Heat:9, starttime: 15:24

Heat: 9/9 Lane : 7 Athlete: STEEN REMI Q-time: 03:04:70

PB (50m pool): 03:04.70 Brugge 25/01/2026 PB (25m pool): 03:07.05 SB: 03:04.70 Brugge 25/01/2026

	50 M	100 M	150 M	200 M	
PB	00:48.31	01:35.13	02:26.06	03:04.70	
	<i>00:48.31</i>	<i>00:46.82</i>	<i>00:50.93</i>	<i>00:38.64</i>	
	

Coach feedback:

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Event number: 15: 200M BREASTSTROKE MEN 13-14				Heat:1, starttime: 15:38	
Heat: 1/4 Lane : 4 Athlete: VANBRABANT ESBEN				Q-time: 03:35:48	
PB (50m pool): 03:35.48 Lago Kortrijk Weide 03/05/2026			PB (25m pool): 03:37.52 SB: 03:35.48 Lago Kortrijk Weide 03/05/2026		
	50 M	100 M	150 M	200 M	
PB	00:50.43	01:46.45	02:42.58	03:35.48	
	00:50.43	00:56.02	00:56.13	00:52.90	
	

Coach feedback:

Event number: 15: 200M BREASTSTROKE MEN 13-14				Heat:2, starttime: 15:43	
Heat: 2/4 Lane : 1 Athlete: SINNESAEEL CASPER				Q-time: 03:31:28	
PB (50m pool): no time			PB (25m pool): 03:31.28 SB: no time		
	50 M	100 M	150 M	200 M	
PB	no time	no time	no time	no time	
	no time				
	

Coach feedback:

Event number: 16: 200M BUTTERFLY WOMEN 15+				Heat:2, starttime: 15:59	
Heat: 2/2 Lane : 3 Athlete: DEPUYDT HASSE				Q-time: 02:51:88	
PB (50m pool): 03:01.09 MOUSCRON 20/05/2024			PB (25m pool): 02:51.88 SB: no time		
	50 M	100 M	150 M	200 M	
PB	no time	no time	no time	03:01.09	
	no time				
	

Coach feedback:

Event number: 18: 50M BUTTERFLY WOMEN 11-12				Heat:10, starttime: 16:35	
Heat: 10/10 Lane : 2 Athlete: VANSTEENKISTE MARILOU				Q-time: 00:39:24	
PB (50m pool): 00:39.24 Antwerpen 15/03/2026			PB (25m pool): 00:40.53 SB: 00:39.24 Antwerpen 15/03/2026		
	50 M				
PB	00:39.24				
	00:39.24				
				

Coach feedback: