

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

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

Coaches: Gijsemans Liesbet

Coaches: Vanuytven Diane

Coaches: Daniëls Liesbeth

Coaches: Van Campenhout Sigrid HEADCOACH

PB => Personal Best time

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

Event number: 21: 200M FREESTYLE WOMEN 13-14 **Heat:3, starttime: 09:12**

Heat: 3/14 Lane : 2 Athlete: BOURGUIGNON NENA **Q-time: 03:02:49**

PB (50m pool): 03:05.36 Wezenberg 01/02/2026 **PB (25m pool): 03:02.49 SB: 03:05.36 Wezenberg 01/02/2026**

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:42.22	01:30.41	02:20.14	03:05.36	
	00:42.22	00:48.19	00:49.73	00:45.22	
	

Coach feedback:

Event number: 21: 200M FREESTYLE WOMEN 13-14 **Heat:3, starttime: 09:12**

Heat: 3/14 Lane : 5 Athlete: HERREMANS ELIEN **Q-time: 02:58:93**

PB (50m pool): no time **PB (25m pool): 02:58.93 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	
	no time				
	

Coach feedback:

Event number: 21: 200M FREESTYLE WOMEN 13-14 **Heat:8, starttime: 09:29**

Heat: 8/14 Lane : 4 Athlete: JORIS LINDE **Q-time: 02:42:97**

PB (50m pool): 02:51.35 Wezenberg 01/02/2026 **PB (25m pool): 02:42.97 SB: 02:51.35 Wezenberg 01/02/2026**

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:39.17	01:23.22	02:07.86	02:51.35	
	00:39.17	00:44.05	00:44.64	00:43.49	
	

Coach feedback:

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Event number: 21: 200M FREESTYLE WOMEN 13-14				Heat:12, starttime: 09:42	
Heat: 12/14 Lane : 6 Athlete: GERAEDTS MARIA				Q-time: 02:36:03	
PB (50m pool): 02:37.13 Wezenberg 01/02/2026			PB (25m pool): 02:36.03 SB: 02:37.13 Wezenberg 01/02/2026		
	50 M	100 M	150 M	200 M	
PB	00:35.53	01:15.81	01:59.24	02:37.13	
	00:35.53	00:40.28	00:43.43	00:37.89	
	

Coach feedback:

Event number: 22: 50M FREESTYLE MEN 15+		Heat:1, starttime: 09:52	
Heat: 1/15 Lane : 5 Athlete: VERMEIREN STAN		Q-time: 00:32:45	
PB (50m pool): 00:34.10 Mol 28/06/2026		PB (25m pool): 00:32.45 SB: 00:34.10 Mol 28/06/2026	
	50 M		
PB	00:34.10		
	00:34.10		
		

Coach feedback:

Event number: 22: 50M FREESTYLE MEN 15+		Heat:5, starttime: 09:56	
Heat: 5/15 Lane : 6 Athlete: DRISSI EL MESKINI TAMIZ		Q-time: 00:29:62	
PB (50m pool): 00:32.88 Mol 22/06/2025		PB (25m pool): 00:29.62 SB: no time	
	50 M		
PB	00:32.88		
	00:32.88		
		

Coach feedback:

Event number: 22: 50M FREESTYLE MEN 15+		Heat:6, starttime: 09:57	
Heat: 6/15 Lane : 3 Athlete: VERCAMMEN DAAN		Q-time: 00:29:25	
PB (50m pool): 00:30.05 Antwerpen 13/07/2025		PB (25m pool): 00:29.25 SB: 00:30.53 Mol 28/06/2026	
	50 M		
PB	00:30.05		
	00:30.05		
		

Coach feedback:

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Event number: 22: 50M FREESTYLE MEN 15+		Heat:13, starttime: 10:04
Heat: 13/15 Lane : 7 Athlete: SLAETS CAZ		Q-time: 00:27:34
PB (50m pool): 00:27.88 Wezenberg 03/01/2026		PB (25m pool): 00:27.34 SB: 00:27.88 Wezenberg 03/01/2026
	50 M	
PB	00:27.88	
	00:27.88	
	

Coach feedback:

Event number: 23: 100M FREESTYLE WOMEN 11-12		Heat:8, starttime: 10:21
Heat: 8/12 Lane : 4 Athlete: VAN REETH LILIANA		Q-time: 01:20:60
PB (50m pool): no time		PB (25m pool): 01:20.60 SB: no time
	50 M	100 M
PB	no time	no time
	no time	

Coach feedback:

Event number: 26: 100M BACKSTROKE MEN 13-14		Heat:9, starttime: 11:55
Heat: 9/10 Lane : 8 Athlete: VERSTRAETE PEPIJN		Q-time: 01:18:76
PB (50m pool): 01:22.29 Wezenberg 01/02/2026		PB (25m pool): 01:18.76 SB: 01:22.29 Wezenberg 01/02/2026
	50 M	100 M
PB	00:41.58	01:22.29
	00:41.58	00:40.71

Coach feedback:

Event number: 27: 50M FREESTYLE WOMEN 13-14		Heat:1, starttime: 12:00
Heat: 1/12 Lane : 4 Athlete: HERREMANS ELIEN		Q-time: 00:39:63
PB (50m pool): 00:40.72 Mol 28/06/2026		PB (25m pool): 00:39.63 SB: 00:40.72 Mol 28/06/2026
	50 M	
PB	00:40.72	
	00:40.72	
	

Coach feedback:

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Event number: 27: 50M FREESTYLE WOMEN 13-14		Heat:3, starttime: 12:02
Heat: 3/12 Lane : 6 Athlete: BOURGUIGNON NENA		Q-time: 00:37:55
PB (50m pool): 00:37.55 Wezenberg 01/02/2026		PB (25m pool): 00:37.63 SB: 00:37.55 Wezenberg 01/02/2026
	50 M	
PB	00:37.55	
	00:37.55	
	

Coach feedback:

Event number: 27: 50M FREESTYLE WOMEN 13-14		Heat:9, starttime: 12:09
Heat: 9/12 Lane : 4 Athlete: GERAEDTS MARIA		Q-time: 00:32:66
PB (50m pool): 00:32.90 Antwerpen 15/03/2026		PB (25m pool): 00:32.66 SB: 00:32.90 Antwerpen 15/03/2026
	50 M	
PB	00:32.90	
	00:32.90	
	

Coach feedback:

Event number: 28: 100M BUTTERFLY MEN 15+		Heat:1, starttime: 12:13
Heat: 1/10 Lane : 3 Athlete: VERMEIREN STAN		Q-time: 01:38:44
PB (50m pool): 01:44.91 Wezenberg 03/01/2026		PB (25m pool): 01:38.44 SB: 01:44.91 Wezenberg 03/01/2026
	50 M	100 M
PB	00:43.77	01:44.91
	00:43.77	01:01.14

Coach feedback:

Event number: 28: 100M BUTTERFLY MEN 15+		Heat:4, starttime: 12:19
Heat: 4/10 Lane : 4 Athlete: SLAETS CAZ		Q-time: 01:15:39
PB (50m pool): 01:17.69 Wezenberg 01/02/2026		PB (25m pool): 01:15.39 SB: 01:17.69 Wezenberg 01/02/2026
	50 M	100 M
PB	00:35.95	01:17.69
	00:35.95	00:41.74

Coach feedback: