

ZC 2026: Session: 4: COACH evaluation sheet for TEAM: HEST

Coachinfo: Warming up from: 13:00 until 13:45. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Van Dyck Line

Coaches: Van Den Bulck Deborah HEADCOACH

Coaches: Bombois Ann

PB => Personal Best time

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

Event number: 29: 100M BACKSTROKE WOMEN 11-12 **Heat:1, starttime: 14:00**

Heat: 1/12 Lane : 2 Athlete: VETTERS GLUZA NINA **Q-time: 01:51:11**

PB (50m pool): 01:58.13 Wezenberg 01/02/2026 **PB (25m pool): 01:51.11 SB: 01:58.13 Wezenberg 01/02/2026**

	50 M	100 M	
PB	00:54.84	01:58.13	
	<i>00:54.84</i>	<i>01:03.29</i>	
	

Coach feedback:

Event number: 29: 100M BACKSTROKE WOMEN 11-12 **Heat:7, starttime: 14:16**

Heat: 7/12 Lane : 1 Athlete: BRAEM ARIELLA ESE **Q-time: 01:34:73**

PB (50m pool): 01:40.52 Antwerpen 13/07/2025 **PB (25m pool): 01:34.73 SB: no time**

	50 M	100 M	
PB	00:49.78	01:40.52	
	<i>00:49.78</i>	<i>00:50.74</i>	
	

Coach feedback:

Event number: 29: 100M BACKSTROKE WOMEN 11-12 **Heat:11, starttime: 14:27**

Heat: 11/12 Lane : 2 Athlete: VERBEEK FENNA **Q-time: 01:28:10**

PB (50m pool): 01:32.63 Wezenberg 01/02/2026 **PB (25m pool): 01:28.10 SB: 01:32.63 Wezenberg 01/02/2026**

	50 M	100 M	
PB	00:46.32	01:32.63	
	<i>00:46.32</i>	<i>00:46.31</i>	
	

Coach feedback:

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Event number: 31: 200M FREESTYLE MEN 13-14					Heat:3, starttime: 14:51
Heat: 3/11 Lane : 8 Athlete: GOVARTS RUNE					Q-time: 03:04:05
PB (50m pool): no time			PB (25m pool): 03:04.05 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: 34: 100M BREASTSTROKE WOMEN 11-12			Heat:3, starttime: 16:02		
Heat: 3/12 Lane : 6 Athlete: VETTERS GLUZA NINA			Q-time: 01:56:86		
PB (50m pool): 01:57.94 Antwerpen 13/07/2025		PB (25m pool): 01:52.03 SB: no time			
	5 0 M	1 0 0 M			
PB	00:56.81	01:57.94			
	<i>00:56.81</i>	<i>01:01.13</i>			
			

Coach feedback:

Event number: 34: 100M BREASTSTROKE WOMEN 11-12			Heat:6, starttime: 16:09		
Heat: 6/12 Lane : 5 Athlete: VERBEEK FENNA			Q-time: 01:50:27		
PB (50m pool): 01:54.01 Antwerpen 13/07/2025		PB (25m pool): 01:50.27 SB: 01:55.62 Wezenberg 01/02/2026			
	5 0 M	1 0 0 M			
PB	00:53.78	01:54.01			
	<i>00:53.78</i>	<i>01:00.23</i>			
			

Coach feedback:

Event number: 34: 100M BREASTSTROKE WOMEN 11-12			Heat:6, starttime: 16:09		
Heat: 6/12 Lane : 7 Athlete: BRAEM ARIELLA ESE			Q-time: 01:51:69		
PB (50m pool): 01:58.67 Antwerpen 13/07/2025		PB (25m pool): 01:51.69 SB: no time			
	5 0 M	1 0 0 M			
PB	00:58.39	01:58.67			
	<i>00:58.39</i>	<i>01:00.28</i>			
			

Coach feedback: