

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

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

Coaches: Segaert Wim HEADCOACH

PB => Personal Best time

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

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|---|--------------|--|
| Event number: 29: 100M BACKSTROKE WOMEN 11-12 | | Heat:6, starttime: 14:14 |
| Heat: 6/12 Lane : 6 Athlete: VANDEVIJVERE LORE | | Q-time: 01:35:65 |
| PB (50m pool): 01:39.92 Brugge 01/02/2026 | | PB (25m pool): 01:35.65 SB: 01:39.92 Brugge 01/02/2026 |
| | 5 0 M | 1 0 0 M |
| PB | 00:49.30 | 01:39.92 |
| | 00:49.30 | 00:50.62 |
| | | |

Coach feedback:

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|---|--------------|------------------------------------|
| Event number: 30: 50M BREASTSTROKE WOMEN 13-14 | | Heat:2, starttime: 14:33 |
| Heat: 2/8 Lane : 7 Athlete: DERUYTER BOIE JULIA MARITH | | Q-time: 00:48:63 |
| PB (50m pool): 00:48.63 Zwembad Brigitte Becue 30/05/2025 | | PB (25m pool): no time SB: no time |
| | 5 0 M | |
| PB | 00:48.63 | |
| | 00:48.63 | |
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Coach feedback:

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|---|--------------|-------------------------------------|
| Event number: 32: 50M FREESTYLE WOMEN 15+ | | Heat:1, starttime: 15:20 |
| Heat: 1/14 Lane : 5 Athlete: NAESENS MYRTHE | | Q-time: 00:35:97 |
| PB (50m pool): 00:35.16 Zwembad Brigitte Becue Oostend 10/05/2024 | | PB (25m pool): 00:35.97 SB: no time |
| | 5 0 M | |
| PB | 00:35.16 | |
| | 00:35.16 | |
| | | |

Coach feedback:

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|--|-----------------|--|---------------------------------|
| Event number: 34: 100M BREASTSTROKE WOMEN 11-12 | | | Heat:3, starttime: 16:02 |
| Heat: 3/12 Lane : 3 Athlete: VANDEVIJVERE LORE | | | Q-time: 01:56:45 |
| PB (50m pool): 01:57.31 Brugge 01/02/2026 | | PB (25m pool): 01:56.45 SB: 01:57.31 Brugge 01/02/2026 | |
| | 50 M | 100 M | |
| PB | 00:54.34 | 01:57.31 | |
| | <i>00:54.34</i> | <i>01:02.97</i> | |
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Coach feedback:

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|---|----------------|------------------------------------|--------------|---------------------------------|
| Event number: 35: 200M FREESTYLE MEN 15+ | | | | Heat:3, starttime: 16:32 |
| Heat: 3/13 Lane : 3 Athlete: VICTOR ACHIEL | | | | Q-time: 02:35:24 |
| PB (50m pool): no time | | PB (25m pool): no time SB: no time | | |
| | 50 M | 100 M | 150 M | 200 M |
| PB | no time | no time | no time | no time |
| | <i>no time</i> | | | |
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Coach feedback:

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|--|-----------------|-------------------------------------|-----------------|---------------------------------|
| Event number: 35: 200M FREESTYLE MEN 15+ | | | | Heat:5, starttime: 16:38 |
| Heat: 5/13 Lane : 1 Athlete: SEGAERT KOBE | | | | Q-time: 02:27:03 |
| PB (50m pool): 02:27.03 Antwerpen 13/07/2025 | | PB (25m pool): 02:27.06 SB: no time | | |
| | 50 M | 100 M | 150 M | 200 M |
| PB | 00:34.49 | 01:13.28 | 01:51.29 | 02:27.03 |
| | <i>00:34.49</i> | <i>00:38.79</i> | <i>00:38.01</i> | <i>00:35.74</i> |
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Coach feedback:

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|---|-----------------|--|-----------------|---------------------------------|
| Event number: 35: 200M FREESTYLE MEN 15+ | | | | Heat:8, starttime: 16:47 |
| Heat: 8/13 Lane : 1 Athlete: VANSIELEGHEM JAYDEN | | | | Q-time: 02:20:84 |
| PB (50m pool): 02:22.43 Brugge 01/02/2026 | | PB (25m pool): 02:20.84 SB: 02:22.43 Brugge 01/02/2026 | | |
| | 50 M | 100 M | 150 M | 200 M |
| PB | 00:33.19 | 01:10.38 | 01:47.60 | 02:22.43 |
| | <i>00:33.19</i> | <i>00:37.19</i> | <i>00:37.22</i> | <i>00:34.83</i> |
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Coach feedback:

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|--|-----------------|---------------------------------|--|
| Event number: 36: 100M BACKSTROKE WOMEN 13-14 | | Heat:5, starttime: 17:15 | |
| Heat: 5/11 Lane : 7 Athlete: DERUYTER BOIE JULIA MARITH | | Q-time: 01:30:16 | |
| PB (50m pool): 01:30.16 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 01:39.60 SB: 01:30.16 Zwembad Brigitte Becue 26/04/2026 | | | |
| | 50 M | 100 M | |
| PB | 00:43.49 | 01:30.16 | |
| | <i>00:43.49</i> | <i>00:46.67</i> | |
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Coach feedback:

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|---|----------------|---------------------------------|--|
| Event number: 38: 100M BUTTERFLY WOMEN 15+ | | Heat:1, starttime: 17:44 | |
| Heat: 1/7 Lane : 4 Athlete: NAESSENS MYRTHE | | Q-time: 01:36:44 | |
| PB (50m pool): 01:36.60 Zwembad Brigitte Becue Oostend 10/05/2025 PB (25m pool): 01:33.86 SB: no time | | | |
| | 50 M | 100 M | |
| PB | no time | 01:36.60 | |
| | <i>no time</i> | | |
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Coach feedback: