

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

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

Coaches: De Backer Nele HEADCOACH

Coaches: De Backer Ruben

Coaches: Lesceu Philippe

PB => Personal Best time

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

<b>Event number: 22: 50M FREESTYLE MEN 15+</b>		<b>Heat:3, starttime: 09:54</b>
<b>Heat: 3/15 Lane : 3 Athlete: VANDENABEELE ARNAUT</b>		<b>Q-time: 00:30:51</b>
PB (50m pool): 00:31.88 Antwerpen 13/07/2025		PB (25m pool): 00:30.51 SB: no time
	<b>50 M</b>	
PB	00:31.88	
	00:31.88	
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Coach feedback:

<b>Event number: 22: 50M FREESTYLE MEN 15+</b>		<b>Heat:15, starttime: 10:06</b>
<b>Heat: 15/15 Lane : 8 Athlete: BOLLU LUCA</b>		<b>Q-time: 00:26:60</b>
PB (50m pool): 00:27.62 Antwerpen 15/03/2026		PB (25m pool): 00:26.60 SB: 00:27.62 Antwerpen 15/03/2026
	<b>50 M</b>	
PB	00:27.62	
	00:27.62	
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Coach feedback:

<b>Event number: 23: 100M FREESTYLE WOMEN 11-12</b>		<b>Heat:7, starttime: 10:19</b>
<b>Heat: 7/12 Lane : 7 Athlete: VANBELLINGEN VERMEERE LANI</b>		<b>Q-time: 01:22:64</b>
PB (50m pool): 01:24.24 Antwerpen 13/07/2025		PB (25m pool): 01:22.64 SB: 01:24.87 Seraing 25/01/2026
	<b>50 M</b>	<b>100 M</b>
PB	00:40.38	01:24.24
	00:40.38	00:43.86
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Coach feedback:

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<b>Event number: 23: 100M FREESTYLE WOMEN 11-12</b>			<b>Heat:9, starttime: 10:23</b>		
<b>Heat: 9/12 Lane : 4 Athlete: KEERSMAEKERS ELLA</b>				<b>Q-time: 01:19:50</b>	
PB (50m pool): no time			PB (25m pool): 01:18.20 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: 24: 100M BREASTSTROKE MEN 11-12</b>			<b>Heat:2, starttime: 10:34</b>		
<b>Heat: 2/11 Lane : 2 Athlete: LEDEGANCK SANDER</b>				<b>Q-time: 02:00:69</b>	
PB (50m pool): 02:00.69 Antwerpen 15/03/2026			PB (25m pool): 02:02.06 SB: 02:00.69 Antwerpen 15/03/2026		
	<b>5 0 M</b>	<b>1 0 0 M</b>			
PB	00:57.34	02:00.69			
	<i>00:57.34</i>	<i>01:03.35</i>			
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Coach feedback:

<b>Event number: 25: 200M FREESTYLE WOMEN 15+</b>				<b>Heat:6, starttime: 11:14</b>	
<b>Heat: 6/12 Lane : 1 Athlete: DESENDER HANNELORE</b>				<b>Q-time: 02:32:83</b>	
PB (50m pool): 02:34.22 Antwerpen 14/07/2024			PB (25m pool): 02:30.10 SB: 02:35.00 Charleroi 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	no time	no time	no time	02:34.22	
	<i>no time</i>				
	.....	.....	.....	.....	

Coach feedback:

<b>Event number: 25: 200M FREESTYLE WOMEN 15+</b>				<b>Heat:12, starttime: 11:32</b>	
<b>Heat: 12/12 Lane : 6 Athlete: ROELANT SISKI</b>				<b>Q-time: 02:19:86</b>	
PB (50m pool): 02:24.28 Charleroi 24/05/2026			PB (25m pool): 02:19.86 SB: 02:24.28 Charleroi 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	00:32.66	01:08.93	01:46.64	02:24.28	
	<i>00:32.66</i>	<i>00:36.27</i>	<i>00:37.71</i>	<i>00:37.64</i>	
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Coach feedback:

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<b>Event number: 26: 100M BACKSTROKE MEN 13-14</b>		<b>Heat:6, starttime: 11:48</b>	
<b>Heat: 6/10 Lane : 5 Athlete: BOLLU ADRIEN</b>		<b>Q-time: 01:22:75</b>	
PB (50m pool): 01:29.58 Antwerpen 13/07/2025		PB (25m pool): 01:22.75 SB: no time	
	<b>50 M</b>	<b>100 M</b>	
PB	00:43.93	01:29.58	
	<i>00:43.93</i>	<i>00:45.65</i>	
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Coach feedback:

<b>Event number: 28: 100M BUTTERFLY MEN 15+</b>		<b>Heat:9, starttime: 12:28</b>	
<b>Heat: 9/10 Lane : 5 Athlete: DAS JORAN</b>		<b>Q-time: 01:06:61</b>	
PB (50m pool): 01:08.67 Antwerp 04/02/2024		PB (25m pool): 01:06.61 SB: no time	
	<b>50 M</b>	<b>100 M</b>	
PB	no time	01:08.67	
	<i>no time</i>		
	.....	.....	

Coach feedback: