

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

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

Coaches: Vekeman Christophe

Coaches: Januarius Bart

Coaches: Silvestre Coralie HEADCOACH

Coaches: Leemans Mats

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 : 1 Athlete: JANUARIUS JULES		Q-time: 01:28:35
PB (50m pool): 01:32.57 Antwerpen 15/03/2026		PB (25m pool): 01:28.35 SB: 01:32.57 Antwerpen 15/03/2026
	<b>50 M</b>	<b>100 M</b>
PB	00:45.48	01:32.57
	00:45.48	00:47.09
	.....	.....

Coach feedback:

Event number: 19: 100M BACKSTROKE MEN 11-12		Heat:8, starttime: 08:49
Heat: 8/10 Lane : 4 Athlete: HAAN ALEXANDER		Q-time: 01:27:59
PB (50m pool): 01:27.80 Lago Gent Rozebroeken 03/05/2026		PB (25m pool): 01:27.59 SB: 01:27.80 Lago Gent Rozebroeken 03/05/2026
	<b>50 M</b>	<b>100 M</b>
PB	00:42.63	01:27.80
	00:42.63	00:45.17
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Coach feedback:

Event number: 20: 50M BREASTSTROKE MEN 13-14		Heat:2, starttime: 08:57
Heat: 2/6 Lane : 4 Athlete: PEETERS TIBO		Q-time: 00:47:53
PB (50m pool): 00:51.40 Gent 08/02/2026		PB (25m pool): 00:47.53 SB: 00:51.40 Gent 08/02/2026
	<b>50 M</b>	
PB	00:51.40	
	00:51.40	
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Coach feedback:

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<b>Event number: 20: 50M BREASTSTROKE MEN 13-14</b>		<b>Heat:5, starttime: 09:01</b>	
<b>Heat: 5/6 Lane : 3 Athlete: DOBBELEIRE NIELS</b>		<b>Q-time: 00:42:21</b>	
PB (50m pool): 00:42.21 Antwerpen 15/03/2026		PB (25m pool): 00:44.21 SB: 00:42.21 Antwerpen 15/03/2026	
	<b>50 M</b>		
PB	00:42.21		
	00:42.21		
	.....		

Coach feedback:

<b>Event number: 20: 50M BREASTSTROKE MEN 13-14</b>		<b>Heat:6, starttime: 09:03</b>	
<b>Heat: 6/6 Lane : 2 Athlete: BAS GASTON</b>		<b>Q-time: 00:40:38</b>	
PB (50m pool): no time		PB (25m pool): 00:40.38 SB: no time	
	<b>50 M</b>		
PB	no time		
	no time		
	.....		

Coach feedback:

<b>Event number: 21: 200M FREESTYLE WOMEN 13-14</b>				<b>Heat:3, starttime: 09:12</b>	
<b>Heat: 3/14 Lane : 1 Athlete: DOYEN LAURE</b>				<b>Q-time: 03:04:38</b>	
PB (50m pool): no time				PB (25m pool): 03:04.38 SB: no time	
	<b>50 M</b>	<b>100 M</b>	<b>150 M</b>	<b>200 M</b>	
PB	no time	no time	no time	no time	
	no time				
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Coach feedback:

<b>Event number: 22: 50M FREESTYLE MEN 15+</b>		<b>Heat:2, starttime: 09:53</b>	
<b>Heat: 2/15 Lane : 2 Athlete: PEETERS KOBE</b>		<b>Q-time: 00:31:50</b>	
PB (50m pool): 00:31.67 Molenbeek 01/02/2026		PB (25m pool): 00:31.50 SB: 00:31.67 Molenbeek 01/02/2026	
	<b>50 M</b>		
PB	00:31.67		
	00:31.67		
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Coach feedback:

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<b>Event number: 22: 50M FREESTYLE MEN 15+</b>		<b>Heat:7, starttime: 09:58</b>
<b>Heat: 7/15 Lane : 6 Athlete: VEKEMAN KWINTE</b>		<b>Q-time: 00:28:91</b>
PB (50m pool): 00:28.97 Molenbeek 01/02/2026		PB (25m pool): 00:28.91 SB: 00:28.97 Molenbeek 01/02/2026
	<b>5 0 M</b>	
PB	00:28.97	
	00:28.97	
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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 : 1 Athlete: VANHASSEL MATHIAS</b>		<b>Q-time: 00:26:60</b>
PB (50m pool): 00:27.13 Antwerp 04/02/2024		PB (25m pool): 00:26.60 SB: 00:27.45 Gent 08/02/2026
	<b>5 0 M</b>	
PB	00:27.13	
	00:27.13	
	.....	

Coach feedback:

<b>Event number: 22: 50M FREESTYLE MEN 15+</b>		<b>Heat:15, starttime: 10:06</b>
<b>Heat: 15/15 Lane : 3 Athlete: SMISMANS KAMIL</b>		<b>Q-time: 00:26:12</b>
PB (50m pool): 00:27.42 Aalst 26/04/2026		PB (25m pool): 00:26.12 SB: 00:27.42 Aalst 26/04/2026
	<b>5 0 M</b>	
PB	00:27.42	
	00:27.42	
	.....	

Coach feedback:

<b>Event number: 22: 50M FREESTYLE MEN 15+</b>		<b>Heat:15, starttime: 10:06</b>
<b>Heat: 15/15 Lane : 5 Athlete: BRYNAERT JONAS</b>		<b>Q-time: 00:26:07</b>
PB (50m pool): 00:26.56 Antwerpen 15/03/2026		PB (25m pool): 00:26.07 SB: 00:26.56 Antwerpen 15/03/2026
	<b>5 0 M</b>	
PB	00:26.56	
	00:26.56	
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Coach feedback:

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

<b>Event number: 24: 100M BREASTSTROKE MEN 11-12</b>		<b>Heat:2, starttime: 10:34</b>	
<b>Heat: 2/11 Lane : 3 Athlete: DHONDT MICHEL</b>		<b>Q-time: 02:00:03</b>	
PB (50m pool): no time		PB (25m pool): 02:00.03 SB: no time	
	<b>50 M</b>	<b>100 M</b>	
PB	no time	no time	
	<i>no time</i>		
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Coach feedback:

<b>Event number: 24: 100M BREASTSTROKE MEN 11-12</b>		<b>Heat:8, starttime: 10:48</b>	
<b>Heat: 8/11 Lane : 1 Athlete: JANUARIUS JULES</b>		<b>Q-time: 01:44:94</b>	
PB (50m pool): 01:50.04 Gent 08/02/2026		PB (25m pool): 01:44.94 SB: 01:50.04 Gent 08/02/2026	
	<b>50 M</b>	<b>100 M</b>	
PB	00:51.43	01:50.04	
	<i>00:51.43</i>	<i>00:58.61</i>	
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Coach feedback:

<b>Event number: 24: 100M BREASTSTROKE MEN 11-12</b>		<b>Heat:10, starttime: 10:53</b>	
<b>Heat: 10/11 Lane : 4 Athlete: HAAN ALEXANDER</b>		<b>Q-time: 01:37:35</b>	
PB (50m pool): 01:40.71 Gent 08/02/2026		PB (25m pool): 01:37.35 SB: 01:40.71 Gent 08/02/2026	
	<b>50 M</b>	<b>100 M</b>	
PB	00:48.63	01:40.71	
	<i>00:48.63</i>	<i>00:52.08</i>	
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Coach feedback:

<b>Event number: 25: 200M FREESTYLE WOMEN 15+</b>			<b>Heat:10, starttime: 11:26</b>	
<b>Heat: 10/12 Lane : 1 Athlete: GHISLAIN EMILIE</b>			<b>Q-time: 02:26:73</b>	
PB (50m pool): 02:31.18 Gent 08/02/2026			PB (25m pool): 02:26.73 SB: 02:31.18 Gent 08/02/2026	
	<b>50 M</b>	<b>100 M</b>	<b>150 M</b>	<b>200 M</b>
PB	no time	01:10.91	no time	02:31.18
	<i>no time</i>			
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Coach feedback:

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<b>Event number: 27: 50M FREESTYLE WOMEN 13-14</b>		<b>Heat:3, starttime: 12:02</b>
<b>Heat: 3/12 Lane : 5 Athlete: DOYEN LAURE</b>		<b>Q-time: 00:37:32</b>
PB (50m pool): no time		PB (25m pool): 00:37.32 SB: no time
	<b>50 M</b>	
PB	no time	
	no time	
	.....	

Coach feedback:

<b>Event number: 28: 100M BUTTERFLY MEN 15+</b>		<b>Heat:6, starttime: 12:23</b>
<b>Heat: 6/10 Lane : 3 Athlete: SMISMANS KAMIL</b>		<b>Q-time: 01:11:61</b>
PB (50m pool): 01:11.61 Lago Gent Rozebroeken 04/05/2025		PB (25m pool): 01:10.56 SB: 01:12.30 Antwerpen 19/04/2026
	<b>50 M</b>	<b>100 M</b>
PB	00:31.44	01:11.61
	00:31.44	00:40.17
	.....	.....

Coach feedback:

<b>Event number: 28: 100M BUTTERFLY MEN 15+</b>		<b>Heat:7, starttime: 12:25</b>
<b>Heat: 7/10 Lane : 8 Athlete: VEKEMAN KWINTE</b>		<b>Q-time: 01:10:86</b>
PB (50m pool): 01:12.28 Aalst 26/04/2026		PB (25m pool): 01:10.86 SB: 01:12.28 Aalst 26/04/2026
	<b>50 M</b>	<b>100 M</b>
PB	00:33.38	01:12.28
	00:33.38	00:38.90
	.....	.....

Coach feedback:

<b>Event number: 28: 100M BUTTERFLY MEN 15+</b>		<b>Heat:8, starttime: 12:26</b>
<b>Heat: 8/10 Lane : 2 Athlete: BRYNAERT JONAS</b>		<b>Q-time: 01:09:04</b>
PB (50m pool): 01:09.04 Antwerpen 19/04/2026		PB (25m pool): 01:07.40 SB: 01:09.04 Antwerpen 19/04/2026
	<b>50 M</b>	<b>100 M</b>
PB	00:31.90	01:09.04
	00:31.90	00:37.14
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Coach feedback:

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**Event number: 28: 100M BUTTERFLY MEN 15+ Heat:10, starttime: 12:30**

**Heat: 10/10 Lane : 3 Athlete: VANHASSEL MATHIAS Q-time: 01:04:52**

**PB (50m pool): 01:05.30 Antwerpen 13/07/2025 PB (25m pool): 01:04.52 SB: 01:06.80 Gent 08/02/2026**

	<b>5 0 M</b>	<b>1 0 0 M</b>	
<b>PB</b>	00:29.76	01:05.30	
	00:29.76	00:35.54	
	.....	.....	

Coach feedback: