

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

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

Coaches: Mertens Wenke

Coaches: Fobelets Jos

Coaches: Van de Weyer Rune

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 : 6 Athlete: VAN WAELDEREN KAREL		Q-time: 01:37:30
PB (50m pool): 01:37.30 Wezenberg 01/02/2026		PB (25m pool): 01:37.05 SB: 01:37.30 Wezenberg 01/02/2026
	50 M	100 M
PB	00:47.76	01:37.30
	00:47.76	00:49.54

Coach feedback:

Event number: 20: 50M BREASTSTROKE MEN 13-14		Heat:2, starttime: 08:57
Heat: 2/6 Lane : 1 Athlete: CEUPPENS VINCE		Q-time: 00:50:62
PB (50m pool): 00:50.62 Wezenberg 01/02/2026		PB (25m pool): no time SB: 00:50.62 Wezenberg 01/02/2026
	50 M	
PB	00:50.62	
	00:50.62	
	

Coach feedback:

Event number: 22: 50M FREESTYLE MEN 15+		Heat:3, starttime: 09:54
Heat: 3/15 Lane : 5 Athlete: CEUPPENS MATS		Q-time: 00:30:45
PB (50m pool): 00:29.56 Mol 28/06/2026		PB (25m pool): 00:33.93 SB: 00:29.56 Mol 28/06/2026
	50 M	
PB	00:29.56	
	00:29.56	
	

Coach feedback:

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Event number: 22: 50M FREESTYLE MEN 15+		Heat:4, starttime: 09:55	
Heat: 4/15 Lane : 2 Athlete: BREBELS NIELS		Q-time: 00:30:20	
PB (50m pool): 00:30.20 SportinGenk Park 06/04/2026		PB (25m pool): 00:35.18 SB: 00:30.20 SportinGenk Park 06/04/2026	
	50 M		
PB	00:30.20		
	00:30.20		
		

Coach feedback:

Event number: 22: 50M FREESTYLE MEN 15+		Heat:8, starttime: 09:59	
Heat: 8/15 Lane : 3 Athlete: JANSSENS TALLE		Q-time: 00:28:76	
PB (50m pool): 00:28.76 Zwembad Brigitte Becue 30/05/2025		PB (25m pool): 00:28.09 SB: 00:29.77 Mol 28/06/2026	
	50 M		
PB	00:28.76		
	00:28.76		
		

Coach feedback:

Event number: 24: 100M BREASTSTROKE MEN 11-12			Heat:10, starttime: 10:53
Heat: 10/11 Lane : 6 Athlete: VAN WAELDEREN KAREL			Q-time: 01:38:61
PB (50m pool): 01:38.61 Lago Gent Rozebroeken 03/05/2026			PB (25m pool): 01:38.74 SB: 01:38.61 Lago Gent Rozebroeken 03/05/2026
	50 M	100 M	
PB	00:47.76	01:38.61	
	00:47.76	00:50.85	
	

Coach feedback:

Event number: 25: 200M FREESTYLE WOMEN 15+				Heat:6, starttime: 11:14
Heat: 6/12 Lane : 8 Athlete: FIQI ALEXIA				Q-time: 02:33:47
PB (50m pool): 02:33.47 Wezenberg 01/02/2026				PB (25m pool): 02:29.68 SB: 02:33.47 Wezenberg 01/02/2026
	50 M	100 M	150 M	200 M
PB	00:35.00	01:13.25	01:54.13	02:33.47
	00:35.00	00:38.25	00:40.88	00:39.34

Coach feedback:

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Event number: 26: 100M BACKSTROKE MEN 13-14		Heat:5, starttime: 11:46	
Heat: 5/10 Lane : 8 Athlete: CEUPPENS VINCE		Q-time: 01:25:49	
PB (50m pool): 01:25.49 Antwerpen 13/07/2025		PB (25m pool): 01:25.60 SB: 01:25.94 SportinGenk Park 06/04/2026	
	5 0 M	1 0 0 M	
PB	00:43.37	01:25.49	
	00:43.37	00:42.12	
	

Coach feedback:

Event number: 28: 100M BUTTERFLY MEN 15+		Heat:2, starttime: 12:15	
Heat: 2/10 Lane : 6 Athlete: MEULEMANS LARS		Q-time: 01:27:90	
PB (50m pool): no time		PB (25m pool): 01:27.90 SB: no time	
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
	

Coach feedback:

Event number: 28: 100M BUTTERFLY MEN 15+		Heat:3, starttime: 12:17	
Heat: 3/10 Lane : 8 Athlete: CEUPPENS MATS		Q-time: 01:24:02	
PB (50m pool): 01:15.42 Mol 28/06/2026		PB (25m pool): 01:14.75 SB: 01:15.42 Mol 28/06/2026	
	5 0 M	1 0 0 M	
PB	00:34.39	01:15.42	
	00:34.39	00:41.03	
	

Coach feedback:

Event number: 28: 100M BUTTERFLY MEN 15+		Heat:6, starttime: 12:23	
Heat: 6/10 Lane : 7 Athlete: BREBELS NIELS		Q-time: 01:12:46	
PB (50m pool): 01:12.46 Wezenberg 01/02/2026		PB (25m pool): 01:11.36 SB: 01:12.46 Wezenberg 01/02/2026	
	5 0 M	1 0 0 M	
PB	00:33.73	01:12.46	
	00:33.73	00:38.73	
	

Coach feedback:

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Event number: 28: 100M BUTTERFLY MEN 15+		Heat:8, starttime: 12:26	
Heat: 8/10 Lane : 3 Athlete: JANSSENS TALLE		Q-time: 01:08:77	
PB (50m pool): 01:08.77 Antwerpen 13/07/2025		PB (25m pool): 01:06.69 SB: 01:09.19 Lago Gent Rozebroeken 03/05/2026	
	5 0 M	1 0 0 M	
PB	00:32.38	01:08.77	
	<i>00:32.38</i>	<i>00:36.39</i>	
	

Coach feedback: