

# ZC 2026: Session: 3: COACH evaluation sheet for TEAM: BEST

Coachinfo: Warming up from: 07:15 until 08:15. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Boyen Wendy HEADCOACH

PB => Personal Best time

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

**Event number: 19: 100M BACKSTROKE MEN 11-12** **Heat:2, starttime: 08:33**

**Heat: 2/10 Lane : 6 Athlete: JAMAR JONATHAN** **Q-time: 01:43:78**

**PB (50m pool): no time** **PB (25m pool): 01:43.78** **SB: no time**

	<b>5 0 M</b>	<b>1 0 0 M</b>	
<b>PB</b>	no time	no time	
	<i>no time</i>		
	. . . . .	. . . . .	

Coach feedback:

**Event number: 19: 100M BACKSTROKE MEN 11-12** **Heat:10, starttime: 08:54**

**Heat: 10/10 Lane : 1 Athlete: VANGENECHTEN MATTHIAS** **Q-time: 01:23:34**

**PB (50m pool): 01:23.34 Antwerpen 15/03/2026** **PB (25m pool): 01:24.55** **SB: 01:23.34 Antwerpen 15/03/2026**

	<b>5 0 M</b>	<b>1 0 0 M</b>	
<b>PB</b>	00:42.44	01:23.34	
	<i>00:42.44</i>	<i>00:40.90</i>	
	. . . . .	. . . . .	

Coach feedback:

**Event number: 20: 50M BREASTSTROKE MEN 13-14** **Heat:5, starttime: 09:01**

**Heat: 5/6 Lane : 8 Athlete: JAMAR ALEXANDER** **Q-time: 00:42:81**

**PB (50m pool): 00:42.81 Antwerpen 15/03/2026** **PB (25m pool): 00:43.85** **SB: 00:42.81 Antwerpen 15/03/2026**

	<b>5 0 M</b>	
<b>PB</b>	00:42.81	
	<i>00:42.81</i>	
	. . . . .	

Coach feedback:

# ZC 2026: Session: 3: COACH evaluation sheet for TEAM: BEST

<b>Event number: 21: 200M FREESTYLE WOMEN 13-14</b>				<b>Heat:9, starttime: 09:33</b>		
<b>Heat: 9/14 Lane : 8 Athlete: KERCKHOFS WOUKE</b>				<b>Q-time: 02:42:81</b>		
PB (50m pool): 02:42.81 Lago Gent Rozebroeken 03/05/2026 PB (25m pool): 02:42.82 SB: 02:42.81 Lago Gent Rozebroeken 03/05/2026						
	<b>5 0 M</b>	<b>1 0 0 M</b>	<b>1 5 0 M</b>	<b>2 0 0 M</b>		
PB	00:38.42	01:21.50	02:04.86	02:42.81		
	<i>00:38.42</i>	<i>00:43.08</i>	<i>00:43.36</i>	<i>00:37.95</i>		
	.....	.....	.....	.....		

Coach feedback:

<b>Event number: 23: 100M FREESTYLE WOMEN 11-12</b>			<b>Heat:5, starttime: 10:16</b>		
<b>Heat: 5/12 Lane : 6 Athlete: DE BRIER ROSALIE</b>			<b>Q-time: 01:24:87</b>		
PB (50m pool): no time			PB (25m pool): 01:24.87 SB: no time		
	<b>5 0 M</b>	<b>1 0 0 M</b>			
PB	no time	no time			
	<i>no time</i>				
	.....	.....			

Coach feedback:

<b>Event number: 23: 100M FREESTYLE WOMEN 11-12</b>			<b>Heat:6, starttime: 10:18</b>		
<b>Heat: 6/12 Lane : 8 Athlete: BERTOLAZZI MONA</b>			<b>Q-time: 01:24:25</b>		
PB (50m pool): 01:25.39 Molenbeek 01/02/2026			PB (25m pool): 01:24.25 SB: 01:25.39 Molenbeek 01/02/2026		
	<b>5 0 M</b>	<b>1 0 0 M</b>			
PB	no time	01:25.39			
	<i>no time</i>				
	.....	.....			

Coach feedback:

<b>Event number: 23: 100M FREESTYLE WOMEN 11-12</b>			<b>Heat:7, starttime: 10:19</b>		
<b>Heat: 7/12 Lane : 6 Athlete: SMEETS LOU</b>			<b>Q-time: 01:22:34</b>		
PB (50m pool): 01:24.84 Antwerpen 15/03/2026			PB (25m pool): 01:22.34 SB: 01:24.84 Antwerpen 15/03/2026		
	<b>5 0 M</b>	<b>1 0 0 M</b>			
PB	00:40.77	01:24.84			
	<i>00:40.77</i>	<i>00:44.07</i>			
	.....	.....			

Coach feedback:

# ZC 2026: Session: 3: COACH evaluation sheet for TEAM: BEST

<b>Event number: 23: 100M FREESTYLE WOMEN 11-12</b>		<b>Heat:8, starttime: 10:21</b>	
<b>Heat: 8/12 Lane : 2 Athlete: VANMECHELEN KATO</b>		<b>Q-time: 01:21:44</b>	
PB (50m pool): 01:21.44 Antwerpen 15/03/2026		PB (25m pool): 01:24.01 SB: 01:21.44 Antwerpen 15/03/2026	
	<b>50 M</b>	<b>100 M</b>	
PB	00:40.52	01:21.44	
	<i>00:40.52</i>	<i>00:40.92</i>	
	.....	.....	

Coach feedback:

<b>Event number: 23: 100M FREESTYLE WOMEN 11-12</b>		<b>Heat:10, starttime: 10:25</b>	
<b>Heat: 10/12 Lane : 6 Athlete: VANGENECHTEN ANNA</b>		<b>Q-time: 01:18:19</b>	
PB (50m pool): 01:18.72 Antwerpen 15/03/2026		PB (25m pool): 01:18.19 SB: 01:18.72 Antwerpen 15/03/2026	
	<b>50 M</b>	<b>100 M</b>	
PB	00:39.28	01:18.72	
	<i>00:39.28</i>	<i>00:39.44</i>	
	.....	.....	

Coach feedback:

<b>Event number: 24: 100M BREASTSTROKE MEN 11-12</b>		<b>Heat:1, starttime: 10:31</b>	
<b>Heat: 1/11 Lane : 7 Athlete: JAMAR JONATHAN</b>		<b>Q-time: 02:13:86</b>	
PB (50m pool): no time		PB (25m pool): 02:13.86 SB: no time	
	<b>50 M</b>	<b>100 M</b>	
PB	no time	no time	
	<i>no time</i>		
	.....	.....	

Coach feedback:

<b>Event number: 24: 100M BREASTSTROKE MEN 11-12</b>		<b>Heat:8, starttime: 10:48</b>	
<b>Heat: 8/11 Lane : 2 Athlete: VANGENECHTEN MATTHIAS</b>		<b>Q-time: 01:44:62</b>	
PB (50m pool): 01:47.52 Lago Gent Rozebroeken 03/05/2026		PB (25m pool): 01:44.62 SB: 01:47.52 Lago Gent Rozebroeken 03/05/2026	
	<b>50 M</b>	<b>100 M</b>	
PB	00:51.15	01:47.52	
	<i>00:51.15</i>	<i>00:56.37</i>	
	.....	.....	

Coach feedback:

# ZC 2026: Session: 3: COACH evaluation sheet for TEAM: BEST

<b>Event number: 25: 200M FREESTYLE WOMEN 15+</b>				<b>Heat:2, starttime: 11:01</b>	
<b>Heat: 2/12 Lane : 4 Athlete: GEVERS LEONIE</b>				<b>Q-time: 02:42:98</b>	
PB (50m pool): 02:59.66 SportinGenk Park 19/05/2024			PB (25m pool): 02:42.98 SB: no time		
	<b>50 M</b>	<b>100 M</b>	<b>150 M</b>	<b>200 M</b>	
PB	no time	no time	no time	02:59.66	
	<i>no time</i>				
	.....	.....	.....	.....	

Coach feedback:

<b>Event number: 26: 100M BACKSTROKE MEN 13-14</b>			<b>Heat:8, starttime: 11:53</b>		
<b>Heat: 8/10 Lane : 8 Athlete: SCHEEPERS ELIAZ</b>			<b>Q-time: 01:20:54</b>		
PB (50m pool): 01:21.64 Antwerpen 15/03/2026		PB (25m pool): 01:20.54 SB: 01:21.64 Antwerpen 15/03/2026			
	<b>50 M</b>	<b>100 M</b>			
PB	00:39.79	01:21.64			
	<i>00:39.79</i>	<i>00:41.85</i>			
	.....	.....			

Coach feedback: