

ZC 2026: Session: 3: COACH evaluation sheet for TEAM: BRABO

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

Coaches: Caluwaerts Lynn HEADCOACH

PB => Personal Best time

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

Event number: 19: 100M BACKSTROKE MEN 11-12 **Heat:3, starttime: 08:36**

Heat: 3/10 Lane : 7 Athlete: APERS NACER **Q-time: 01:42:38**

PB (50m pool): 01:40.89 Mol 28/06/2026 **PB (25m pool): no time SB: 01:40.89 Mol 28/06/2026**

	5 0 M	1 0 0 M	
PB	no time	01:40.89	
	<i>no time</i>		
	

Coach feedback:

Event number: 19: 100M BACKSTROKE MEN 11-12 **Heat:5, starttime: 08:41**

Heat: 5/10 Lane : 2 Athlete: GARREVOET LUCAS **Q-time: 01:35:11**

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

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

Coach feedback:

Event number: 19: 100M BACKSTROKE MEN 11-12 **Heat:5, starttime: 08:41**

Heat: 5/10 Lane : 3 Athlete: VAN CRAENENBROECK VIK **Q-time: 01:33:71**

PB (50m pool): 01:33.71 Antwerpen 15/03/2026 **PB (25m pool): 01:35.94 SB: 01:33.71 Antwerpen 15/03/2026**

	5 0 M	1 0 0 M	
PB	00:44.03	01:33.71	
	<i>00:44.03</i>	<i>00:49.68</i>	
	

Coach feedback:

ZC 2026: Session: 3: COACH evaluation sheet for TEAM: BRABO

Event number: 19: 100M BACKSTROKE MEN 11-12		Heat:5, starttime: 08:41	
Heat: 5/10 Lane : 7 Athlete: MICHELS NAND		Q-time: 01:35:24	
PB (50m pool): 01:38.41 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 01:35.24 SB: 01:38.41 Zwembad Brigitte Becue 26/04/2026			
	50 M	100 M	
PB	00:47.46	01:38.41	
	00:47.46	00:50.95	
	

Coach feedback:

Event number: 19: 100M BACKSTROKE MEN 11-12		Heat:6, starttime: 08:44	
Heat: 6/10 Lane : 1 Athlete: SNOECKX OLIVER		Q-time: 01:32:43	
PB (50m pool): 01:34.31 Olympic Pool Wezenberg, Antwer 29/03/2026 PB (25m pool): 01:32.43 SB: 01:34.31 Olympic Pool Wezenberg, Antwer 29/03/2026			
	50 M	100 M	
PB	00:45.93	01:34.31	
	00:45.93	00:48.38	
	

Coach feedback:

Event number: 19: 100M BACKSTROKE MEN 11-12		Heat:6, starttime: 08:44	
Heat: 6/10 Lane : 6 Athlete: MICHELS VINCE		Q-time: 01:32:19	
PB (50m pool): 01:32.19 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): no time SB: 01:32.19 Zwembad Brigitte Becue 26/04/2026			
	50 M	100 M	
PB	00:45.34	01:32.19	
	00:45.34	00:46.85	
	

Coach feedback:

Event number: 21: 200M FREESTYLE WOMEN 13-14			Heat:4, starttime: 09:16		
Heat: 4/14 Lane : 4 Athlete: ZONNEKEYN CARO LINA			Q-time: 02:52:28		
PB (50m pool): 02:52.28 Olympic Pool Wezenberg, Antwer 29/03/2026 PB (25m pool): 02:51.53 SB: 02:52.28 Olympic Pool Wezenberg, Antwer 29/03/2026					
	50 M	100 M	150 M	200 M	
PB	00:38.80	01:23.05	02:08.43	02:52.28	
	00:38.80	00:44.25	00:45.38	00:43.85	
	

Coach feedback:

ZC 2026: Session: 3: COACH evaluation sheet for TEAM: BRABO

Event number: 21: 200M FREESTYLE WOMEN 13-14				Heat:4, starttime: 09:16	
Heat: 4/14 Lane : 8 Athlete: CAUTAERT-KNUTSSON LISA				Q-time: 02:56:93	
PB (50m pool): 03:04.44 Olympic Pool Wezenberg, Antwer 29/03/2026 PB (25m pool): 02:56.93 SB: 03:04.44 Olympic Pool Wezenberg, Antwer 29/03/2026					
	50 M	100 M	150 M	200 M	
PB	00:41.73	01:28.69	02:16.85	03:04.44	
	00:41.73	00:46.96	00:48.16	00:47.59	
	

Coach feedback:

Event number: 21: 200M FREESTYLE WOMEN 13-14				Heat:5, starttime: 09:19	
Heat: 5/14 Lane : 3 Athlete: SZABO NORA				Q-time: 02:50:55	
PB (50m pool): 02:50.55 Olympic Pool Wezenberg, Antwer 29/03/2026 PB (25m pool): 02:55.16 SB: 02:50.55 Olympic Pool Wezenberg, Antwer 29/03/2026					
	50 M	100 M	150 M	200 M	
PB	00:39.14	01:22.73	02:07.86	02:50.55	
	00:39.14	00:43.59	00:45.13	00:42.69	
	

Coach feedback:

Event number: 21: 200M FREESTYLE WOMEN 13-14				Heat:7, starttime: 09:26	
Heat: 7/14 Lane : 1 Athlete: CORNELIS MARJOLEIN				Q-time: 02:46:59	
PB (50m pool): 02:46.59 Sportoase De Watermolen 24/05/2026 PB (25m pool): 03:06.57 SB: 02:46.59 Sportoase De Watermolen 24/05/2026					
	50 M	100 M	150 M	200 M	
PB	00:36.87	01:19.97	02:04.13	02:46.59	
	00:36.87	00:43.10	00:44.16	00:42.46	
	

Coach feedback:

Event number: 21: 200M FREESTYLE WOMEN 13-14				Heat:8, starttime: 09:29	
Heat: 8/14 Lane : 8 Athlete: KUSHNIR MILANA				Q-time: 02:44:49	
PB (50m pool): 02:45.26 Olympic Pool Wezenberg, Antwer 29/03/2026 PB (25m pool): 02:44.49 SB: 02:45.26 Olympic Pool Wezenberg, Antwer 29/03/2026					
	50 M	100 M	150 M	200 M	
PB	00:37.26	01:19.66	02:02.88	02:45.26	
	00:37.26	00:42.40	00:43.22	00:42.38	
	

Coach feedback:

ZC 2026: Session: 3: COACH evaluation sheet for TEAM: BRABO

Event number: 21: 200M FREESTYLE WOMEN 13-14 Heat:12, starttime: 09:42

Heat: 12/14 Lane : 2 Athlete: GORIS ZITA Q-time: 02:36:29

PB (50m pool): 02:38.62 Olympic Pool Wezenberg, Antwer 29/07/2026 **PB (25m pool): 02:36.29 SB: 02:38.62 Olympic Pool Wezenberg, Antwer 29/07/2026**

	50 M	100 M	150 M	200 M
PB	00:35.78	01:16.14	01:58.10	02:38.62
	00:35.78	00:40.36	00:41.96	00:40.52

Coach feedback:

Event number: 22: 50M FREESTYLE MEN 15+ Heat:4, starttime: 09:55

Heat: 4/15 Lane : 5 Athlete: MICHIELS JOHAN Q-time: 00:29:85

PB (50m pool): 00:29.14 Kortrijk 21/06/2026 **PB (25m pool): 00:28.47 SB: 00:29.14 Kortrijk 21/06/2026**

	50 M
PB	00:29.14
	00:29.14

Coach feedback:

Event number: 23: 100M FREESTYLE WOMEN 11-12 Heat:10, starttime: 10:25

Heat: 10/12 Lane : 8 Athlete: BOUQUET JULIETTE Q-time: 01:19:00

PB (50m pool): 01:21.51 Wezenberg 04/01/2026 **PB (25m pool): 01:19.00 SB: 01:21.51 Wezenberg 04/01/2026**

	50 M	100 M
PB	00:39.69	01:21.51
	00:39.69	00:41.82

Coach feedback:

Event number: 24: 100M BREASTSTROKE MEN 11-12 Heat:1, starttime: 10:31

Heat: 1/11 Lane : 4 Athlete: MICHELS NAND Q-time: 02:03:53

PB (50m pool): 02:03.53 Zwembad Brigitte Becue 26/04/2026 **PB (25m pool): no time SB: 02:03.53 Zwembad Brigitte Becue 26/04/2026**

	50 M	100 M
PB	00:58.44	02:03.53
	00:58.44	01:05.09

Coach feedback:

ZC 2026: Session: 3: COACH evaluation sheet for TEAM: BRABO

Event number: 24: 100M BREASTSTROKE MEN 11-12		Heat:3, starttime: 10:36	
Heat: 3/11 Lane : 2 Athlete: GARREVOET LUCAS		Q-time: 01:56:72	
PB (50m pool): no time		PB (25m pool): no time SB: no time	
	5 0 M	1 0 0 M	
PB	no time	no time	
	<i>no time</i>		
	

Coach feedback:

Event number: 24: 100M BREASTSTROKE MEN 11-12		Heat:3, starttime: 10:36	
Heat: 3/11 Lane : 4 Athlete: APERS NACER		Q-time: 01:54:60	
PB (50m pool): 01:47.01 Mol 28/06/2026		PB (25m pool): no time SB: 01:47.01 Mol 28/06/2026	
	5 0 M	1 0 0 M	
PB	00:51.29	01:47.01	
	<i>00:51.29</i>	<i>00:55.72</i>	
	

Coach feedback:

Event number: 24: 100M BREASTSTROKE MEN 11-12		Heat:5, starttime: 10:41	
Heat: 5/11 Lane : 4 Athlete: SNOECKX OLIVER		Q-time: 01:50:90	
PB (50m pool): 01:50.90 Zwembad Brigitte Becue 26/04/2026		PB (25m pool): 01:54.81 SB: 01:50.90 Zwembad Brigitte Becue 26/04/2026	
	5 0 M	1 0 0 M	
PB	00:52.26	01:50.90	
	<i>00:52.26</i>	<i>00:58.64</i>	
	

Coach feedback:

Event number: 24: 100M BREASTSTROKE MEN 11-12		Heat:6, starttime: 10:44	
Heat: 6/11 Lane : 2 Athlete: DELFS REMY		Q-time: 01:48:85	
PB (50m pool): 01:48.85 Olympic Pool Wezenberg, Antwer 29/03/2026		PB (25m pool): 01:44.37 SB: 01:48.85 Olympic Pool Wezenberg, Antwer 29/03/2026	
	5 0 M	1 0 0 M	
PB	00:50.90	01:48.85	
	<i>00:50.90</i>	<i>00:57.95</i>	
	

Coach feedback:

ZC 2026: Session: 3: COACH evaluation sheet for TEAM: BRABO

Event number: 24: 100M BREASTSTROKE MEN 11-12		Heat:6, starttime: 10:44	
Heat: 6/11 Lane : 3 Athlete: PAELINCKX ELYAS		Q-time: 01:48:36	
PB (50m pool): 01:48.36 Olympic Pool Wezenberg, Antwer 29/03/2026		PB (25m pool): no time SB: 01:48.36 Olympic Pool Wezenberg, Antwer 29/03/2026	
	5 0 M	1 0 0 M	
PB	00:50.15	01:48.36	
	00:50.15	00:58.21	
	

Coach feedback:

Event number: 24: 100M BREASTSTROKE MEN 11-12		Heat:7, starttime: 10:46	
Heat: 7/11 Lane : 3 Athlete: RAES DAMON		Q-time: 01:46:28	
PB (50m pool): 01:45.47 Mol 28/06/2026		PB (25m pool): no time SB: 01:45.47 Mol 28/06/2026	
	5 0 M	1 0 0 M	
PB	00:50.55	01:45.47	
	00:50.55	00:54.92	
	

Coach feedback:

Event number: 24: 100M BREASTSTROKE MEN 11-12		Heat:9, starttime: 10:50	
Heat: 9/11 Lane : 3 Athlete: MICHIELS VINCE		Q-time: 01:41:64	
PB (50m pool): 01:41.64 Olympic Pool Wezenberg, Antwer 29/03/2026		PB (25m pool): 01:41.84 SB: 01:41.64 Olympic Pool Wezenberg, Antwer 29/03/2026	
	5 0 M	1 0 0 M	
PB	00:48.17	01:41.64	
	00:48.17	00:53.47	
	

Coach feedback:

Event number: 24: 100M BREASTSTROKE MEN 11-12		Heat:10, starttime: 10:53	
Heat: 10/11 Lane : 3 Athlete: VAN CRAENENBROECK VIK		Q-time: 01:38:48	
PB (50m pool): 01:38.48 Antwerpen 15/03/2026		PB (25m pool): 01:42.63 SB: 01:38.48 Antwerpen 15/03/2026	
	5 0 M	1 0 0 M	
PB	00:46.90	01:38.48	
	00:46.90	00:51.58	
	

Coach feedback:

ZC 2026: Session: 3: COACH evaluation sheet for TEAM: BRABO

Event number: 25: 200M FREESTYLE WOMEN 15+				Heat:5, starttime: 11:11	
Heat: 5/12 Lane : 5 Athlete: VAN REETH LISSE				Q-time: 02:33:65	
PB (50m pool): 02:36.02 Olympic Pool Wezenberg, Antwer 29/03/2026 PB (125m pool): 02:33.65 SB: 02:36.02 Olympic Pool Wezenberg, Antwer 29/03/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.02	01:15.49	01:56.16	02:36.02	
	00:36.02	00:39.47	00:40.67	00:39.86	
	

Coach feedback:

Event number: 25: 200M FREESTYLE WOMEN 15+				Heat:7, starttime: 11:17	
Heat: 7/12 Lane : 7 Athlete: BALAJI YOUSRA				Q-time: 02:30:09	
PB (50m pool): 02:32.24 Olympic Pool Wezenberg, Antwer 30/03/2026 PB (125m pool): 02:30.09 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.14	01:12.96	01:52.39	02:32.24	
	00:34.14	00:38.82	00:39.43	00:39.85	
	

Coach feedback:

Event number: 26: 100M BACKSTROKE MEN 13-14			Heat:2, starttime: 11:38		
Heat: 2/10 Lane : 5 Athlete: NAGELS ROBBE			Q-time: 01:32:95		
PB (50m pool): 01:33.47 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 01:32.95 SB: 01:33.47 Zwembad Brigitte Becue 26/04/2026					
	5 0 M	1 0 0 M			
PB	00:45.06	01:33.47			
	00:45.06	00:48.41			
			

Coach feedback:

Event number: 26: 100M BACKSTROKE MEN 13-14			Heat:3, starttime: 11:41		
Heat: 3/10 Lane : 2 Athlete: GORIS FINN			Q-time: 01:30:46		
PB (50m pool): 01:31.67 Olympic Pool Wezenberg, Antwer 29/03/2026 PB (125m pool): 01:30.46 SB: 01:31.67 Olympic Pool Wezenberg, Antwer 29/03/2026					
	5 0 M	1 0 0 M			
PB	00:44.69	01:31.67			
	00:44.69	00:46.98			
			

Coach feedback:

ZC 2026: Session: 3: COACH evaluation sheet for TEAM: BRABO

Event number: 26: 100M BACKSTROKE MEN 13-14		Heat:4, starttime: 11:43	
Heat: 4/10 Lane : 5 Athlete: VERSCHEURE SAM		Q-time: 01:25:65	
PB (50m pool): 01:25.65 Antwerpen 15/03/2026		PB (25m pool): 01:31.34 SB: 01:25.65 Antwerpen 15/03/2026	
	50 M	100 M	
PB	00:41.32	01:25.65	
	00:41.32	00:44.33	
	

Coach feedback:

Event number: 26: 100M BACKSTROKE MEN 13-14		Heat:9, starttime: 11:55	
Heat: 9/10 Lane : 4 Athlete: SNOECKX GUILLAUME		Q-time: 01:15:80	
PB (50m pool): 01:16.49 Zwembad Brigitte Becue 26/04/2026		PB (25m pool): 01:15.80 SB: 01:16.49 Zwembad Brigitte Becue 26/04/2026	
	50 M	100 M	
PB	00:37.60	01:16.49	
	00:37.60	00:38.89	
	

Coach feedback:

Event number: 26: 100M BACKSTROKE MEN 13-14		Heat:10, starttime: 11:57	
Heat: 10/10 Lane : 6 Athlete: MICHELS LINUS		Q-time: 01:14:27	
PB (50m pool): 01:15.32 Olympic Pool Wezenberg, Antwer 29/03/2026		PB (25m pool): 01:14.27 SB: 01:15.32 Olympic Pool Wezenberg, Antwer 29/03/2026	
	50 M	100 M	
PB	00:36.07	01:15.32	
	00:36.07	00:39.25	
	

Coach feedback:

Event number: 27: 50M FREESTYLE WOMEN 13-14		Heat:1, starttime: 12:00	
Heat: 1/12 Lane : 3 Athlete: KUSHNIR MILANA		Q-time: 00:40:20	
PB (50m pool): 00:35.65 Mol 28/06/2026		PB (25m pool): no time SB: 00:35.65 Mol 28/06/2026	
	50 M		
PB	00:35.65		
	00:35.65		
		

Coach feedback:

ZC 2026: Session: 3: COACH evaluation sheet for TEAM: BRABO

Event number: 27: 50M FREESTYLE WOMEN 13-14		Heat:2, starttime: 12:01
Heat: 2/12 Lane : 6 Athlete: CAUTAERT-KNUTSSON LISA		Q-time: 00:38:67
PB (50m pool): 00:38.99 Wezenberg 01/02/2026		PB (25m pool): 00:38.67 SB: 00:38.99 Wezenberg 01/02/2026
	5 0 M	
PB	00:38.99	
	00:38.99	
	

Coach feedback:

Event number: 27: 50M FREESTYLE WOMEN 13-14		Heat:4, starttime: 12:03
Heat: 4/12 Lane : 5 Athlete: CORNELIS MARJOLEIN		Q-time: 00:35:27
PB (50m pool): 00:35.27 Antwerpen 15/03/2026		PB (25m pool): 00:35.98 SB: 00:35.27 Antwerpen 15/03/2026
	5 0 M	
PB	00:35.27	
	00:35.27	
	

Coach feedback:

Event number: 27: 50M FREESTYLE WOMEN 13-14		Heat:8, starttime: 12:08
Heat: 8/12 Lane : 1 Athlete: GORIS ZITA		Q-time: 00:33:39
PB (50m pool): 00:33.39 Antwerpen 15/03/2026		PB (25m pool): 00:33.66 SB: 00:33.39 Antwerpen 15/03/2026
	5 0 M	
PB	00:33.39	
	00:33.39	
	

Coach feedback:

Event number: 27: 50M FREESTYLE WOMEN 13-14		Heat:8, starttime: 12:08
Heat: 8/12 Lane : 5 Athlete: SZABO NORA		Q-time: 00:33:13
PB (50m pool): 00:33.13 Zwembad Brigitte Becue 26/04/2026		PB (25m pool): no time SB: 00:33.13 Zwembad Brigitte Becue 26/04/2026
	5 0 M	
PB	00:33.13	
	00:33.13	
	

Coach feedback:

ZC 2026: Session: 3: COACH evaluation sheet for TEAM: BRABO

Event number: 28: 100M BUTTERFLY MEN 15+		Heat:9, starttime: 12:28	
Heat: 9/10 Lane : 1 Athlete: DA SILVA CAMARATE SHAWN		Q-time: 01:08:25	
PB (50m pool): 01:08.25 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 01:09.01 SB: 01:08.25 Zwembad Brigitte Becue 26/04/2026			
	5 0 M	1 0 0 M	
PB	00:30.98	01:08.25	
	00:30.98	00:37.27	
	

Coach feedback:

Event number: 28: 100M BUTTERFLY MEN 15+		Heat:9, starttime: 12:28	
Heat: 9/10 Lane : 4 Athlete: ROOSEN THOMAS		Q-time: 01:06:38	
PB (50m pool): 01:11.86 Antwerpen 15/03/2026 PB (25m pool): 01:06.38 SB: 01:11.86 Antwerpen 15/03/2026			
	5 0 M	1 0 0 M	
PB	00:32.32	01:11.86	
	00:32.32	00:39.54	
	

Coach feedback: