

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

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

Coaches: Daniels Filip

Coaches: Stabel Siegfried

Coaches: Van der Eycken Ann HEADCOACH

Coaches: Van Herzeele Peggy

PB => Personal Best time

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

Event number: 30: 50M BREASTSTROKE WOMEN 13-14 **Heat:1, starttime: 14:32**

Heat: 1/8 Lane : 2 Athlete: NIEWENWEG LENTE **Q-time: 00:51:77**

PB (50m pool): 00:48.47 Mol 28/06/2026 **PB (25m pool): 00:51.77 SB: 00:48.47 Mol 28/06/2026**

	50 M	
PB	00:48.47	
	<i>00:48.47</i>	
	

Coach feedback:

Event number: 30: 50M BREASTSTROKE WOMEN 13-14 **Heat:5, starttime: 14:37**

Heat: 5/8 Lane : 3 Athlete: NIEWENWEG STERRE **Q-time: 00:44:44**

PB (50m pool): 00:46.11 Antwerpen 15/03/2026 **PB (25m pool): 00:44.44 SB: 00:46.11 Antwerpen 15/03/2026**

	50 M	
PB	00:46.11	
	<i>00:46.11</i>	
	

Coach feedback:

Event number: 31: 200M FREESTYLE MEN 13-14 **Heat:8, starttime: 15:07**

Heat: 8/11 Lane : 6 Athlete: STABEL JONATHAN **Q-time: 02:34:15**

PB (50m pool): 02:35.34 Eindhoven 22/03/2026 **PB (25m pool): 02:34.15 SB: 02:35.34 Eindhoven 22/03/2026**

	50 M	100 M	150 M	200 M	
PB	00:35.38	01:14.95	01:55.99	02:35.34	
	<i>00:35.38</i>	<i>00:39.57</i>	<i>00:41.04</i>	<i>00:39.35</i>	
	

Coach feedback:

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

Event number: 32: 50M FREESTYLE WOMEN 15+ Heat:10, starttime: 15:29

Heat: 10/14 Lane : 4 Athlete: CAMPFORTS FIEN Q-time: 00:30:51

PB (50m pool): 00:31.19 Antwerpen 19/04/2026 PB (25m pool): 00:30.51 SB: 00:31.19 Antwerpen 19/04/2026

	50 M	
PB	00:31.19	
	00:31.19	
	

Coach feedback:

Event number: 32: 50M FREESTYLE WOMEN 15+ Heat:13, starttime: 15:32

Heat: 13/14 Lane : 2 Athlete: LAUWERS LOTTE Q-time: 00:29:92

PB (50m pool): 00:30.59 Wezenberg 01/02/2026 PB (25m pool): 00:29.92 SB: 00:30.59 Wezenberg 01/02/2026

	50 M	
PB	00:30.59	
	00:30.59	
	

Coach feedback:

Event number: 33: 100M FREESTYLE MEN 11-12 Heat:5, starttime: 15:43

Heat: 5/11 Lane : 3 Athlete: VANDERHALLEN JISSE Q-time: 01:24:63

PB (50m pool): 01:24.63 Antwerpen 15/03/2026 PB (25m pool): 01:30.50 SB: 01:24.63 Antwerpen 15/03/2026

	50 M	100 M	
PB	00:38.53	01:24.63	
	00:38.53	00:46.10	
	

Coach feedback:

Event number: 36: 100M BACKSTROKE WOMEN 13-14 Heat:2, starttime: 17:07

Heat: 2/11 Lane : 3 Athlete: NIEWENWEG LENTE Q-time: 01:36:94

PB (50m pool): 01:42.35 Mol 28/06/2026 PB (25m pool): 01:36.94 SB: 01:42.35 Mol 28/06/2026

	50 M	100 M	
PB	00:51.35	01:42.35	
	00:51.35	00:51.00	
	

Coach feedback:

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

Event number: 36: 100M BACKSTROKE WOMEN 13-14		Heat:3, starttime: 17:09	
Heat: 3/11 Lane : 2 Athlete: NIEWENWEG STERRE		Q-time: 01:34:70	
PB (50m pool): 01:42.30 Mol 28/06/2026		PB (25m pool): 01:34.70 SB: 01:42.30 Mol 28/06/2026	
	50 M	100 M	
PB	00:52.05	01:42.30	
	00:52.05	00:50.25	
	

Coach feedback:

Event number: 37: 50M FREESTYLE MEN 13-14		Heat:9, starttime: 17:40	
Heat: 9/11 Lane : 8 Athlete: STABEL JONATHAN		Q-time: 00:30:92	
PB (50m pool): 00:32.15 Antwerpen 19/04/2026		PB (25m pool): 00:30.92 SB: 00:32.15 Antwerpen 19/04/2026	
	50 M		
PB	00:32.15		
	00:32.15		
		

Coach feedback:

Event number: 38: 100M BUTTERFLY WOMEN 15+		Heat:3, starttime: 17:48	
Heat: 3/7 Lane : 4 Athlete: CAMPFORTS FIEN		Q-time: 01:23:69	
PB (50m pool): no time		PB (25m pool): 01:23.69 SB: no time	
	50 M	100 M	
PB	no time	no time	
	no time		
	

Coach feedback:

Event number: 38: 100M BUTTERFLY WOMEN 15+		Heat:7, starttime: 17:56	
Heat: 7/7 Lane : 7 Athlete: LAUWERS LOTTE		Q-time: 01:13:91	
PB (50m pool): 01:16.14 Wezenberg 01/02/2026		PB (25m pool): 01:13.91 SB: 01:16.14 Wezenberg 01/02/2026	
	50 M	100 M	
PB	00:34.85	01:16.14	
	00:34.85	00:41.29	
	

Coach feedback: