

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

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

Coaches: Baeyens Filip

Coaches: Van Nieuwenhuyse Ralf

Coaches: Van Biervliet Kristof

PB => Personal Best time

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

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

Heat: 11/12 Lane : 6 Athlete: HEYTENS JORIEN **Q-time: 01:28:00**

PB (50m pool): 01:28.00 Antwerpen 15/03/2026 **PB (25m pool): 01:28.34 SB: 01:28.00 Antwerpen 15/03/2026**

	50 M	100 M	
PB	00:43.37	01:28.00	
	00:43.37	00:44.63	
	

Coach feedback:

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

Heat: 12/12 Lane : 8 Athlete: TACK CATALEYA **Q-time: 01:27:60**

PB (50m pool): 01:31.42 Antwerpen 15/03/2026 **PB (25m pool): 01:27.60 SB: 01:31.42 Antwerpen 15/03/2026**

	50 M	100 M	
PB	00:45.88	01:31.42	
	00:45.88	00:45.54	
	

Coach feedback:

Event number: 30: 50M BREASTSTROKE WOMEN 13-14 **Heat:3, starttime: 14:34**

Heat: 3/8 Lane : 4 Athlete: DEFEVER AUWKE **Q-time: 00:45:83**

PB (50m pool): 00:45.71 Antwerpen 15/03/2026 **PB (25m pool): 00:45.83 SB: 00:45.71 Antwerpen 15/03/2026**

	50 M	
PB	00:45.71	
	00:45.71	
	

Coach feedback:

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Event number: 31: 200M FREESTYLE MEN 13-14					Heat:2, starttime: 14:47
Heat: 2/11 Lane : 2 Athlete: DESMET TUUR					Q-time: 03:10:22
PB (50m pool): no time			PB (25m pool): 03:10.22 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: 31: 200M FREESTYLE MEN 13-14					Heat:4, starttime: 14:54
Heat: 4/11 Lane : 6 Athlete: CLAEYS JONA					Q-time: 02:49:44
PB (50m pool): no time			PB (25m pool): 02:49.44 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: 31: 200M FREESTYLE MEN 13-14					Heat:11, starttime: 15:16
Heat: 11/11 Lane : 4 Athlete: DEMASURE YORDI					Q-time: 02:17:84
PB (50m pool): 02:24.79 Brugge 01/02/2026			PB (25m pool): 02:17.84 SB: 02:24.79 Brugge 01/02/2026		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.62	01:09.06	01:46.66	02:24.79	
	<i>00:32.62</i>	<i>00:36.44</i>	<i>00:37.60</i>	<i>00:38.13</i>	
	

Coach feedback:

Event number: 32: 50M FREESTYLE WOMEN 15+					Heat:4, starttime: 15:23
Heat: 4/14 Lane : 5 Athlete: BOURDEAUX ALISSA					Q-time: 00:32:73
PB (50m pool): 00:36.18 Brugge 25/01/2026			PB (25m pool): 00:32.73 SB: 00:36.18 Brugge 25/01/2026		
	5 0 M				
PB	00:36.18				
	<i>00:36.18</i>				
				

Coach feedback:

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Event number: 32: 50M FREESTYLE WOMEN 15+		Heat:8, starttime: 15:27
Heat: 8/14 Lane : 3 Athlete: TUYTENS AGLAYA		Q-time: 00:31:41
PB (50m pool): 00:31.41 Antwerpen 15/03/2026		PB (25m pool): 00:31.58 SB: 00:31.41 Antwerpen 15/03/2026
	50 M	
PB	00:31.41	
	00:31.41	
	

Coach feedback:

Event number: 32: 50M FREESTYLE WOMEN 15+		Heat:10, starttime: 15:29
Heat: 10/14 Lane : 6 Athlete: VERHAEGHE MARTHE		Q-time: 00:30:69
PB (50m pool): 00:31.32 Antwerp 02/02/2025		PB (25m pool): 00:03.34 SB: no time
	50 M	
PB	00:31.32	
	00:31.32	
	

Coach feedback:

Event number: 32: 50M FREESTYLE WOMEN 15+		Heat:12, starttime: 15:31
Heat: 12/14 Lane : 4 Athlete: ANRAED CAMILLE		Q-time: 00:30:01
PB (50m pool): 00:30.01 Brugge 25/01/2026		PB (25m pool): SB: 00:30.01 Brugge 25/01/2026
	50 M	
PB	00:30.01	
	00:30.01	
	

Coach feedback:

Event number: 33: 100M FREESTYLE MEN 11-12		Heat:4, starttime: 15:41
Heat: 4/11 Lane : 1 Athlete: RAMON SIEBE		Q-time: 01:26:90
PB (50m pool): 01:28.60 Antwerpen 15/03/2026		PB (25m pool): 01:26.90 SB: 01:28.60 Antwerpen 15/03/2026
	50 M	100 M
PB	00:41.71	01:28.60
	00:41.71	00:46.89

Coach feedback:

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Event number: 33: 100M FREESTYLE MEN 11-12		Heat:5, starttime: 15:43	
Heat: 5/11 Lane : 4 Athlete: LAGACIE THIBAUT		Q-time: 01:23:97	
PB (50m pool): 01:24.74 Antwerpen 15/03/2026		PB (25m pool): 01:23.97 SB: 01:24.74 Antwerpen 15/03/2026	
	50 M	100 M	
PB	00:40.61	01:24.74	
	<i>00:40.61</i>	<i>00:44.13</i>	
	

Coach feedback:

Event number: 33: 100M FREESTYLE MEN 11-12		Heat:8, starttime: 15:49	
Heat: 8/11 Lane : 5 Athlete: GALLE ELIAS		Q-time: 01:18:36	
PB (50m pool): 01:18.36 Antwerpen 15/03/2026		PB (25m pool): 01:18.83 SB: 01:18.36 Antwerpen 15/03/2026	
	50 M	100 M	
PB	00:39.04	01:18.36	
	<i>00:39.04</i>	<i>00:39.32</i>	
	

Coach feedback:

Event number: 34: 100M BREASTSTROKE WOMEN 11-12		Heat:5, starttime: 16:07	
Heat: 5/12 Lane : 3 Athlete: TACK CATALEYA		Q-time: 01:52:45	
PB (50m pool): 01:52.45 Brugge 01/02/2026		PB (25m pool): no time SB: 01:52.45 Brugge 01/02/2026	
	50 M	100 M	
PB	00:53.94	01:52.45	
	<i>00:53.94</i>	<i>00:58.51</i>	
	

Coach feedback:

Event number: 34: 100M BREASTSTROKE WOMEN 11-12		Heat:10, starttime: 16:18	
Heat: 10/12 Lane : 3 Athlete: HEYTENS JORIEN		Q-time: 01:43:98	
PB (50m pool): 01:48.76 Brugge 01/02/2026		PB (25m pool): 01:43.98 SB: 01:48.76 Brugge 01/02/2026	
	50 M	100 M	
PB	00:53.10	01:48.76	
	<i>00:53.10</i>	<i>00:55.66</i>	
	

Coach feedback:

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Event number: 34: 100M BREASTSTROKE WOMEN 11-12			Heat:11, starttime: 16:21
Heat: 11/12 Lane : 8 Athlete: BOURDEAUX AMELIA			Q-time: 01:42:69
PB (50m pool): 01:42.69 Antwerpen 15/03/2026		PB (25m pool): 01:51.29 SB: 01:42.69 Antwerpen 15/03/2026	
	50 M	100 M	
PB	00:48.55	01:42.69	
	00:48.55	00:54.14	
	

Coach feedback:

Event number: 35: 200M FREESTYLE MEN 15+				Heat:10, starttime: 16:53
Heat: 10/13 Lane : 7 Athlete: BAEYENS SIEMEN				Q-time: 02:15:24
PB (50m pool): 02:15.24 Antwerpen 19/04/2026		PB (25m pool): 02:11.14 SB: 02:15.24 Antwerpen 19/04/2026		
	50 M	100 M	150 M	200 M
PB	00:30.32	01:04.61	01:40.11	02:15.24
	00:30.32	00:34.29	00:35.50	00:35.13

Coach feedback:

Event number: 35: 200M FREESTYLE MEN 15+				Heat:12, starttime: 16:58
Heat: 12/13 Lane : 3 Athlete: VAN BIERVLIET CAMIEL				Q-time: 02:10:67
PB (50m pool): 02:11.96 Brugge 01/02/2026		PB (25m pool): 02:10.67 SB: 02:11.96 Brugge 01/02/2026		
	50 M	100 M	150 M	200 M
PB	00:29.85	01:03.61	01:38.23	02:11.96
	00:29.85	00:33.76	00:34.62	00:33.73

Coach feedback:

Event number: 35: 200M FREESTYLE MEN 15+				Heat:12, starttime: 16:58
Heat: 12/13 Lane : 6 Athlete: SABBE LOUIS				Q-time: 02:10:99
PB (50m pool): 02:10.99 Antwerpen 19/04/2026		PB (25m pool): 02:11.43 SB: 02:10.99 Antwerpen 19/04/2026		
	50 M	100 M	150 M	200 M
PB	00:29.33	01:02.68	01:36.75	02:10.99
	00:29.33	00:33.35	00:34.07	00:34.24

Coach feedback:

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Event number: 35: 200M FREESTYLE MEN 15+				Heat:13, starttime: 17:01	
Heat: 13/13 Lane : 5 Athlete: BRUYNEEL FERRE				Q-time: 02:05:03	
PB (50m pool): 02:10.09 Kortrijk 04/05/2025			PB (25m pool): 02:05.03 SB: 02:10.49 Kortrijk 26/12/2025		
	50 M	100 M	150 M	200 M	
PB	00:30.44	01:03.94	01:37.32	02:10.09	
	00:30.44	00:33.50	00:33.38	00:32.77	
	

Coach feedback:

Event number: 36: 100M BACKSTROKE WOMEN 13-14			Heat:5, starttime: 17:15		
Heat: 5/11 Lane : 1 Athlete: DEFEVER AUWKE			Q-time: 01:30:17		
PB (50m pool): 01:37.79 Antwerp 02/02/2025		PB (25m pool): 01:30.17 SB: no time			
	50 M	100 M			
PB	00:47.42	01:37.79			
	00:47.42	00:50.37			
			

Coach feedback:

Event number: 37: 50M FREESTYLE MEN 13-14		Heat:6, starttime: 17:37			
Heat: 6/11 Lane : 1 Athlete: LANDUYT MARCEL		Q-time: 00:32:74			
PB (50m pool): 00:32.74 Brugge 25/01/2026		PB (25m pool): 00:34.44 SB: 00:32.74 Brugge 25/01/2026			
	50 M				
PB	00:32.74				
	00:32.74				
				

Coach feedback:

Event number: 37: 50M FREESTYLE MEN 13-14		Heat:8, starttime: 17:39			
Heat: 8/11 Lane : 5 Athlete: WILLEMS KORBEN		Q-time: 00:31:14			
PB (50m pool): 00:31.54 Antwerpen 15/03/2026		PB (25m pool): 00:31.14 SB: 00:31.54 Antwerpen 15/03/2026			
	50 M				
PB	00:31.54				
	00:31.54				
				

Coach feedback:

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Event number: 37: 50M FREESTYLE MEN 13-14		Heat:11, starttime: 17:42
Heat: 11/11 Lane : 5 Athlete: DEMASURE YORDI		Q-time: 00:29:06
PB (50m pool): 00:29.06 Antwerpen 15/03/2026		PB (25m pool): 00:29.13 SB: 00:29.06 Antwerpen 15/03/2026
	5 0 M	
PB	00:29.06	
	00:29.06	
	

Coach feedback: