

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

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

Coaches: Segaert Wim HEADCOACH

PB => Personal Best time

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

Event number: 21: 200M FREESTYLE WOMEN 13-14 **Heat:2, starttime: 09:08**

Heat: 2/14 Lane : 2 Athlete: DERUYTER BOIE JULIA MARITH **Q-time: 03:11:75**

PB (50m pool): no time **PB (25m pool): 03:11.75 SB: no time**

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	no time	
	<i>no time</i>				
	

Coach feedback:

Event number: 21: 200M FREESTYLE WOMEN 13-14 **Heat:2, starttime: 09:08**

Heat: 2/14 Lane : 4 Athlete: DIEUSAERT LIESELOT **Q-time: 03:08:02**

PB (50m pool): no time **PB (25m pool): 03:08.02 SB: no time**

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	no time	
	<i>no time</i>				
	

Coach feedback:

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

Heat: 13/14 Lane : 7 Athlete: SEGAERT HANNE **Q-time: 02:35:19**

PB (50m pool): 02:47.27 Antwerpen 13/07/2025 **PB (25m pool): 02:35.19 SB: no time**

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:38.04	01:23.40	02:06.09	02:47.27	
	<i>00:38.04</i>	<i>00:45.36</i>	<i>00:42.69</i>	<i>00:41.18</i>	
	

Coach feedback:

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Event number: 22: 50M FREESTYLE MEN 15+		Heat:1, starttime: 09:52
Heat: 1/15 Lane : 4 Athlete: VICTOR ACHIEL		Q-time: 00:32:43
PB (50m pool): no time		PB (25m pool): no time SB: no time
	5 0 M	
PB	no time	
	<i>no time</i>	
	

Coach feedback:

Event number: 22: 50M FREESTYLE MEN 15+		Heat:7, starttime: 09:58
Heat: 7/15 Lane : 8 Athlete: VANSIELEGHEM JAYDEN		Q-time: 00:29:10
PB (50m pool): 00:29.10 Brugge 14/02/2026		PB (25m pool): 00:31.08 SB: 00:29.10 Brugge 14/02/2026
	5 0 M	
PB	00:29.10	
	<i>00:29.10</i>	
	

Coach feedback:

Event number: 22: 50M FREESTYLE MEN 15+		Heat:8, starttime: 09:59
Heat: 8/15 Lane : 2 Athlete: SEGAERT KOBE		Q-time: 00:28:80
PB (50m pool): 00:29.52 Zwembad Brigitte Becue 26/04/2026		PB (25m pool): 00:28.80 SB: 00:29.52 Zwembad Brigitte Becue 26/04/2026
	5 0 M	
PB	00:29.52	
	<i>00:29.52</i>	
	

Coach feedback:

Event number: 23: 100M FREESTYLE WOMEN 11-12		Heat:9, starttime: 10:23
Heat: 9/12 Lane : 5 Athlete: VANDEVIJVERE LORE		Q-time: 01:19:66
PB (50m pool): 01:19.66 Zwembad Brigitte Becue 26/04/2026		PB (25m pool): 01:24.07 SB: 01:19.66 Zwembad Brigitte Becue 26/04/2026
	5 0 M	1 0 0 M
PB	00:37.62	01:19.66
	<i>00:37.62</i>	<i>00:42.04</i>

Coach feedback:

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Event number: 25: 200M FREESTYLE WOMEN 15+				Heat:12, starttime: 11:32	
Heat: 12/12 Lane : 5 Athlete: VAN CAUWENBERGE CATHO				Q-time: 02:17:94	
PB (50m pool): 02:23.56 Seraing 24/03/2024			PB (25m pool): 02:17.94 SB: no time		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	02:23.56	
	<i>no time</i>				
	

Coach feedback:

Event number: 27: 50M FREESTYLE WOMEN 13-14				Heat:1, starttime: 12:00	
Heat: 1/12 Lane : 2 Athlete: DIEUSAERT LIESELOT				Q-time: 00:40:74	
PB (50m pool): 00:40.74 Zwembad Brigitte Becue 30/05/2025			PB (25m pool): 00:42.35 SB: 00:41.87 Zwembad Brigitte Becue 26/04/2026		
	5 0 M				
PB	00:40.74				
	<i>00:40.74</i>				
				

Coach feedback:

Event number: 27: 50M FREESTYLE WOMEN 13-14				Heat:3, starttime: 12:02	
Heat: 3/12 Lane : 7 Athlete: DERUYTER BOIE JULIA MARITH				Q-time: 00:38:19	
PB (50m pool): 00:38.19 Zwembad Brigitte Becue 30/05/2025			PB (25m pool): no time SB: no time		
	5 0 M				
PB	00:38.19				
	<i>00:38.19</i>				
				

Coach feedback:

Event number: 27: 50M FREESTYLE WOMEN 13-14				Heat:12, starttime: 12:12	
Heat: 12/12 Lane : 8 Athlete: SEGAERT HANNE				Q-time: 00:31:96	
PB (50m pool): 00:32.34 Zwembad Brigitte Becue 26/04/2026			PB (25m pool): 00:31.96 SB: 00:32.34 Zwembad Brigitte Becue 26/04/2026		
	5 0 M				
PB	00:32.34				
	<i>00:32.34</i>				
				

Coach feedback: