

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

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

Coaches: Van Waeyenberghe Philippe HEADCOACH

PB => Personal Best time

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

Event number: 10: 100M BUTTERFLY WOMEN 13-14 **Heat:3, starttime: 14:05**

Heat: 3/4 Lane : 2 Athlete: LAGA LORE **Q-time: 01:27:78**

PB (50m pool): 01:28.56 Lago Gent Rozebroeken 03/05/2026 **PB (25m pool): 01:27.78 SB: 01:28.56 Lago Gent Rozebroeken 03/05/2026**

	5 0 M	1 0 0 M
PB	00:40.51	01:28.56
	<i>00:40.51</i>	<i>00:48.05</i>

Coach feedback:

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

Heat: 6/9 Lane : 6 Athlete: SCHELFAUT FLOOR **Q-time: 01:28:51**

PB (50m pool): 01:29.89 Lochristi 01/02/2026 **PB (25m pool): 01:28.51 SB: 01:29.89 Lochristi 01/02/2026**

	5 0 M	1 0 0 M
PB	no time	01:29.89
	<i>no time</i>	

Coach feedback:

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

Heat: 8/9 Lane : 1 Athlete: BULCKAEN JANNE **Q-time: 01:26:00**

PB (50m pool): 01:30.66 Gent 08/02/2026 **PB (25m pool): 01:26.00 SB: 01:30.66 Gent 08/02/2026**

	5 0 M	1 0 0 M
PB	00:42.70	01:30.66
	<i>00:42.70</i>	<i>00:47.96</i>

Coach feedback:

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Event number: 12: 100M FREESTYLE MEN 15+		Heat:5, starttime: 14:35	
Heat: 5/15 Lane : 8 Athlete: VANMEIRHAEGHE KASPER		Q-time: 01:05:33	
PB (50m pool): 01:08.00 Lago Gent Rozebroeken 03/05/2026		PB (25m pool): 01:05.33 SB: 01:08.00 Lago Gent Rozebroeken 03/05/2026	
	50 M	100 M	
PB	00:32.67	01:08.00	
	00:32.67	00:35.33	
	

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 15+		Heat:6, starttime: 14:36	
Heat: 6/15 Lane : 1 Athlete: NIEMEGEERTS SVEN		Q-time: 01:03:47	
PB (50m pool): 01:04.14 Lago Gent Rozebroeken 03/05/2026		PB (25m pool): 01:03.47 SB: 01:04.14 Lago Gent Rozebroeken 03/05/2026	
	50 M	100 M	
PB	00:30.30	01:04.14	
	00:30.30	00:33.84	
	

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 15+		Heat:10, starttime: 14:42	
Heat: 10/15 Lane : 4 Athlete: HEMELSOEN AARYAN		Q-time: 01:01:15	
PB (50m pool): 01:02.53 Lago Gent Rozebroeken 03/05/2026		PB (25m pool): 01:01.15 SB: 01:02.53 Lago Gent Rozebroeken 03/05/2026	
	50 M	100 M	
PB	00:29.73	01:02.53	
	00:29.73	00:32.80	
	

Coach feedback:

Event number: 13: 200M MEDLEY MEN 11-12			Heat:4, starttime: 15:05	
Heat: 4/9 Lane : 6 Athlete: DE CONINCK MAXIME			Q-time: 03:24:40	
PB (50m pool): 03:24.40 Gent 08/02/2026			PB (25m pool): 03:25.84 SB: 03:24.40 Gent 08/02/2026	
	50 M	100 M	150 M	200 M
PB	00:46.39	01:37.82	02:39.50	03:24.40
	00:46.39	00:51.43	01:01.68	00:44.90

Coach feedback:

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Event number: 13: 200M MEDLEY MEN 11-12 **Heat:5, starttime: 15:09**

Heat: 5/9 Lane : 8 Athlete: PIETERS MAURO **Q-time: 03:22:88**

PB (50m pool): 03:26.31 Sportoase De Watermolen 29/03/2026 PB (25m pool): 03:22.88 SB: 03:26.31 Sportoase De Watermolen 29/03/2026

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:46.63	01:39.94	02:38.05	03:26.31	
	<i>00:46.63</i>	<i>00:53.31</i>	<i>00:58.11</i>	<i>00:48.26</i>	
	

Coach feedback:

Event number: 14: 50M BACKSTROKE WOMEN 13-14 **Heat:3, starttime: 15:32**

Heat: 3/6 Lane : 7 Athlete: VAN BUGGENHOUT AMBER **Q-time: 00:42:69**

PB (50m pool): 00:42.74 Sportoase De Watermolen 29/03/2026 PB (25m pool): 00:42.69 SB: 00:42.74 Sportoase De Watermolen 29/03/2026

	5 0 M	
PB	00:42.74	
	<i>00:42.74</i>	
	

Coach feedback:

Event number: 16: 200M BUTTERFLY WOMEN 15+ **Heat:2, starttime: 15:59**

Heat: 2/2 Lane : 7 Athlete: BULCKAEN JANNE **Q-time: 03:04:78**

PB (50m pool): no time PB (25m pool): 03:04.78 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: 17: 100M BACKSTROKE MEN 15+ **Heat:4, starttime: 16:10**

Heat: 4/9 Lane : 3 Athlete: NIEMEGEERTS SVEN **Q-time: 01:15:32**

PB (50m pool): 01:18.17 Lago Gent Rozebroeken 03/05/2026 PB (25m pool): 01:15.32 SB: 01:18.17 Lago Gent Rozebroeken 03/05/2026

	5 0 M	1 0 0 M	
PB	00:38.02	01:18.17	
	<i>00:38.02</i>	<i>00:40.15</i>	
	

Coach feedback:

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Event number: 17: 100M BACKSTROKE MEN 15+		Heat:4, starttime: 16:10	
Heat: 4/9 Lane : 7 Athlete: HEMELSOEN AARYAN		Q-time: 01:16:04	
PB (50m pool): 01:18.99 Lago Gent Rozebroeken 03/05/2026		PB (25m pool): 01:16.04 SB: 01:18.99 Lago Gent Rozebroeken 03/05/2026	
	50 M	100 M	
PB	00:39.23	01:18.99	
	00:39.23	00:39.76	
	

Coach feedback:

Event number: 17: 100M BACKSTROKE MEN 15+		Heat:5, starttime: 16:13	
Heat: 5/9 Lane : 7 Athlete: VANMEIRHAEGHE KASPER		Q-time: 01:13:83	
PB (50m pool): 01:17.21 Gent 08/02/2026		PB (25m pool): 01:13.83 SB: 01:17.21 Gent 08/02/2026	
	50 M	100 M	
PB	00:38.11	01:17.21	
	00:38.11	00:39.10	
	

Coach feedback:

Event number: 18: 50M BUTTERFLY WOMEN 11-12		Heat:8, starttime: 16:33	
Heat: 8/10 Lane : 3 Athlete: CONRADIE BEAH		Q-time: 00:42:38	
PB (50m pool): no time		PB (25m pool): 00:42.38 SB: no time	
	50 M		
PB	no time		
	no time		
		

Coach feedback: