

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

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

Coaches: Slos Robbie

Coaches: De Waele Lente

Coaches: Huberty Maren

Coaches: De Backer Bart

Coaches: De Noble Chloë

Coaches: De Noble Naomi

Coaches: Van Heghe Margot

Coaches: Cools Sandra HEADCOACH

Coaches: Mathys Jana

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 : 3 Athlete: ACKE MANU** **Q-time: 01:27:71**

**PB (50m pool): 01:27.71** Lago Gent Rozebroeken 03/05/2026 **PB (25m pool): 01:28.59** **SB: 01:27.71** Lago Gent Rozebroeken 03/05/2026

	<b>50 M</b>	<b>100 M</b>	
<b>PB</b>	00:43.51	01:27.71	
	00:43.51	00:44.20	
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Coach feedback:

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

**Heat: 8/10 Lane : 6 Athlete: COESSENS KOBE** **Q-time: 01:27:77**

**PB (50m pool): 01:29.03** Antwerpen 15/03/2026 **PB (25m pool): 01:27.77** **SB: 01:29.03** Antwerpen 15/03/2026

	<b>50 M</b>	<b>100 M</b>	
<b>PB</b>	00:43.84	01:29.03	
	00:43.84	00:45.19	
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Coach feedback:

**Event number: 19: 100M BACKSTROKE MEN 11-12** **Heat:9, starttime: 08:51**

**Heat: 9/10 Lane : 2 Athlete: VERMEIR CAS** **Q-time: 01:26:04**

**PB (50m pool): 01:31.37** Antwerpen 15/03/2026 **PB (25m pool): 01:26.04** **SB: 01:31.37** Antwerpen 15/03/2026

	<b>50 M</b>	<b>100 M</b>	
<b>PB</b>	00:44.52	01:31.37	
	00:44.52	00:46.85	
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Coach feedback:

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<b>Event number: 19: 100M BACKSTROKE MEN 11-12</b>			<b>Heat:9, starttime: 08:51</b>		
<b>Heat: 9/10 Lane : 3 Athlete: VEYS ARTHUR</b>			<b>Q-time: 01:25:95</b>		
PB (50m pool): 01:32.57 Antwerpen 15/03/2026			PB (25m pool): 01:25.95 SB: 01:32.57 Antwerpen 15/03/2026		
	<b>5 0 M</b>	<b>1 0 0 M</b>			
PB	00:44.71	01:32.57			
	<i>00:44.71</i>	<i>00:47.86</i>			
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Coach feedback:

<b>Event number: 20: 50M BREASTSTROKE MEN 13-14</b>			<b>Heat:6, starttime: 09:03</b>		
<b>Heat: 6/6 Lane : 3 Athlete: GERRITSEN BRUNO</b>			<b>Q-time: 00:38:41</b>		
PB (50m pool): 00:38.41 Gent 08/02/2026			PB (25m pool): 00:42.56 SB: 00:38.41 Gent 08/02/2026		
	<b>5 0 M</b>				
PB	00:38.41				
	<i>00:38.41</i>				
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Coach feedback:

<b>Event number: 21: 200M FREESTYLE WOMEN 13-14</b>					<b>Heat:5, starttime: 09:19</b>
<b>Heat: 5/14 Lane : 8 Athlete: DEPESTELE GITTE</b>					<b>Q-time: 02:51:61</b>
PB (50m pool): 02:54.72 Lago Gent Rozebroeken 03/05/2026			PB (25m pool): 02:51.61 SB: 02:54.72 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	00:37.82	01:23.69	02:11.20	02:54.72	
	<i>00:37.82</i>	<i>00:45.87</i>	<i>00:47.51</i>	<i>00:43.52</i>	
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Coach feedback:

<b>Event number: 21: 200M FREESTYLE WOMEN 13-14</b>					<b>Heat:12, starttime: 09:42</b>
<b>Heat: 12/14 Lane : 1 Athlete: VERBERT KAAT</b>					<b>Q-time: 02:36:80</b>
PB (50m pool): 02:36.80 Lago Gent Rozebroeken 03/05/2026			PB (25m pool): 02:39.49 SB: 02:36.80 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	00:35.66	01:16.54	01:57.88	02:36.80	
	<i>00:35.66</i>	<i>00:40.88</i>	<i>00:41.34</i>	<i>00:38.92</i>	
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Coach feedback:

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<b>Event number: 21: 200M FREESTYLE WOMEN 13-14</b>				<b>Heat:12, starttime: 09:42</b>	
<b>Heat: 12/14 Lane : 5 Athlete: RUTTEN LEONIE</b>				<b>Q-time: 02:35:72</b>	
PB (50m pool): 02:35.72 Sportoase De Watermolen 24/05/2026 PB (25m pool): 02:38.93 SB: 02:35.72 Sportoase De Watermolen 24/05/2026					
	<b>5 0 M</b>	<b>1 0 0 M</b>	<b>1 5 0 M</b>	<b>2 0 0 M</b>	
PB	00:35.53	01:14.57	01:55.81	02:35.72	
	00:35.53	00:39.04	00:41.24	00:39.91	
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Coach feedback:

<b>Event number: 21: 200M FREESTYLE WOMEN 13-14</b>				<b>Heat:13, starttime: 09:45</b>	
<b>Heat: 13/14 Lane : 1 Athlete: VAN LOO HANNAH</b>				<b>Q-time: 02:35:22</b>	
PB (50m pool): 02:35.22 Lago Gent Rozebroeken 03/05/2026 PB (25m pool): 02:39.24 SB: 02:35.22 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	00:35.66	01:15.95	01:56.22	02:35.22	
	00:35.66	00:40.29	00:40.27	00:39.00	
	.....	.....	.....	.....	

Coach feedback:

<b>Event number: 22: 50M FREESTYLE MEN 15+</b>		<b>Heat:1, starttime: 09:52</b>	
<b>Heat: 1/15 Lane : 1 Athlete: STEVENS GERBEN</b>		<b>Q-time: 00:32:78</b>	
PB (50m pool): 00:34.20 Aalst 11/05/2025 PB (25m pool): 00:32.78 SB: no time			
	<b>5 0 M</b>		
PB	00:34.20		
	00:34.20		
	.....		

Coach feedback:

<b>Event number: 22: 50M FREESTYLE MEN 15+</b>		<b>Heat:1, starttime: 09:52</b>	
<b>Heat: 1/15 Lane : 6 Athlete: DE CRAENE THIBE</b>		<b>Q-time: 00:32:67</b>	
PB (50m pool): 00:33.01 Gent 08/02/2026 PB (25m pool): 00:32.67 SB: 00:33.01 Gent 08/02/2026			
	<b>5 0 M</b>		
PB	00:33.01		
	00:33.01		
	.....		

Coach feedback:

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<b>Event number: 22: 50M FREESTYLE MEN 15+</b>		<b>Heat:2, starttime: 09:53</b>
<b>Heat: 2/15 Lane : 5 Athlete: MINNOYE TIEBE</b>		<b>Q-time: 00:31:17</b>
PB (50m pool): 00:33.75 Aalst 28/04/2024		PB (25m pool): 00:31.17 SB: no time
	<b>50 M</b>	
PB	00:33.75	
	00:33.75	
	.....	

Coach feedback:

<b>Event number: 22: 50M FREESTYLE MEN 15+</b>		<b>Heat:2, starttime: 09:53</b>
<b>Heat: 2/15 Lane : 6 Athlete: TRIEST LOUIS</b>		<b>Q-time: 00:31:27</b>
PB (50m pool): 00:32.06 LOCHRISTI 25/01/2026		PB (25m pool): 00:31.27 SB: 00:32.06 LOCHRISTI 25/01/2026
	<b>50 M</b>	
PB	00:32.06	
	00:32.06	
	.....	

Coach feedback:

<b>Event number: 22: 50M FREESTYLE MEN 15+</b>		<b>Heat:2, starttime: 09:53</b>
<b>Heat: 2/15 Lane : 8 Athlete: MARGUTTI MAURO</b>		<b>Q-time: 00:32:41</b>
PB (50m pool): no time		PB (25m pool): 00:32.41 SB: no time
	<b>50 M</b>	
PB	no time	
	no time	
	.....	

Coach feedback:

<b>Event number: 22: 50M FREESTYLE MEN 15+</b>		<b>Heat:3, starttime: 09:54</b>
<b>Heat: 3/15 Lane : 1 Athlete: VAN LOO MATHIAS</b>		<b>Q-time: 00:30:74</b>
PB (50m pool): 00:30.74 LOCHRISTI 25/01/2026		PB (25m pool): 00:31.29 SB: 00:30.74 LOCHRISTI 25/01/2026
	<b>50 M</b>	
PB	00:30.74	
	00:30.74	
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Coach feedback:

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

<b>Event number: 22: 50M FREESTYLE MEN 15+</b>		<b>Heat:4, starttime: 09:55</b>
<b>Heat: 4/15 Lane : 7 Athlete: DE PAUW JULES</b>		<b>Q-time: 00:30:24</b>
PB (50m pool): 00:31.07 Sportoase De Watermolen 29/03/2026 PB (25m pool): 00:30.24 SB: 00:31.07 Sportoase De Watermolen 29/03/2026		
	<b>5 0 M</b>	
PB	00:31.07	
	<i>00:31.07</i>	
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Coach feedback:

<b>Event number: 22: 50M FREESTYLE MEN 15+</b>		<b>Heat:8, starttime: 09:59</b>
<b>Heat: 8/15 Lane : 8 Athlete: CASTEUR ALEXANDER</b>		<b>Q-time: 00:28:86</b>
PB (50m pool): 00:28.86 Sportoase De Watermolen 24/05/2026 PB (25m pool): 00:28.93 SB: 00:28.86 Sportoase De Watermolen 24/05/2026		
	<b>5 0 M</b>	
PB	00:28.86	
	<i>00:28.86</i>	
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Coach feedback:

<b>Event number: 22: 50M FREESTYLE MEN 15+</b>		<b>Heat:12, starttime: 10:03</b>
<b>Heat: 12/15 Lane : 2 Athlete: EL GHAZALI ADAM</b>		<b>Q-time: 00:27:72</b>
PB (50m pool): 00:28.11 Antwerpen 15/03/2026 PB (25m pool): 00:27.72 SB: 00:28.11 Antwerpen 15/03/2026		
	<b>5 0 M</b>	
PB	00:28.11	
	<i>00:28.11</i>	
	. . . . .	

Coach feedback:

<b>Event number: 22: 50M FREESTYLE MEN 15+</b>		<b>Heat:13, starttime: 10:04</b>
<b>Heat: 13/15 Lane : 6 Athlete: DEGRANDE LARS</b>		<b>Q-time: 00:27:24</b>
PB (50m pool): 00:27.61 Gent 08/02/2026 PB (25m pool): 00:27.24 SB: 00:27.61 Gent 08/02/2026		
	<b>5 0 M</b>	
PB	00:27.61	
	<i>00:27.61</i>	
	. . . . .	

Coach feedback:

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

<b>Event number: 23: 100M FREESTYLE WOMEN 11-12</b>		<b>Heat:5, starttime: 10:16</b>	
<b>Heat: 5/12 Lane : 4 Athlete: HERREGODS INE</b>		<b>Q-time: 01:24:44</b>	
PB (50m pool): 01:27.62 Olympic Pool Wezenberg, Antwer 29/03/2026 PB (25m pool): 01:24.44 SB: 01:27.62 Olympic Pool Wezenberg, Antwer 29/03/2026			
	<b>5 0 M</b>	<b>1 0 0 M</b>	
PB	00:41.79	01:27.62	
	00:41.79	00:45.83	
	.....	.....	

Coach feedback:

<b>Event number: 23: 100M FREESTYLE WOMEN 11-12</b>		<b>Heat:6, starttime: 10:18</b>	
<b>Heat: 6/12 Lane : 4 Athlete: BAEYENS EMKE</b>		<b>Q-time: 01:22:94</b>	
PB (50m pool): 01:22.94 Lago Gent Rozebroeken 03/05/2026 PB (25m pool): 01:29.77 SB: 01:22.94 Lago Gent Rozebroeken 03/05/2026			
	<b>5 0 M</b>	<b>1 0 0 M</b>	
PB	00:39.80	01:22.94	
	00:39.80	00:43.14	
	.....	.....	

Coach feedback:

<b>Event number: 23: 100M FREESTYLE WOMEN 11-12</b>		<b>Heat:7, starttime: 10:19</b>	
<b>Heat: 7/12 Lane : 8 Athlete: VAN LAETHEM ALEXIS</b>		<b>Q-time: 01:22:92</b>	
PB (50m pool): 01:25.84 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 01:22.92 SB: 01:25.84 Zwembad Brigitte Becue 26/04/2026			
	<b>5 0 M</b>	<b>1 0 0 M</b>	
PB	00:40.25	01:25.84	
	00:40.25	00:45.59	
	.....	.....	

Coach feedback:

<b>Event number: 23: 100M FREESTYLE WOMEN 11-12</b>		<b>Heat:10, starttime: 10:25</b>	
<b>Heat: 10/12 Lane : 2 Athlete: BRUNET MAXIME</b>		<b>Q-time: 01:18:38</b>	
PB (50m pool): 01:21.83 Lago Gent Rozebroeken 03/05/2026 PB (25m pool): 01:18.38 SB: 01:21.83 Lago Gent Rozebroeken 03/05/2026			
	<b>5 0 M</b>	<b>1 0 0 M</b>	
PB	00:40.22	01:21.83	
	00:40.22	00:41.61	
	.....	.....	

Coach feedback:

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

<b>Event number: 23: 100M FREESTYLE WOMEN 11-12</b>		<b>Heat:11, starttime: 10:27</b>	
<b>Heat: 11/12 Lane : 8 Athlete: VAN CAENEGEM FIEN</b>		<b>Q-time: 01:17:72</b>	
PB (50m pool): 01:17.72 Antwerpen 15/03/2026		PB (25m pool): 01:17.72 SB: 01:17.72 Antwerpen 15/03/2026	
	<b>50 M</b>	<b>100 M</b>	
PB	00:37.20	01:17.72	
	00:37.20	00:40.52	
	.....	.....	

Coach feedback:

<b>Event number: 24: 100M BREASTSTROKE MEN 11-12</b>		<b>Heat:6, starttime: 10:44</b>	
<b>Heat: 6/11 Lane : 7 Athlete: VERMEIR CAS</b>		<b>Q-time: 01:50:23</b>	
PB (50m pool): 01:54.14 Gent 08/02/2026		PB (25m pool): 01:50.23 SB: 01:54.14 Gent 08/02/2026	
	<b>50 M</b>	<b>100 M</b>	
PB	00:54.24	01:54.14	
	00:54.24	00:59.90	
	.....	.....	

Coach feedback:

<b>Event number: 24: 100M BREASTSTROKE MEN 11-12</b>		<b>Heat:8, starttime: 10:48</b>	
<b>Heat: 8/11 Lane : 5 Athlete: COESSENS KOBE</b>		<b>Q-time: 01:43:57</b>	
PB (50m pool): 01:49.83 Olympic Pool Wezenberg, Antwer 29/03/25		PB (25m pool): 01:43.57 SB: 01:49.83 Olympic Pool Wezenberg, Antwer 29/03/25	
	<b>50 M</b>	<b>100 M</b>	
PB	00:52.37	01:49.83	
	00:52.37	00:57.46	
	.....	.....	

Coach feedback:

<b>Event number: 24: 100M BREASTSTROKE MEN 11-12</b>		<b>Heat:11, starttime: 10:55</b>	
<b>Heat: 11/11 Lane : 3 Athlete: ACKE MANU</b>		<b>Q-time: 01:31:82</b>	
PB (50m pool): 01:36.67 Antwerpen 15/03/2026		PB (25m pool): 01:31.82 SB: 01:36.67 Antwerpen 15/03/2026	
	<b>50 M</b>	<b>100 M</b>	
PB	00:45.54	01:36.67	
	00:45.54	00:51.13	
	.....	.....	

Coach feedback:

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

**Event number: 24: 100M BREASTSTROKE MEN 11-12** Heat:11, starttime: 10:55

**Heat: 11/11 Lane : 7 Athlete: VEYS ARTHUR** Q-time: 01:36:07

**PB (50m pool): 01:39.34 Antwerpen 15/03/2026** **PB (25m pool): 01:36.07 SB: 01:39.34 Antwerpen 15/03/2026**

	50 M	100 M	
PB	00:47.98	01:39.34	
	00:47.98	00:51.36	
	.....	.....	

Coach feedback:

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

**Heat: 3/12 Lane : 1 Athlete: DE WEVER LAURA** Q-time: 02:38:75

**PB (50m pool): 02:45.77 Antwerpen 13/07/2025** **PB (25m pool): 02:38.75 SB: no time**

	50 M	100 M	150 M	200 M
PB	00:39.02	01:21.69	02:04.66	02:45.77
	00:39.02	00:42.67	00:42.97	00:41.11
	.....	.....	.....	.....

Coach feedback:

**Event number: 25: 200M FREESTYLE WOMEN 15+** Heat:4, starttime: 11:08

**Heat: 4/12 Lane : 7 Athlete: DE GRIEVE ONA** Q-time: 02:36:35

**PB (50m pool): 02:36.35 Lago Gent Rozebroeken 03/05/2026** **PB (25m pool): 02:38.75 SB: 02:36.35 Lago Gent Rozebroeken 03/05/2026**

	50 M	100 M	150 M	200 M
PB	00:34.92	01:15.02	01:56.23	02:36.35
	00:34.92	00:40.10	00:41.21	00:40.12
	.....	.....	.....	.....

Coach feedback:

**Event number: 25: 200M FREESTYLE WOMEN 15+** Heat:6, starttime: 11:14

**Heat: 6/12 Lane : 5 Athlete: VAN GHELUE RINSKE** Q-time: 02:31:24

**PB (50m pool): 02:31.24 Lago Gent Rozebroeken 03/05/2026** **PB (25m pool): 02:32.43 SB: 02:31.24 Lago Gent Rozebroeken 03/05/2026**

	50 M	100 M	150 M	200 M
PB	00:34.38	01:13.68	01:53.75	02:31.24
	00:34.38	00:39.30	00:40.07	00:37.49
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Coach feedback:

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<b>Event number: 25: 200M FREESTYLE WOMEN 15+</b>				<b>Heat:6, starttime: 11:14</b>	
<b>Heat: 6/12 Lane : 6 Athlete: MINNOYE YAANA</b>				<b>Q-time: 02:31:81</b>	
PB (50m pool): 02:34.35 Lago Gent Rozebroeken 05/05/2024 PB (25m pool): 02:31.81 SB: 02:38.33 Lago Gent Rozebroeken 03/05/2026					
	<b>50 M</b>	<b>100 M</b>	<b>150 M</b>	<b>200 M</b>	
PB	no time	no time	no time	02:34.35	
	<i>no time</i>				
	.....	.....	.....	.....	

Coach feedback:

<b>Event number: 25: 200M FREESTYLE WOMEN 15+</b>				<b>Heat:9, starttime: 11:23</b>	
<b>Heat: 9/12 Lane : 8 Athlete: VAN BRABANDT MILA</b>				<b>Q-time: 02:28:04</b>	
PB (50m pool): 02:28.04 Lago Gent Rozebroeken 03/05/2026 PB (25m pool): 02:32.89 SB: 02:28.04 Lago Gent Rozebroeken 03/05/2026					
	<b>50 M</b>	<b>100 M</b>	<b>150 M</b>	<b>200 M</b>	
PB	00:33.58	01:12.44	01:51.60	02:28.04	
	<i>00:33.58</i>	<i>00:38.86</i>	<i>00:39.16</i>	<i>00:36.44</i>	
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Coach feedback:

<b>Event number: 26: 100M BACKSTROKE MEN 13-14</b>			<b>Heat:1, starttime: 11:35</b>		
<b>Heat: 1/10 Lane : 1 Athlete: DE CRAENE NATHEN</b>			<b>Q-time: 01:57:23</b>		
PB (50m pool): no time PB (25m pool): 01:57.23 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: 26: 100M BACKSTROKE MEN 13-14</b>			<b>Heat:4, starttime: 11:43</b>		
<b>Heat: 4/10 Lane : 4 Athlete: GERRITSEN BRUNO</b>			<b>Q-time: 01:25:50</b>		
PB (50m pool): 01:25.50 Lago Gent Rozebroeken 03/05/2026 PB (25m pool): 01:26.86 SB: 01:25.50 Lago Gent Rozebroeken 03/05/2026					
	<b>50 M</b>	<b>100 M</b>			
PB	00:41.68	01:25.50			
	<i>00:41.68</i>	<i>00:43.82</i>			
	.....	.....			

Coach feedback:

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

<b>Event number: 27: 50M FREESTYLE WOMEN 13-14</b>		<b>Heat:6, starttime: 12:05</b>
<b>Heat: 6/12 Lane : 1 Athlete: GALMART HAYLEY</b>		<b>Q-time: 00:33:95</b>
PB (50m pool): 00:33.95 Antwerpen 15/03/2026		PB (25m pool): 00:34.61 SB: 00:33.95 Antwerpen 15/03/2026
	<b>5 0 M</b>	
PB	00:33.95	
	00:33.95	
	.....	

Coach feedback:

<b>Event number: 27: 50M FREESTYLE WOMEN 13-14</b>		<b>Heat:7, starttime: 12:06</b>
<b>Heat: 7/12 Lane : 5 Athlete: DEPESTELE GITTE</b>		<b>Q-time: 00:33:50</b>
PB (50m pool): 00:33.50 Gent 08/02/2026		PB (25m pool): no time SB: 00:33.50 Gent 08/02/2026
	<b>5 0 M</b>	
PB	00:33.50	
	00:33.50	
	.....	

Coach feedback:

<b>Event number: 27: 50M FREESTYLE WOMEN 13-14</b>		<b>Heat:8, starttime: 12:08</b>
<b>Heat: 8/12 Lane : 4 Athlete: VAN LOO HANNAH</b>		<b>Q-time: 00:33:12</b>
PB (50m pool): 00:33.12 Sportoase De Watermolen 24/05/2026		PB (25m pool): 00:34.07 SB: 00:33.12 Sportoase De Watermolen 24/05/2026
	<b>5 0 M</b>	
PB	00:33.12	
	00:33.12	
	.....	

Coach feedback:

<b>Event number: 27: 50M FREESTYLE WOMEN 13-14</b>		<b>Heat:10, starttime: 12:10</b>
<b>Heat: 10/12 Lane : 2 Athlete: DAEM HANNELISE</b>		<b>Q-time: 00:32:48</b>
PB (50m pool): 00:32.81 Gent 08/02/2026		PB (25m pool): 00:32.48 SB: 00:32.81 Gent 08/02/2026
	<b>5 0 M</b>	
PB	00:32.81	
	00:32.81	
	.....	

Coach feedback:

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

<b>Event number: 27: 50M FREESTYLE WOMEN 13-14</b>		<b>Heat:10, starttime: 12:10</b>
<b>Heat: 10/12 Lane : 8 Athlete: RUTTEN LEONIE</b>		<b>Q-time: 00:32:58</b>
PB (50m pool): 00:32.58 Gent 08/02/2026		PB (25m pool): 00:32.68 SB: 00:32.58 Gent 08/02/2026
	<b>50 M</b>	
PB	00:32.58	
	00:32.58	
	.....	

Coach feedback:

<b>Event number: 28: 100M BUTTERFLY MEN 15+</b>		<b>Heat:1, starttime: 12:13</b>
<b>Heat: 1/10 Lane : 4 Athlete: DE CRAENE THIBE</b>		<b>Q-time: 01:31:26</b>
PB (50m pool): 01:32.07 Gent 08/02/2026		PB (25m pool): 01:31.26 SB: 01:32.07 Gent 08/02/2026
	<b>50 M</b>	<b>100 M</b>
PB	00:40.70	01:32.07
	00:40.70	00:51.37
	.....	.....

Coach feedback:

<b>Event number: 28: 100M BUTTERFLY MEN 15+</b>		<b>Heat:2, starttime: 12:15</b>
<b>Heat: 2/10 Lane : 3 Athlete: VAN LOO MATHIAS</b>		<b>Q-time: 01:27:44</b>
PB (50m pool): 01:27.44 Lago Gent Rozebroeken 03/05/2026		PB (25m pool): 01:27.57 SB: 01:27.44 Lago Gent Rozebroeken 03/05/2026
	<b>50 M</b>	<b>100 M</b>
PB	00:37.98	01:27.44
	00:37.98	00:49.46
	.....	.....

Coach feedback:

<b>Event number: 28: 100M BUTTERFLY MEN 15+</b>		<b>Heat:2, starttime: 12:15</b>
<b>Heat: 2/10 Lane : 8 Athlete: DE PAUW JULES</b>		<b>Q-time: 01:30:18</b>
PB (50m pool): 01:30.18 Lago Gent Rozebroeken 03/05/2026		PB (25m pool): no time SB: 01:30.18 Lago Gent Rozebroeken 03/05/2026
	<b>50 M</b>	<b>100 M</b>
PB	00:40.80	01:30.18
	00:40.80	00:49.38
	.....	.....

Coach feedback:

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

<b>Event number: 28: 100M BUTTERFLY MEN 15+</b>		<b>Heat:5, starttime: 12:21</b>	
<b>Heat: 5/10 Lane : 3 Athlete: EL GHAZALI ADAM</b>		<b>Q-time: 01:13:90</b>	
PB (50m pool): 01:15.16 Lago Gent Rozebroeken 03/05/2026		PB (25m pool): 01:13.90 SB: 01:15.16 Lago Gent Rozebroeken 03/05/2026	
	<b>5 0 M</b>	<b>1 0 0 M</b>	
PB	00:34.02	01:15.16	
	00:34.02	00:41.14	
	.....	.....	

Coach feedback:

<b>Event number: 28: 100M BUTTERFLY MEN 15+</b>		<b>Heat:8, starttime: 12:26</b>	
<b>Heat: 8/10 Lane : 7 Athlete: DEGRANDE LARS</b>		<b>Q-time: 01:09:10</b>	
PB (50m pool): 01:12.50 Lago Gent Rozebroeken 03/05/2026		PB (25m pool): 01:09.10 SB: 01:12.50 Lago Gent Rozebroeken 03/05/2026	
	<b>5 0 M</b>	<b>1 0 0 M</b>	
PB	00:33.72	01:12.50	
	00:33.72	00:38.78	
	.....	.....	

Coach feedback:

<b>Event number: 28: 100M BUTTERFLY MEN 15+</b>		<b>Heat:9, starttime: 12:28</b>	
<b>Heat: 9/10 Lane : 7 Athlete: STEVENS JAAN</b>		<b>Q-time: 01:07:82</b>	
PB (50m pool): 01:09.38 Lago Gent Rozebroeken 03/05/2026		PB (25m pool): 01:07.82 SB: 01:09.38 Lago Gent Rozebroeken 03/05/2026	
	<b>5 0 M</b>	<b>1 0 0 M</b>	
PB	00:32.07	01:09.38	
	00:32.07	00:37.31	
	.....	.....	

Coach feedback:

<b>Event number: 28: 100M BUTTERFLY MEN 15+</b>		<b>Heat:10, starttime: 12:30</b>	
<b>Heat: 10/10 Lane : 7 Athlete: CASTEUR ALEXANDER</b>		<b>Q-time: 01:05:31</b>	
PB (50m pool): 01:06.29 Antwerpen 15/03/2026		PB (25m pool): 01:05.31 SB: 01:06.29 Antwerpen 15/03/2026	
	<b>5 0 M</b>	<b>1 0 0 M</b>	
PB	00:30.27	01:06.29	
	00:30.27	00:36.02	
	.....	.....	

Coach feedback: