

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

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

Coaches: DE SAEDELEER Jodie

PB => Personal Best time

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

Event number: 29: 100M BACKSTROKE WOMEN 11-12 **Heat:5, starttime: 14:11**

Heat: 5/12 Lane : 5 Athlete: DUBOIS ERIN **Q-time: 01:36:52**

PB (50m pool): 01:37.42 Antwerpen 15/03/2026 **PB (25m pool): 01:36.52 SB: 01:37.42 Antwerpen 15/03/2026**

	5 0 M	1 0 0 M	
PB	00:46.37	01:37.42	
	<i>00:46.37</i>	<i>00:51.05</i>	
	

Coach feedback:

Event number: 29: 100M BACKSTROKE WOMEN 11-12 **Heat:6, starttime: 14:14**

Heat: 6/12 Lane : 7 Athlete: TANGHE MARIT **Q-time: 01:36:13**

PB (50m pool): 01:36.13 Lago Kortrijk Weide 03/05/2026 **PB (25m pool): 01:38.29 SB: 01:36.13 Lago Kortrijk Weide 03/05/2026**

	5 0 M	1 0 0 M	
PB	00:46.83	01:36.13	
	<i>00:46.83</i>	<i>00:49.30</i>	
	

Coach feedback:

Event number: 29: 100M BACKSTROKE WOMEN 11-12 **Heat:6, starttime: 14:14**

Heat: 6/12 Lane : 8 Athlete: DERVAUX ELLA **Q-time: 01:36:34**

PB (50m pool): 01:37.25 Antwerpen 15/03/2026 **PB (25m pool): 01:36.34 SB: 01:37.25 Antwerpen 15/03/2026**

	5 0 M	1 0 0 M	
PB	00:47.35	01:37.25	
	<i>00:47.35</i>	<i>00:49.90</i>	
	

Coach feedback:

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Event number: 31: 200M FREESTYLE MEN 13-14				Heat:6, starttime: 15:01	
Heat: 6/11 Lane : 5 Athlete: TANGHE BATIS				Q-time: 02:40:22	
PB (50m pool): 02:41.01 Brugge 01/02/2026			PB (25m pool): 02:40.22 SB: 02:41.01 Brugge 01/02/2026		
	50 M	100 M	150 M	200 M	
PB	00:36.11	01:18.28	02:00.60	02:41.01	
	00:36.11	00:42.17	00:42.32	00:40.41	
	

Coach feedback:

Event number: 31: 200M FREESTYLE MEN 13-14				Heat:9, starttime: 15:10	
Heat: 9/11 Lane : 2 Athlete: RIGOLE MAURO				Q-time: 02:30:70	
PB (50m pool): 02:30.70 Lago Kortrijk Weide 03/05/2026			PB (25m pool): 02:32.36 SB: 02:30.70 Lago Kortrijk Weide 03/05/2026		
	50 M	100 M	150 M	200 M	
PB	00:36.28	01:14.82	01:53.80	02:30.70	
	00:36.28	00:38.54	00:38.98	00:36.90	
	

Coach feedback:

Event number: 31: 200M FREESTYLE MEN 13-14				Heat:11, starttime: 15:16	
Heat: 11/11 Lane : 6 Athlete: DERVAUX ARNOUT				Q-time: 02:23:13	
PB (50m pool): 02:37.54 Antwerpen 13/07/2025			PB (25m pool): 02:23.13 SB: no time		
	50 M	100 M	150 M	200 M	
PB	00:36.14	01:17.37	01:59.29	02:37.54	
	00:36.14	00:41.23	00:41.92	00:38.25	
	

Coach feedback:

Event number: 33: 100M FREESTYLE MEN 11-12			Heat:6, starttime: 15:45		
Heat: 6/11 Lane : 8 Athlete: VERPLANCKE BALDER			Q-time: 01:23:83		
PB (50m pool): 01:23.83 Antwerpen 15/03/2026		PB (25m pool): 01:39.50 SB: 01:23.83 Antwerpen 15/03/2026			
	50 M	100 M			
PB	00:41.32	01:23.83			
	00:41.32	00:42.51			
			

Coach feedback:

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Event number: 33: 100M FREESTYLE MEN 11-12		Heat:7, starttime: 15:47	
Heat: 7/11 Lane : 5 Athlete: POOT RUBE		Q-time: 01:19:96	
PB (50m pool): 01:20.57 Antwerpen 15/03/2026		PB (25m pool): 01:19.96 SB: 01:20.57 Antwerpen 15/03/2026	
	50 M	100 M	
PB	00:38.44	01:20.57	
	00:38.44	00:42.13	
	

Coach feedback:

Event number: 33: 100M FREESTYLE MEN 11-12		Heat:8, starttime: 15:49	
Heat: 8/11 Lane : 6 Athlete: DECOCK NAND		Q-time: 01:18:65	
PB (50m pool): 01:18.89 Brugge 01/02/2026		PB (25m pool): 01:18.65 SB: 01:18.89 Brugge 01/02/2026	
	50 M	100 M	
PB	00:37.67	01:18.89	
	00:37.67	00:41.22	
	

Coach feedback:

Event number: 34: 100M BREASTSTROKE WOMEN 11-12		Heat:2, starttime: 15:59	
Heat: 2/12 Lane : 6 Athlete: TANGHE MARIT		Q-time: 02:01:57	
PB (50m pool): 02:01.57 Antwerpen 15/03/2026		PB (25m pool): 02:06.88 SB: 02:01.57 Antwerpen 15/03/2026	
	50 M	100 M	
PB	00:55.56	02:01.57	
	00:55.56	01:06.01	
	

Coach feedback:

Event number: 34: 100M BREASTSTROKE WOMEN 11-12		Heat:10, starttime: 16:18	
Heat: 10/12 Lane : 2 Athlete: DUBOIS ERIN		Q-time: 01:44:82	
PB (50m pool): 01:44.82 Antwerpen 15/03/2026		PB (25m pool): 01:46.82 SB: 01:44.82 Antwerpen 15/03/2026	
	50 M	100 M	
PB	00:50.59	01:44.82	
	00:50.59	00:54.23	
	

Coach feedback:

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Event number: 34: 100M BREASTSTROKE WOMEN 11-12 Heat:12, starttime: 16:23

Heat: 12/12 Lane : 6 Athlete: DERVAUX ELLA Q-time: 01:34:64

PB (50m pool): 01:34.64 Lago Kortrijk Weide 03/05/2026 **PB (25m pool): 01:36.69 SB: 01:34.64** Lago Kortrijk Weide 03/05/2026

	50 M	100 M
PB	00:44.83	01:34.64
	00:44.83	00:49.81

Coach feedback:

Event number: 36: 100M BACKSTROKE WOMEN 13-14 Heat:8, starttime: 17:22

Heat: 8/11 Lane : 8 Athlete: VERPLANCKE MARA Q-time: 01:25:28

PB (50m pool): 01:29.08 Antwerpen 15/03/2026 **PB (25m pool): 01:25.28 SB: 01:29.08** Antwerpen 15/03/2026

	50 M	100 M
PB	00:43.06	01:29.08
	00:43.06	00:46.02

Coach feedback:

Event number: 37: 50M FREESTYLE MEN 13-14 Heat:7, starttime: 17:38

Heat: 7/11 Lane : 5 Athlete: TANGHE BATIS Q-time: 00:31:60

PB (50m pool): 00:32.68 Antwerpen 15/03/2026 **PB (25m pool): 00:31.60 SB: 00:32.68** Antwerpen 15/03/2026

	50 M
PB	00:32.68
	00:32.68

Coach feedback:

Event number: 37: 50M FREESTYLE MEN 13-14 Heat:7, starttime: 17:38

Heat: 7/11 Lane : 8 Athlete: RIGOLE MAURO Q-time: 00:32:07

PB (50m pool): 00:33.95 Antwerpen 15/03/2026 **PB (25m pool): 00:32.07 SB: 00:33.95** Antwerpen 15/03/2026

	50 M
PB	00:33.95
	00:33.95

Coach feedback:

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Event number: 37: 50M FREESTYLE MEN 13-14		Heat:11, starttime: 17:42
Heat: 11/11 Lane : 7 Athlete: DERVAUX ARNOUT		Q-time: 00:29:51
PB (50m pool): 00:31.72 Antwerpen 15/03/2026		PB (25m pool): 00:29.51 SB: 00:31.72 Antwerpen 15/03/2026
	50 M	
PB	00:31.72	
	00:31.72	
	

Coach feedback: