

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

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

Coaches: Slabbaert Ann HEADCOACH

Coaches: Uyttersprot Katrien

PB => Personal Best time

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

Event number: 19: 100M BACKSTROKE MEN 11-12 **Heat:6, starttime: 08:44**

Heat: 6/10 Lane : 7 Athlete: JACQUEMYS LEWIS **Q-time: 01:32:26**

PB (50m pool): 01:39.41 Lago Gent Rozebroeken 03/05/2026 **PB (25m pool): 01:32.26 SB: 01:39.41** Lago Gent Rozebroeken 03/05/2026

	50 M	100 M	
PB	00:47.34	01:39.41	
	<i>00:47.34</i>	<i>00:52.07</i>	
	

Coach feedback:

Event number: 21: 200M FREESTYLE WOMEN 13-14 **Heat:9, starttime: 09:33**

Heat: 9/14 Lane : 1 Athlete: TRONCKOE BENTE **Q-time: 02:42:53**

PB (50m pool): 02:54.34 Gent 08/02/2026 **PB (25m pool): 02:42.53 SB: 02:54.34** Gent 08/02/2026

	50 M	100 M	150 M	200 M	
PB	no time	01:24.00	no time	02:54.34	
	<i>no time</i>				
	

Coach feedback:

Event number: 21: 200M FREESTYLE WOMEN 13-14 **Heat:10, starttime: 09:36**

Heat: 10/14 Lane : 5 Athlete: VERMEIR JOSEFIEN **Q-time: 02:39:87**

PB (50m pool): 02:52.96 Antwerpen 13/07/2025 **PB (25m pool): 02:39.87 SB: no time**

	50 M	100 M	150 M	200 M	
PB	00:39.26	01:24.22	02:09.54	02:52.96	
	<i>00:39.26</i>	<i>00:44.96</i>	<i>00:45.32</i>	<i>00:43.42</i>	
	

Coach feedback:

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Event number: 21: 200M FREESTYLE WOMEN 13-14 **Heat:11, starttime: 09:39**

Heat: 11/14 Lane : 6 Athlete: DE WILDE HANNE **Q-time: 02:38:39**

PB (50m pool): 02:46.93 Molenbeek 01/02/2026 **PB (25m pool): 02:38.39 SB: 02:46.93 Molenbeek 01/02/2026**

	50 M	100 M	150 M	200 M	
PB	no time	01:22.82	no time	02:46.93	
	<i>no time</i>				
	

Coach feedback:

Event number: 21: 200M FREESTYLE WOMEN 13-14 **Heat:13, starttime: 09:45**

Heat: 13/14 Lane : 8 Athlete: VERMOESEN ESTÉE **Q-time: 02:35:32**

PB (50m pool): 02:42.54 Antwerpen 13/07/2025 **PB (25m pool): 02:35.32 SB: 02:45.74 Seraing 25/01/2026**

	50 M	100 M	150 M	200 M	
PB	00:38.42	01:21.04	02:04.16	02:42.54	
	<i>00:38.42</i>	<i>00:42.62</i>	<i>00:43.12</i>	<i>00:38.38</i>	
	

Coach feedback:

Event number: 22: 50M FREESTYLE MEN 15+ **Heat:2, starttime: 09:53**

Heat: 2/15 Lane : 1 Athlete: VERHASSELT LARS **Q-time: 00:31:75**

PB (50m pool): 00:32.83 Wezenberg 03/01/2026 **PB (25m pool): 00:31.75 SB: 00:32.83 Wezenberg 03/01/2026**

	50 M	
PB	00:32.83	
	<i>00:32.83</i>	
	

Coach feedback:

Event number: 22: 50M FREESTYLE MEN 15+ **Heat:11, starttime: 10:02**

Heat: 11/15 Lane : 2 Athlete: DELCOIGNE NATHAN **Q-time: 00:27:97**

PB (50m pool): 00:29.96 Antwerpen 13/07/2025 **PB (25m pool): 00:27.97 SB: no time**

	50 M	
PB	00:29.96	
	<i>00:29.96</i>	
	

Coach feedback:

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Event number: 23: 100M FREESTYLE WOMEN 11-12			Heat:5, starttime: 10:16		
Heat: 5/12 Lane : 8 Athlete: DE PRATER ELINE			Q-time: 01:27:20		
PB (50m pool): 01:27.20 Antwerpen 15/03/2026			PB (25m pool): 01:31.78 SB: 01:27.20 Antwerpen 15/03/2026		
	5 0 M	1 0 0 M			
PB	00:42.15	01:27.20			
	<i>00:42.15</i>	<i>00:45.05</i>			
			

Coach feedback:

Event number: 24: 100M BREASTSTROKE MEN 11-12			Heat:4, starttime: 10:39		
Heat: 4/11 Lane : 8 Athlete: JACQUEMYS LEWIS			Q-time: 01:54:54		
PB (50m pool): 01:47.30 Mol 28/06/2026			PB (25m pool): 01:54.54 SB: 01:47.30 Mol 28/06/2026		
	5 0 M	1 0 0 M			
PB	00:52.08	01:47.30			
	<i>00:52.08</i>	<i>00:55.22</i>			
			

Coach feedback:

Event number: 25: 200M FREESTYLE WOMEN 15+				Heat:5, starttime: 11:11	
Heat: 5/12 Lane : 3 Athlete: DE PRATER JUNO				Q-time: 02:33:90	
PB (50m pool): 02:35.62 Aalst 20/12/2025				PB (25m pool): 02:33.90 SB: 02:35.62 Aalst 20/12/2025	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:35.13	01:14.42	01:55.02	02:35.62	
	<i>00:35.13</i>	<i>00:39.29</i>	<i>00:40.60</i>	<i>00:40.60</i>	
	

Coach feedback:

Event number: 25: 200M FREESTYLE WOMEN 15+				Heat:10, starttime: 11:26	
Heat: 10/12 Lane : 3 Athlete: NSUBUGA SOFIA				Q-time: 02:25:38	
PB (50m pool): 02:28.71 Antwerpen 19/04/2026				PB (25m pool): 02:25.38 SB: 02:28.71 Antwerpen 19/04/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.18	01:10.91	01:50.41	02:28.71	
	<i>00:33.18</i>	<i>00:37.73</i>	<i>00:39.50</i>	<i>00:38.30</i>	
	

Coach feedback:

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Event number: 26: 100M BACKSTROKE MEN 13-14		Heat:6, starttime: 11:48	
Heat: 6/10 Lane : 3 Athlete: VANDEPITTE KYAN		Q-time: 01:22:78	
PB (50m pool): 01:26.46 Zwembad Brigitte Becue 26/04/2026		PB (25m pool): 01:22.78 SB: 01:26.46 Zwembad Brigitte Becue 26/04/2026	
	5 0 M	1 0 0 M	
PB	00:42.21	01:26.46	
	<i>00:42.21</i>	<i>00:44.25</i>	
	

Coach feedback:

Event number: 26: 100M BACKSTROKE MEN 13-14		Heat:7, starttime: 11:50	
Heat: 7/10 Lane : 1 Athlete: CLAES TIEBE		Q-time: 01:22:43	
PB (50m pool): 01:22.50 Molenbeek 01/02/2026		PB (25m pool): 01:22.43 SB: 01:22.50 Molenbeek 01/02/2026	
	5 0 M	1 0 0 M	
PB	no time	01:22.50	
	<i>no time</i>		
	

Coach feedback:

Event number: 27: 50M FREESTYLE WOMEN 13-14		Heat:11, starttime: 12:11	
Heat: 11/12 Lane : 5 Athlete: TRONCKOE BENTE		Q-time: 00:32:00	
PB (50m pool): 00:33.19 Antwerpen 15/03/2026		PB (25m pool): 00:32.00 SB: 00:33.19 Antwerpen 15/03/2026	
	5 0 M		
PB	00:33.19		
	<i>00:33.19</i>		
		

Coach feedback:

Event number: 27: 50M FREESTYLE WOMEN 13-14		Heat:11, starttime: 12:11	
Heat: 11/12 Lane : 7 Athlete: DE WILDE HANNE		Q-time: 00:32:22	
PB (50m pool): 00:35.63 Molenbeek 01/02/2026		PB (25m pool): 00:32.22 SB: 00:35.63 Molenbeek 01/02/2026	
	5 0 M		
PB	00:35.63		
	<i>00:35.63</i>		
		

Coach feedback:

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

Event number: 28: 100M BUTTERFLY MEN 15+		Heat:5, starttime: 12:21	
Heat: 5/10 Lane : 6 Athlete: VERHASSELT LARS		Q-time: 01:14:75	
PB (50m pool): 01:24.87 Antwerpen 13/07/2025		PB (25m pool): 01:14.75 SB: no time	
	50 M	100 M	
PB	00:40.24	01:24.87	
	<i>00:40.24</i>	<i>00:44.63</i>	
	

Coach feedback:

Event number: 28: 100M BUTTERFLY MEN 15+		Heat:9, starttime: 12:28	
Heat: 9/10 Lane : 2 Athlete: TRONCKOE KOBE		Q-time: 01:07:61	
PB (50m pool): 01:09.86 Antwerpen 19/04/2026		PB (25m pool): 01:07.61 SB: 01:09.86 Antwerpen 19/04/2026	
	50 M	100 M	
PB	00:32.13	01:09.86	
	<i>00:32.13</i>	<i>00:37.73</i>	
	

Coach feedback: