# ZC 2026: Session: 2: COACH evaluation sheet for TEAM: UZKZ

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

**Coaches: Spincemaille Laura**

**Coaches: Mabbe Andy**

**Coaches: Vanden Abeele Syl**

**Coaches: Heyligen Bert**

**Coaches: Veys Lies**

**Coaches: Planckaert Pieter HEADCOACH**

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

## Event number: 11: 100M BREASTSTROKE WOMEN 15+ — Heat:7, starttime: 14:22

**Heat: 7/9 Lane : 7 Athlete: CASIER CAMILLE** — **Q-time: 01:27:35**

**PB (50m pool): 01:27.35 Antwerpen 13/07/2025** **PB (25m pool):** 01:23.91 **SB:** 01:30.97 Brugge 01/02/2026

| | 50M | 100M | |
|---|---|---|---|
| PB | 00:40.94 | 01:27.35 | |
| | *00:40.94* | *00:46.41* | |
| | . . : . . : . . | . . : . . : . . | |

Coach feedback:

## Event number: 12: 100M FREESTYLE MEN 15+ — Heat:1, starttime: 14:28

**Heat: 1/15 Lane : 7 Athlete: VANLERBERGHE MATTHIAS** — **Q-time: 01:16:15**

**PB (50m pool): 01:16.15 Antwerpen 13/07/2025** **PB (25m pool):** 01:14.39 **SB:** 01:19.74 Aalst 27/06/2026

| | 50M | 100M | |
|---|---|---|---|
| PB | 00:36.62 | 01:16.15 | |
| | *00:36.62* | *00:39.53* | |
| | . . : . . : . . | . . : . . : . . | |

Coach feedback:

## Event number: 12: 100M FREESTYLE MEN 15+ — Heat:2, starttime: 14:30

**Heat: 2/15 Lane : 4 Athlete: RéADY SEPPE** — **Q-time: 01:07:91**

**PB (50m pool): 01:07.91 Brugge 01/02/2026** **PB (25m pool):** 01:04.80 **SB:** 01:07.91 Brugge 01/02/2026

| | 50M | 100M | |
|---|---|---|---|
| PB | 00:33.25 | 01:07.91 | |
| | *00:33.25* | *00:34.66* | |
| | . . : . . : . . | . . : . . : . . | |

Coach feedback:

# ZC 2026: Session: 2: COACH evaluation sheet for TEAM: UZKZ

**Event number: 12: 100M FREESTYLE MEN 15+** — **Heat:4, starttime: 14:33**

**Heat: 4/15 Lane : 7 Athlete: VERLEYEN LAURENS** — **Q-time: 01:05:97**

**PB (50m pool): 01:05.97 Antwerpen 13/07/2025** **PB (25m pool):** 00:59.88 **SB:** no time

| | 50M | 100M |
|---|---|---|
| PB | 00:31.43 | 01:05.97 |
| | *00:31.43* | *00:34.54* |
| | . . : . . : . . | . . : . . : . . |

Coach feedback:

**Event number: 12: 100M FREESTYLE MEN 15+** — **Heat:8, starttime: 14:39**

**Heat: 8/15 Lane : 2 Athlete: HEYLIGEN LUTZ** — **Q-time: 01:02:28**

**PB (50m pool): 01:01.37 Aalst 27/06/2026** **PB (25m pool):** 00:59.93 **SB:** 01:01.37 Aalst 27/06/2026

| | 50M | 100M |
|---|---|---|
| PB | 00:29.77 | 01:01.37 |
| | *00:29.77* | *00:31.60* |
| | . . : . . : . . | . . : . . : . . |

Coach feedback:

**Event number: 12: 100M FREESTYLE MEN 15+** — **Heat:11, starttime: 14:44**

**Heat: 11/15 Lane : 1 Athlete: MEERT TOMAS** — **Q-time: 01:01:03**

**PB (50m pool): 01:01.03 Brugge 01/02/2026** **PB (25m pool):** 00:58.73 **SB:** 01:01.03 Brugge 01/02/2026

| | 50M | 100M |
|---|---|---|
| PB | 00:29.10 | 01:01.03 |
| | *00:29.10* | *00:31.93* |
| | . . : . . : . . | . . : . . : . . |

Coach feedback:

**Event number: 12: 100M FREESTYLE MEN 15+** — **Heat:11, starttime: 14:44**

**Heat: 11/15 Lane : 7 Athlete: DHAENE NIELS** — **Q-time: 01:01:01**

**PB (50m pool): 01:01.01 Lago Gent Rozebroeken 03/05/2026** **PB (25m pool):** 00:58.47 **SB:** 01:01.01 Lago Gent Rozebroeken 03/05/2026

| | 50M | 100M |
|---|---|---|
| PB | 00:29.11 | 01:01.01 |
| | *00:29.11* | *00:31.90* |
| | . . : . . : . . | . . : . . : . . |

Coach feedback:

# ZC 2026: Session: 2: COACH evaluation sheet for TEAM: UZKZ

**Event number: 12: 100M FREESTYLE MEN 15+** — **Heat:12, starttime: 14:45**

**Heat: 12/15 Lane : 2 Athlete: HUYSENTRUYT FERRE-LOUIS** — **Q-time: 00:59:99**

**PB (50m pool): 00:59.99 Brugge 01/02/2026** **PB (25m pool):** 00:58.45 **SB:** 00:59.99 Brugge 01/02/2026

| | 50 M | 100 M |
|---|---|---|
| PB | 00:29.12 | 00:59.99 |
| | *00:29.12* | *00:30.87* |
| | . . : . . : . . | . . : . . : . . |

Coach feedback:

**Event number: 13: 200M MEDLEY MEN 11-12** — **Heat:2, starttime: 14:56**

**Heat: 2/9 Lane : 6 Athlete: VANDENDRIESSCHE MIRO** — **Q-time: 03:37:30**

**PB (50m pool): no time** **PB (25m pool):** 03:37.30 **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: 13: 200M MEDLEY MEN 11-12** — **Heat:3, starttime: 15:01**

**Heat: 3/9 Lane : 5 Athlete: WINDELS LUCAS** — **Q-time: 03:28:08**

**PB (50m pool): no time** **PB (25m pool):** 03:28.08 **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: 13: 200M MEDLEY MEN 11-12** — **Heat:7, starttime: 15:16**

**Heat: 7/9 Lane : 3 Athlete: WINDELS JACK** — **Q-time: 03:13:51**

**PB (50m pool): 03:13.51 Gent 08/02/2026** **PB (25m pool):** 03:05.95 **SB:** 03:13.51 Gent 08/02/2026

| | 50 M | 100 M | 150 M | 200 M |
|---|---|---|---|---|
| PB | 00:44.05 | 01:33.29 | 02:27.83 | 03:13.51 |
| | *00:44.05* | *00:49.24* | *00:54.54* | *00:45.68* |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . |

Coach feedback:

# ZC 2026: Session: 2: COACH evaluation sheet for TEAM: UZKZ

## Event number: 13: 200M MEDLEY MEN 11-12 — Heat:8, starttime: 15:20

**Heat: 8/9 Lane : 1 Athlete: SANDRA TUUR** — **Q-time: 03:12:48**

**PB (50m pool): 03:12.48 Gent 08/02/2026** **PB (25m pool):** 03:06.71 **SB:** 03:12.48 Gent 08/02/2026

| | 50M | 100M | 150M | 200M |
|---|---|---|---|---|
| PB | 00:45.43 | 01:33.48 | 02:31.19 | 03:12.48 |
| | *00:45.43* | *00:48.05* | *00:57.71* | *00:41.29* |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . |

Coach feedback:

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

**Heat: 9/9 Lane : 5 Athlete: ROIJERS REMI** — **Q-time: 03:00:19**

**PB (50m pool): 03:00.19 Lago Kortrijk Weide 03/05/2026** **PB (25m pool):** 02:56.03 **SB:** 03:00.19 Lago Kortrijk Weide 03/05/2026

| | 50M | 100M | 150M | 200M |
|---|---|---|---|---|
| PB | 00:41.08 | 01:27.89 | 02:21.19 | 03:00.19 |
| | *00:41.08* | *00:46.81* | *00:53.30* | *00:39.00* |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . |

Coach feedback:

## Event number: 15: 200M BREASTSTROKE MEN 13-14 — Heat:2, starttime: 15:43

**Heat: 2/4 Lane : 5 Athlete: DE BAERE ARNAUD** — **Q-time: 03:26:43**

**PB (50m pool): 03:26.43 Lago Kortrijk Weide 03/05/2026** **PB (25m pool):** 03:41.08 **SB:** 03:26.43 Lago Kortrijk Weide 03/05/2026

| | 50M | 100M | 150M | 200M |
|---|---|---|---|---|
| PB | 00:45.44 | 01:37.75 | 02:32.00 | 03:26.43 |
| | *00:45.44* | *00:52.31* | *00:54.25* | *00:54.43* |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . |

Coach feedback:

## Event number: 17: 100M BACKSTROKE MEN 15+ — Heat:1, starttime: 16:03

**Heat: 1/9 Lane : 4 Athlete: VANLERBERGHE MATTHIAS** — **Q-time: 01:24:68**

**PB (50m pool): 01:23.46 Antwerpen 14/07/2024** **PB (25m pool):** 01:18.76 **SB:** no time

| | 50M | 100M |
|---|---|---|
| PB | no time | 01:23.46 |
| | *no time* | |
| | . . : . . : . . | . . : . . : . . |

Coach feedback:

# ZC 2026: Session: 2: COACH evaluation sheet for TEAM: UZKZ

**Event number: 17: 100M BACKSTROKE MEN 15+** — **Heat:2, starttime: 16:05**

**Heat: 2/9 Lane : 2 Athlete: HEYLIGEN LUTZ** — **Q-time: 01:20:63**

**PB (50m pool): 01:20.63 Antwerpen 13/07/2025** **PB (25m pool):** 01:12.06 **SB:** no time

| | 50 M | 100 M | |
|---|---|---|---|
| PB | 00:38.91 | 01:20.63 | |
| | *00:38.91* | *00:41.72* | |
| | . . : . . : . . | . . : . . : . . | |

Coach feedback:

**Event number: 17: 100M BACKSTROKE MEN 15+** — **Heat:3, starttime: 16:08**

**Heat: 3/9 Lane : 4 Athlete: MEERT TOMAS** — **Q-time: 01:17:71**

**PB (50m pool): 01:17.71 Antwerpen 13/07/2025** **PB (25m pool):** 01:07.29 **SB:** no time

| | 50 M | 100 M | |
|---|---|---|---|
| PB | 00:37.04 | 01:17.71 | |
| | *00:37.04* | *00:40.67* | |
| | . . : . . : . . | . . : . . : . . | |

Coach feedback:

**Event number: 17: 100M BACKSTROKE MEN 15+** — **Heat:5, starttime: 16:13**

**Heat: 5/9 Lane : 8 Athlete: RéADY SEPPE** — **Q-time: 01:14:25**

**PB (50m pool): 01:26.94 Antwerpen 14/07/2024** **PB (25m pool):** 01:14.25 **SB:** no time

| | 50 M | 100 M | |
|---|---|---|---|
| PB | no time | 01:26.94 | |
| | *no time* | | |
| | . . : . . : . . | . . : . . : . . | |

Coach feedback:

**Event number: 17: 100M BACKSTROKE MEN 15+** — **Heat:6, starttime: 16:15**

**Heat: 6/9 Lane : 3 Athlete: VERLEYEN LAURENS** — **Q-time: 01:12:13**

**PB (50m pool): 01:12.13 Antwerpen 15/03/2026** **PB (25m pool):** 01:08.30 **SB:** 01:12.13 Antwerpen 15/03/2026

| | 50 M | 100 M | |
|---|---|---|---|
| PB | 00:35.35 | 01:12.13 | |
| | *00:35.35* | *00:36.78* | |
| | . . : . . : . . | . . : . . : . . | |

Coach feedback:

# ZC 2026: Session: 2: COACH evaluation sheet for TEAM: UZKZ

**Event number: 17: 100M BACKSTROKE MEN 15+** — **Heat:7, starttime: 16:17**

**Heat: 7/9 Lane : 1 Athlete: HUYSENTRUYT FERRE-LOUIS** — **Q-time: 01:11:54**

**PB (50m pool): 01:11.54 Antwerpen 13/07/2025** **PB (25m pool):** 01:07.58 **SB:** 01:12.16 Lago Gent Rozebroeken 03/05/2026

| | 50M | 100M |
|---|---|---|
| PB | 00:34.35 | 01:11.54 |
| | *00:34.35* | *00:37.19* |
| | . . : . . : . . | . . : . . : . . |

Coach feedback:

**Event number: 17: 100M BACKSTROKE MEN 15+** — **Heat:8, starttime: 16:19**

**Heat: 8/9 Lane : 8 Athlete: DHAENE NIELS** — **Q-time: 01:09:42**

**PB (50m pool): 01:09.42 Lago Gent Rozebroeken 03/05/2026** **PB (25m pool):** 01:07.38 **SB:** 01:09.42 Lago Gent Rozebroeken 03/05/2026

| | 50M | 100M |
|---|---|---|
| PB | 00:33.34 | 01:09.42 |
| | *00:33.34* | *00:36.08* |
| | . . : . . : . . | . . : . . : . . |

Coach feedback:

**Event number: 18: 50M BUTTERFLY WOMEN 11-12** — **Heat:10, starttime: 16:35**

**Heat: 10/10 Lane : 6 Athlete: DHUYVETTER EM** — **Q-time: 00:37:66**

**PB (50m pool): 00:37.66 Antwerpen 15/03/2026** **PB (25m pool):** 00:35.14 **SB:** 00:37.66 Antwerpen 15/03/2026

| | 50M |
|---|---|
| PB | 00:37.66 |
| | *00:37.66* |
| | . . : . . : . . |

Coach feedback: