

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

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

Coaches: Daniels Filip

Coaches: Stabel Siegfried

Coaches: Van der Eycken Ann HEADCOACH

Coaches: Van Herzeele Peggy

PB => Personal Best time

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

Event number: 11: 100M BREASTSTROKE WOMEN 15+ Heat:6, starttime: 14:20

Heat: 6/9 Lane : 4 Athlete: LAUWERS LOTTE Q-time: 01:27:68

PB (50m pool): 01:29.83 Wezenberg 03/01/2026 PB (25m pool): 01:27.68 SB: 01:29.83 Wezenberg 03/01/2026

	50 M	100 M	
PB	00:42.19	01:29.83	
	00:42.19	00:47.64	
	

Coach feedback:

Event number: 11: 100M BREASTSTROKE WOMEN 15+ Heat:8, starttime: 14:24

Heat: 8/9 Lane : 7 Athlete: CAMPFORTS FIEN Q-time: 01:25:71

PB (50m pool): 01:26.77 Wezenberg 03/01/2026 PB (25m pool): 01:25.71 SB: 01:26.77 Wezenberg 03/01/2026

	50 M	100 M	
PB	00:40.95	01:26.77	
	00:40.95	00:45.82	
	

Coach feedback:

Event number: 13: 200M MEDLEY MEN 11-12 Heat:6, starttime: 15:13

Heat: 6/9 Lane : 1 Athlete: VANDERHALLEN JISSE Q-time: 03:19:16

PB (50m pool): 03:31.87 Lago Kortrijk Weide 03/05/2026 PB (25m pool): 03:19.16 SB: 03:31.87 Lago Kortrijk Weide 03/05/2026

	50 M	100 M	150 M	200 M	
PB	00:49.79	01:44.90	02:44.13	03:31.87	
	00:49.79	00:55.11	00:59.23	00:47.74	
	

Coach feedback:

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

Event number: 14: 50M BACKSTROKE WOMEN 13-14		Heat:2, starttime: 15:30
Heat: 2/6 Lane : 7 Athlete: NIEWENWEG LENTE		Q-time: 00:45:86
PB (50m pool): 00:45.86 Wezenberg 04/01/2026		PB (25m pool): no time SB: 00:45.86 Wezenberg 04/01/2026
	50 M	
PB	00:45.86	
	00:45.86	
	

Coach feedback:

Event number: 14: 50M BACKSTROKE WOMEN 13-14		Heat:3, starttime: 15:32
Heat: 3/6 Lane : 8 Athlete: NIEWENWEG STERRE		Q-time: 00:43:04
PB (50m pool): 00:44.58 Wezenberg 04/01/2026		PB (25m pool): 00:43.04 SB: 00:44.58 Wezenberg 04/01/2026
	50 M	
PB	00:44.58	
	00:44.58	
	

Coach feedback: