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

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

Coaches: Claessens Eline

Coaches: Van Hecke Maxim

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

Event number: 19: 100M BACKSTROKE MEN 11-12 — Heat:8, starttime: 08:49

Heat: 8/10 Lane : 2 Athlete: CLEYNENS STAF — **Q-time: 01:27:85**

PB (50m pool): 01:27.85 Lago Gent Rozebroeken 03/05/2026 PB (25m pool): 01:27.78 **SB:** 01:27.85 Lago Gent Rozebroeken 03/05/2026

	50M	100M
PB	00:44.50	01:27.85
	00:44.50	*00:43.35*
	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 21: 200M FREESTYLE WOMEN 13-14 — Heat:3, starttime: 09:12

Heat: 3/14 Lane : 4 Athlete: CEULEMANS AMINA — **Q-time: 02:58:78**

PB (50m pool): no time **PB (25m pool):** 02:58.78 **SB:** no time

	50M	100M	150M	200M
PB	no time	no time	no time	no time
	no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 21: 200M FREESTYLE WOMEN 13-14 — Heat:7, starttime: 09:26

Heat: 7/14 Lane : 7 Athlete: HOFMAN LILY — **Q-time: 02:46:52**

PB (50m pool): 02:46.52 Antwerpen 13/07/2025 PB (25m pool): 02:42.28 **SB:** 02:48.56 Gent 08/02/2026

	50M	100M	150M	200M
PB	00:38.06	01:21.54	02:06.23	02:46.52
	00:38.06	*00:43.48*	*00:44.69*	*00:40.29*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

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

Heat: 9/14 Lane : 2 Athlete: HOFMAN ROSE — **Q-time: 02:42:27**

PB (50m pool): 02:42.27 Antwerpen 13/07/2025 **PB (25m pool):** 02:36.06 **SB:** no time

	50M	100M	150M	200M
PB	00:37.67	01:19.10	02:01.89	02:42.27
	00:37.67	*00:41.43*	*00:42.79*	*00:40.38*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 24: 100M BREASTSTROKE MEN 11-12 — Heat:7, starttime: 10:46

Heat: 7/11 Lane : 2 Athlete: CLEYNENS STAF — **Q-time: 01:47:15**

PB (50m pool): 01:47.15 Antwerpen 15/03/2026 **PB (25m pool):** 01:48.48 **SB:** 01:47.15 Antwerpen 15/03/2026

	50M	100M
PB	00:52.86	01:47.15
	00:52.86	*00:54.29*
	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 25: 200M FREESTYLE WOMEN 15+ — Heat:2, starttime: 11:01

Heat: 2/12 Lane : 2 Athlete: VAN HAUWERMEIREN EMMA — **Q-time: 02:44:05**

PB (50m pool): 02:44.05 Gent 08/02/2026 **PB (25m pool):** 02:39.91 **SB:** 02:44.05 Gent 08/02/2026

	50M	100M	150M	200M
PB	no time	01:18.04	no time	02:44.05
	no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 25: 200M FREESTYLE WOMEN 15+ — Heat:3, starttime: 11:04

Heat: 3/12 Lane : 5 Athlete: SMET ALINE — **Q-time: 02:36:84**

PB (50m pool): 02:36.84 Gent 08/02/2026 **PB (25m pool):** 02:34.39 **SB:** 02:36.84 Gent 08/02/2026

	50M	100M	150M	200M
PB	no time	01:15.94	no time	02:36.84
	no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Event number: 25: 200M FREESTYLE WOMEN 15+ — **Heat:5, starttime: 11:11**

Heat: 5/12 Lane : 7 Athlete: VAN BIESEN ELLA — **Q-time: 02:34:90**

PB (50m pool): 02:34.90 Aalst 26/04/2026 **PB (25m pool):** 02:32.98 **SB:** 02:34.90 Aalst 26/04/2026

	50M	100M	150M	200M
PB	00:35.90	01:15.08	01:55.75	02:34.90
	00:35.90	*00:39.18*	*00:40.67*	*00:39.15*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 25: 200M FREESTYLE WOMEN 15+ — **Heat:8, starttime: 11:20**

Heat: 8/12 Lane : 3 Athlete: VANDEN BERGHE YANA — **Q-time: 02:28:72**

PB (50m pool): 02:28.72 Gent 08/02/2026 **PB (25m pool):** 02:29.30 **SB:** 02:28.72 Gent 08/02/2026

	50M	100M	150M	200M
PB	no time	01:11.43	no time	02:28.72
	no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 27: 50M FREESTYLE WOMEN 13-14 — **Heat:9, starttime: 12:09**

Heat: 9/12 Lane : 1 Athlete: HOFMAN ROSE — **Q-time: 00:33:00**

PB (50m pool): 00:33.00 LOCHRISTI 25/01/2026 **PB (25m pool):** 00:33.20 **SB:** 00:33.00 LOCHRISTI 25/01/2026

	50M
PB	00:33.00
	00:33.00
	. . : . . : . .

Coach feedback: