

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

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

Coaches: De Backer Nele HEADCOACH

Coaches: De Backer Ruben

Coaches: Lesceu Philippe

PB => Personal Best time

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

Event number: 29: 100M BACKSTROKE WOMEN 11-12			Heat:4, starttime: 14:09
Heat: 4/12 Lane : 8 Athlete: VANBELLINGEN VERMEERE LANI			Q-time: 01:40:33
PB (50m pool): 01:45.82 Antwerpen 13/07/2025		PB (25m pool): 01:36.87 SB: no time	
	50 M	100 M	
PB	00:51.56	01:45.82	
	00:51.56	00:54.26	
	

Coach feedback:

Event number: 29: 100M BACKSTROKE WOMEN 11-12			Heat:9, starttime: 14:22
Heat: 9/12 Lane : 7 Athlete: KEERSMAEKERS ELLA			Q-time: 01:31:56
PB (50m pool): no time		PB (25m pool): 01:23.46 SB: no time	
	50 M	100 M	
PB	no time	no time	
	no time		
	

Coach feedback:

Event number: 31: 200M FREESTYLE MEN 13-14				Heat:4, starttime: 14:54
Heat: 4/11 Lane : 5 Athlete: BOLLU ADRIEN				Q-time: 02:49:05
PB (50m pool): 03:05.77 Antwerpen 13/07/2025		PB (25m pool): 02:49.05 SB: no time		
	50 M	100 M	150 M	200 M
PB	00:40.29	01:29.34	02:18.56	03:05.77
	00:40.29	00:49.05	00:49.22	00:47.21

Coach feedback:

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Event number: 32: 50M FREESTYLE WOMEN 15+		Heat:5, starttime: 15:24
Heat: 5/14 Lane : 5 Athlete: VAN STEENWINKEL ESTHER		Q-time: 00:32:47
PB (50m pool): 00:32.88 Antwerpen 15/03/2026		PB (25m pool): 00:32.12 SB: 00:32.88 Antwerpen 15/03/2026
	5 0 M	
PB	00:32.88	
	<i>00:32.88</i>	
	

Coach feedback:

Event number: 32: 50M FREESTYLE WOMEN 15+		Heat:14, starttime: 15:33
Heat: 14/14 Lane : 6 Athlete: ROELANT SISKA		Q-time: 00:29:29
PB (50m pool): 00:30.02 Charleroi 24/05/2026		PB (25m pool): 00:29.29 SB: 00:30.02 Charleroi 24/05/2026
	5 0 M	
PB	00:30.02	
	<i>00:30.02</i>	
	

Coach feedback:

Event number: 33: 100M FREESTYLE MEN 11-12		Heat:8, starttime: 15:49
Heat: 8/11 Lane : 1 Athlete: LEDEGANCK SANDER		Q-time: 01:19:30
PB (50m pool): 01:23.10 Antwerpen 15/03/2026		PB (25m pool): 01:19.30 SB: 01:23.10 Antwerpen 15/03/2026
	5 0 M	1 0 0 M
PB	00:38.26	01:23.10
	<i>00:38.26</i>	<i>00:44.84</i>

Coach feedback:

Event number: 34: 100M BREASTSTROKE WOMEN 11-12		Heat:4, starttime: 16:04
Heat: 4/12 Lane : 2 Athlete: VANBELLINGEN VERMEERE LANI		Q-time: 01:55:41
PB (50m pool): 02:01.25 Antwerpen 13/07/2025		PB (25m pool): 01:55.41 SB: no time
	5 0 M	1 0 0 M
PB	00:56.39	02:01.25
	<i>00:56.39</i>	<i>01:04.86</i>

Coach feedback:

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Event number: 34: 100M BREASTSTROKE WOMEN 11-12			Heat:6, starttime: 16:09		
Heat: 6/12 Lane : 4 Athlete: KEERSMAEKERS ELLA			Q-time: 01:50:20		
PB (50m pool): no time			PB (25m pool): 01:50.20 SB: no time		
	5 0 M	1 0 0 M			
PB	no time	no time			
	<i>no time</i>				
			

Coach feedback:

Event number: 35: 200M FREESTYLE MEN 15+				Heat:3, starttime: 16:32	
Heat: 3/13 Lane : 6 Athlete: VANDENABEELE ARNAUT				Q-time: 02:36:86	
PB (50m pool): 02:43.22 Antwerpen 14/07/2024				PB (25m pool): 02:36.86 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	02:43.22	
	<i>no time</i>				
	

Coach feedback:

Event number: 35: 200M FREESTYLE MEN 15+				Heat:13, starttime: 17:01	
Heat: 13/13 Lane : 4 Athlete: DAS JORAN				Q-time: 02:03:79	
PB (50m pool): 02:07.82 Antwerpen 13/07/2025				PB (25m pool): 02:03.79 SB: no time	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:29.88	01:02.45	01:35.14	02:07.82	
	<i>00:29.88</i>	<i>00:32.57</i>	<i>00:32.69</i>	<i>00:32.68</i>	
	

Coach feedback:

Event number: 37: 50M FREESTYLE MEN 13-14		Heat:6, starttime: 17:37	
Heat: 6/11 Lane : 8 Athlete: BOLLU ADRIEN		Q-time: 00:32:89	
PB (50m pool): no time		PB (25m pool): 00:32.89 SB: no time	
	5 0 M		
PB	no time		
	<i>no time</i>		
		

Coach feedback: