

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

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

Coaches: Sevenants Marc

Coaches: Fekkers Roos HEADCOACH

Coaches: De Punder Wout

Coaches: Roosen Anouk

Coaches: Muls Quinten

PB => Personal Best time

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

Event number: 12: 100M FREESTYLE MEN 15+		Heat:3, starttime: 14:31	
Heat: 3/15 Lane : 4 Athlete: JORIS JESSE		Q-time: 01:06:39	
PB (50m pool): 01:06.39 Antwerpen 13/07/2025		PB (25m pool): 01:01.16 SB: no time	
	50 M	100 M	
PB	00:31.44	01:06.39	
	00:31.44	00:34.95	
	

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 15+		Heat:9, starttime: 14:41	
Heat: 9/15 Lane : 5 Athlete: FLORES SÉBASTIEN		Q-time: 01:01:58	
PB (50m pool): 01:01.58 SportinGenk Park 24/05/2026		PB (25m pool): 01:01.55 SB: 01:01.58 SportinGenk Park 24/05/2026	
	50 M	100 M	
PB	00:29.55	01:01.58	
	00:29.55	00:32.03	
	

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 15+		Heat:13, starttime: 14:47	
Heat: 13/15 Lane : 7 Athlete: CAMBRON WARD		Q-time: 00:59:58	
PB (50m pool): 00:59.58 Antwerpen 19/04/2026		PB (25m pool): 00:57.32 SB: 00:59.58 Antwerpen 19/04/2026	
	50 M	100 M	
PB	00:28.36	00:59.58	
	00:28.36	00:31.22	
	

Coach feedback:

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Event number: 13: 200M MEDLEY MEN 11-12					Heat:2, starttime: 14:56
Heat: 2/9 Lane : 4 Athlete: TOBAC RIK					Q-time: 03:34:74
PB (50m pool): no time			PB (25m pool): 03:34.74 SB: no time		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	no time	
	<i>no time</i>				
	

Coach feedback:

Event number: 14: 50M BACKSTROKE WOMEN 13-14					Heat:6, starttime: 15:37
Heat: 6/6 Lane : 6 Athlete: GIJSENBURG WINKE					Q-time: 00:38:50
PB (50m pool): 00:38.50 Molenbeek 01/02/2026			PB (25m pool): 00:36.36 SB: 00:38.50 Molenbeek 01/02/2026		
	5 0 M				
PB	00:38.50				
	<i>00:38.50</i>				
				

Coach feedback:

Event number: 15: 200M BREASTSTROKE MEN 13-14					Heat:3, starttime: 15:47
Heat: 3/4 Lane : 7 Athlete: DE MUYTER THOMAS					Q-time: 03:18:52
PB (50m pool): no time			PB (25m pool): 03:18.52 SB: no time		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	no time	
	<i>no time</i>				
	

Coach feedback:

Event number: 15: 200M BREASTSTROKE MEN 13-14					Heat:4, starttime: 15:51
Heat: 4/4 Lane : 8 Athlete: VAN GORP LUCAS					Q-time: 03:08:25
PB (50m pool): 03:08.25 Antwerpen 19/04/2026			PB (25m pool): 03:09.22 SB: 03:08.25 Antwerpen 19/04/2026		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:42.48	01:31.29	02:20.50	03:08.25	
	<i>00:42.48</i>	<i>00:48.81</i>	<i>00:49.21</i>	<i>00:47.75</i>	
	

Coach feedback:

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Event number: 16: 200M BUTTERFLY WOMEN 15+				Heat:2, starttime: 15:59	
Heat: 2/2 Lane : 2 Athlete: FERNANDEZ PEDRERA TARIK LAILA				Q-time: 03:01:49	
PB (50m pool): 03:01.49 Molenbeek 01/02/2026			PB (25m pool): 02:55.97 SB: 03:01.49 Molenbeek 01/02/2026		
	50 M	100 M	150 M	200 M	
PB	no time	01:31.18	no time	03:01.49	
	<i>no time</i>				
	

Coach feedback:

Event number: 17: 100M BACKSTROKE MEN 15+			Heat:3, starttime: 16:08		
Heat: 3/9 Lane : 6 Athlete: FLORES SÉBASTIEN			Q-time: 01:18:65		
PB (50m pool): 01:18.65 SportinGenk Park 24/05/2026		PB (25m pool): 01:15.09 SB: 01:18.65 SportinGenk Park 24/05/2026			
	50 M	100 M			
PB	00:37.71	01:18.65			
	<i>00:37.71</i>	<i>00:40.94</i>			
			

Coach feedback:

Event number: 17: 100M BACKSTROKE MEN 15+			Heat:3, starttime: 16:08		
Heat: 3/9 Lane : 8 Athlete: JORIS JESSE			Q-time: 01:19:41		
PB (50m pool): 01:19.41 Seraing 25/01/2026		PB (25m pool): 01:12.31 SB: 01:19.41 Seraing 25/01/2026			
	50 M	100 M			
PB	00:38.40	01:19.41			
	<i>00:38.40</i>	<i>00:41.01</i>			
			

Coach feedback:

Event number: 18: 50M BUTTERFLY WOMEN 11-12		Heat:7, starttime: 16:32			
Heat: 7/10 Lane : 8 Athlete: DE PRETER ADELE		Q-time: 00:44:58			
PB (50m pool): no time		PB (25m pool): 00:44.58 SB: no time			
	50 M				
PB	no time				
	<i>no time</i>				
				

Coach feedback: