

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

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

Coaches: Baeyens Filip

Coaches: Van Nieuwenhuyse Ralf

Coaches: Van Biervliet Kristof

PB => Personal Best time

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

**Event number: 19: 100M BACKSTROKE MEN 11-12 Heat:4, starttime: 08:38**

**Heat: 4/10 Lane : 8 Athlete: RAMON SIEBE Q-time: 01:39:72**

**PB (50m pool): 01:44.22 Antwerpen 15/03/2026 PB (25m pool): 01:39.72 SB: 01:44.22 Antwerpen 15/03/2026**

	<b>50 M</b>	<b>100 M</b>	
<b>PB</b>	00:51.13	01:44.22	
	00:51.13	00:53.09	
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Coach feedback:

**Event number: 19: 100M BACKSTROKE MEN 11-12 Heat:5, starttime: 08:41**

**Heat: 5/10 Lane : 8 Athlete: LAGACIE THIBAUT Q-time: 01:35:79**

**PB (50m pool): 01:35.79 Antwerpen 15/03/2026 PB (25m pool): 01:36.76 SB: 01:35.79 Antwerpen 15/03/2026**

	<b>50 M</b>	<b>100 M</b>	
<b>PB</b>	00:46.89	01:35.79	
	00:46.89	00:48.90	
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Coach feedback:

**Event number: 19: 100M BACKSTROKE MEN 11-12 Heat:6, starttime: 08:44**

**Heat: 6/10 Lane : 8 Athlete: GALLE ELIAS Q-time: 01:32:76**

**PB (50m pool): 01:36.03 Antwerpen 15/03/2026 PB (25m pool): 01:32.76 SB: 01:36.03 Antwerpen 15/03/2026**

	<b>50 M</b>	<b>100 M</b>	
<b>PB</b>	00:48.19	01:36.03	
	00:48.19	00:47.84	
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Coach feedback:

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

<b>Event number: 22: 50M FREESTYLE MEN 15+</b>		<b>Heat:11, starttime: 10:02</b>
<b>Heat: 11/15 Lane : 4 Athlete: SABBE LOUIS</b>		<b>Q-time: 00:27:86</b>
PB (50m pool): 00:27.99 Brugge 14/02/2026		PB (25m pool): 00:27.86 SB: 00:27.99 Brugge 14/02/2026
	<b>5 0 M</b>	
PB	00:27.99	
	00:27.99	
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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 : 7 Athlete: LAMBERT LIAM</b>		<b>Q-time: 00:27:72</b>
PB (50m pool): 00:27.72 Antwerpen 15/03/2026		PB (25m pool): SB: 00:27.72 Antwerpen 15/03/2026
	<b>5 0 M</b>	
PB	00:27.72	
	00:27.72	
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Coach feedback:

<b>Event number: 22: 50M FREESTYLE MEN 15+</b>		<b>Heat:13, starttime: 10:04</b>
<b>Heat: 13/15 Lane : 4 Athlete: BRUYNEEL FERRE</b>		<b>Q-time: 00:27:12</b>
PB (50m pool): 00:26.78 Antwerpen 15/03/2026		PB (25m pool): 00:27.12 SB: 00:26.78 Antwerpen 15/03/2026
	<b>5 0 M</b>	
PB	00:26.78	
	00:26.78	
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Coach feedback:

<b>Event number: 22: 50M FREESTYLE MEN 15+</b>		<b>Heat:13, starttime: 10:04</b>
<b>Heat: 13/15 Lane : 5 Athlete: VAN BIERVLIET CAMIEL</b>		<b>Q-time: 00:27:15</b>
PB (50m pool): 00:27.15 Antwerpen 15/03/2026		PB (25m pool): 00:27.46 SB: 00:27.15 Antwerpen 15/03/2026
	<b>5 0 M</b>	
PB	00:27.15	
	00:27.15	
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Coach feedback:

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

<b>Event number: 22: 50M FREESTYLE MEN 15+</b>		<b>Heat:14, starttime: 10:05</b>
<b>Heat: 14/15 Lane : 8 Athlete: LANDUYT MAURICE</b>		<b>Q-time: 00:27:07</b>
PB (50m pool): 00:27.07 Brugge 25/01/2026		PB (25m pool): 00:27.20 SB: 00:27.07 Brugge 25/01/2026
	<b>50 M</b>	
PB	00:27.07	
	00:27.07	
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Coach feedback:

<b>Event number: 23: 100M FREESTYLE WOMEN 11-12</b>		<b>Heat:11, starttime: 10:27</b>	
<b>Heat: 11/12 Lane : 4 Athlete: HEYTENS JORIEN</b>		<b>Q-time: 01:16:28</b>	
PB (50m pool): 01:18.40 Antwerpen 15/03/2026		PB (25m pool): 01:16.28 SB: 01:18.40 Antwerpen 15/03/2026	
	<b>50 M</b>	<b>100 M</b>	
PB	00:38.07	01:18.40	
	00:38.07	00:40.33	
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Coach feedback:

<b>Event number: 23: 100M FREESTYLE WOMEN 11-12</b>		<b>Heat:11, starttime: 10:27</b>	
<b>Heat: 11/12 Lane : 5 Athlete: BOURDEAUX AMELIA</b>		<b>Q-time: 01:16:48</b>	
PB (50m pool): 01:16.48 Antwerpen 15/03/2026		PB (25m pool): 01:33.75 SB: 01:16.48 Antwerpen 15/03/2026	
	<b>50 M</b>	<b>100 M</b>	
PB	00:35.96	01:16.48	
	00:35.96	00:40.52	
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Coach feedback:

<b>Event number: 23: 100M FREESTYLE WOMEN 11-12</b>		<b>Heat:12, starttime: 10:29</b>	
<b>Heat: 12/12 Lane : 5 Athlete: TACK CATALEYA</b>		<b>Q-time: 01:12:90</b>	
PB (50m pool): 01:18.80 Antwerpen 15/03/2026		PB (25m pool): 01:12.90 SB: 01:18.80 Antwerpen 15/03/2026	
	<b>50 M</b>	<b>100 M</b>	
PB	00:37.50	01:18.80	
	00:37.50	00:41.30	
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Coach feedback:

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

<b>Event number: 24: 100M BREASTSTROKE MEN 11-12</b>		<b>Heat:4, starttime: 10:39</b>	
<b>Heat: 4/11 Lane : 3 Athlete: LAGACIE THIBAUT</b>		<b>Q-time: 01:53:62</b>	
PB (50m pool): 01:53.62 Antwerpen 15/03/2026		PB (25m pool): 02:01.13 SB: 01:53.62 Antwerpen 15/03/2026	
	<b>50 M</b>	<b>100 M</b>	
PB	00:54.51	01:53.62	
	00:54.51	00:59.11	
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Coach feedback:

<b>Event number: 24: 100M BREASTSTROKE MEN 11-12</b>		<b>Heat:6, starttime: 10:44</b>	
<b>Heat: 6/11 Lane : 1 Athlete: GALLE ELIAS</b>		<b>Q-time: 01:50:59</b>	
PB (50m pool): 01:50.59 Antwerpen 15/03/2026		PB (25m pool): 01:52.30 SB: 01:50.59 Antwerpen 15/03/2026	
	<b>50 M</b>	<b>100 M</b>	
PB	00:52.06	01:50.59	
	00:52.06	00:58.53	
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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 : 6 Athlete: RAMON SIEBE</b>		<b>Q-time: 01:44:23</b>	
PB (50m pool): 01:47.28 Antwerpen 15/03/2026		PB (25m pool): 01:44.23 SB: 01:47.28 Antwerpen 15/03/2026	
	<b>50 M</b>	<b>100 M</b>	
PB	00:50.83	01:47.28	
	00:50.83	00:56.45	
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Coach feedback:

<b>Event number: 25: 200M FREESTYLE WOMEN 15+</b>			<b>Heat:7, starttime: 11:17</b>	
<b>Heat: 7/12 Lane : 1 Athlete: TUYTENS AGLAYA</b>			<b>Q-time: 02:30:52</b>	
PB (50m pool): 02:37.70 Brugge 01/02/2026			PB (25m pool): 02:30.52 SB: 02:37.70 Brugge 01/02/2026	
	<b>50 M</b>	<b>100 M</b>	<b>150 M</b>	<b>200 M</b>
PB	00:34.23	01:13.75	01:56.50	02:37.70
	00:34.23	00:39.52	00:42.75	00:41.20
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Coach feedback:

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<b>Event number: 25: 200M FREESTYLE WOMEN 15+</b>				<b>Heat:7, starttime: 11:17</b>	
<b>Heat: 7/12 Lane : 4 Athlete: ANRAED CAMILLE</b>				<b>Q-time: 02:29:14</b>	
PB (50m pool): 02:27.93 Antwerpen 14/07/2024			PB (25m pool): 02:25.75 SB: 02:29.14 Kortrijk 26/12/2025		
	<b>50 M</b>	<b>100 M</b>	<b>150 M</b>	<b>200 M</b>	
PB	no time	no time	no time	02:27.93	
	<i>no time</i>				
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Coach feedback:

<b>Event number: 25: 200M FREESTYLE WOMEN 15+</b>				<b>Heat:9, starttime: 11:23</b>	
<b>Heat: 9/12 Lane : 5 Athlete: VERHAEGHE MARTHE</b>				<b>Q-time: 02:27:35</b>	
PB (50m pool): 02:30.19 Lago Kortrijk Weide 28/04/2024			PB (25m pool): 02:27.22 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	02:30.19	
	<i>no time</i>				
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Coach feedback:

<b>Event number: 26: 100M BACKSTROKE MEN 13-14</b>				<b>Heat:3, starttime: 11:41</b>	
<b>Heat: 3/10 Lane : 1 Athlete: DESMET TUUR</b>				<b>Q-time: 01:31:11</b>	
PB (50m pool): no time			PB (25m pool): 01:31.11 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: 26: 100M BACKSTROKE MEN 13-14</b>				<b>Heat:3, starttime: 11:41</b>	
<b>Heat: 3/10 Lane : 5 Athlete: CLAEYS JONA</b>				<b>Q-time: 01:30:13</b>	
PB (50m pool): no time			PB (25m pool): 01:30.13 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:

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

<b>Event number: 26: 100M BACKSTROKE MEN 13-14</b>		<b>Heat:6, starttime: 11:48</b>	
<b>Heat: 6/10 Lane : 4 Athlete: LANDUYT MARCEL</b>		<b>Q-time: 01:22:64</b>	
PB (50m pool): 01:30.89 Kortrijk 16/02/2025		PB (25m pool): 01:22.64 SB: no time	
	<b>50 M</b>	<b>100 M</b>	
PB	00:44.43	01:30.89	
	<i>00:44.43</i>	<i>00:46.46</i>	
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Coach feedback:

<b>Event number: 26: 100M BACKSTROKE MEN 13-14</b>		<b>Heat:9, starttime: 11:55</b>	
<b>Heat: 9/10 Lane : 2 Athlete: WILLEMS KORBEN</b>		<b>Q-time: 01:18:06</b>	
PB (50m pool): 01:20.12 Antwerpen 15/03/2026		PB (25m pool): 01:15.40 SB: 01:20.12 Antwerpen 15/03/2026	
	<b>50 M</b>	<b>100 M</b>	
PB	00:38.15	01:20.12	
	<i>00:38.15</i>	<i>00:41.97</i>	
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Coach feedback:

<b>Event number: 28: 100M BUTTERFLY MEN 15+</b>		<b>Heat:8, starttime: 12:26</b>	
<b>Heat: 8/10 Lane : 5 Athlete: SABBE LOUIS</b>		<b>Q-time: 01:08:68</b>	
PB (50m pool): 01:08.68 Lago Kortrijk Weide 03/05/2026		PB (25m pool): 01:12.67 SB: 01:08.68 Lago Kortrijk Weide 03/05/2026	
	<b>50 M</b>	<b>100 M</b>	
PB	00:31.00	01:08.68	
	<i>00:31.00</i>	<i>00:37.68</i>	
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Coach feedback:

<b>Event number: 28: 100M BUTTERFLY MEN 15+</b>		<b>Heat:10, starttime: 12:30</b>	
<b>Heat: 10/10 Lane : 2 Athlete: LAMBERT LIAM</b>		<b>Q-time: 01:05:21</b>	
PB (50m pool): 01:05.21 Lago Kortrijk Weide 03/05/2026		PB (25m pool): 01:07.46 SB: 01:05.21 Lago Kortrijk Weide 03/05/2026	
	<b>50 M</b>	<b>100 M</b>	
PB	00:29.94	01:05.21	
	<i>00:29.94</i>	<i>00:35.27</i>	
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Coach feedback: