

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

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

Coaches: Gijsemans Liesbet

Coaches: Vanuytven Diane

Coaches: Daniëls Liesbeth

Coaches: Van Campenhout Sigrid HEADCOACH

PB => Personal Best time

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

Event number: 29: 100M BACKSTROKE WOMEN 11-12 Heat:3, starttime: 14:06

Heat: 3/12 Lane : 2 Athlete: VLUYMANS JULIE Q-time: 01:42:50

PB (50m pool): 01:39.65 Mol 28/06/2026 PB (25m pool): 01:42.50 SB: 01:39.65 Mol 28/06/2026

	50 M	100 M	
PB	00:48.14	01:39.65	
	00:48.14	00:51.51	
	

Coach feedback:

Event number: 29: 100M BACKSTROKE WOMEN 11-12 Heat:7, starttime: 14:16

Heat: 7/12 Lane : 8 Athlete: VAN REETH LILIANA Q-time: 01:34:83

PB (50m pool): 01:43.88 Mol 28/06/2026 PB (25m pool): 01:34.83 SB: 01:43.88 Mol 28/06/2026

	50 M	100 M	
PB	00:51.48	01:43.88	
	00:51.48	00:52.40	
	

Coach feedback:

Event number: 30: 50M BREASTSTROKE WOMEN 13-14 Heat:8, starttime: 14:40

Heat: 8/8 Lane : 6 Athlete: GERAEDTS MARIA Q-time: 00:41:08

PB (50m pool): 00:41.25 Antwerpen 15/03/2026 PB (25m pool): 00:41.08 SB: 00:41.25 Antwerpen 15/03/2026

	50 M	
PB	00:41.25	
	00:41.25	
	

Coach feedback:

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Event number: 31: 200M FREESTYLE MEN 13-14					Heat:2, starttime: 14:47
Heat: 2/11 Lane : 6 Athlete: GILLIS BAS					Q-time: 03:09:53
PB (50m pool): no time			PB (25m pool): 03:09.53 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: 32: 50M FREESTYLE WOMEN 15+					Heat:2, starttime: 15:21
Heat: 2/14 Lane : 5 Athlete: VERHOEVEN LIESE					Q-time: 00:34:17
PB (50m pool): 00:35.07 Antwerpen 13/07/2025			PB (25m pool): 00:34.17 SB: no time		
	5 0 M				
PB	00:35.07				
	<i>00:35.07</i>				
				

Coach feedback:

Event number: 32: 50M FREESTYLE WOMEN 15+					Heat:14, starttime: 15:33
Heat: 14/14 Lane : 4 Athlete: HUBERLAND LORE					Q-time: 00:28:71
PB (50m pool): 00:29.58 Antwerpen 15/03/2026			PB (25m pool): 00:28.71 SB: 00:29.58 Antwerpen 15/03/2026		
	5 0 M				
PB	00:29.58				
	<i>00:29.58</i>				
				

Coach feedback:

Event number: 34: 100M BREASTSTROKE WOMEN 11-12					Heat:11, starttime: 16:21
Heat: 11/12 Lane : 7 Athlete: VAN REETH LILIANA					Q-time: 01:42:17
PB (50m pool): no time			PB (25m pool): 01:42.17 SB: no time		
	5 0 M	1 0 0 M			
PB	no time	no time			
	<i>no time</i>				
			

Coach feedback:

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Event number: 35: 200M FREESTYLE MEN 15+				Heat:1, starttime: 16:25	
Heat: 1/13 Lane : 3 Athlete: GILLIS MATTHIJS				Q-time: 02:53:61	
PB (50m pool): no time		PB (25m pool): 02:53.61 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: 35: 200M FREESTYLE MEN 15+				Heat:9, starttime: 16:50	
Heat: 9/13 Lane : 6 Athlete: VERCAMMEN DAAN				Q-time: 02:17:11	
PB (50m pool): 02:22.17 Antwerpen 19/04/2026		PB (25m pool): 02:17.11 SB: 02:22.17 Antwerpen 19/04/2026			
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.04	01:09.61	01:46.69	02:22.17	
	<i>00:33.04</i>	<i>00:36.57</i>	<i>00:37.08</i>	<i>00:35.48</i>	
	

Coach feedback:

Event number: 36: 100M BACKSTROKE WOMEN 13-14			Heat:5, starttime: 17:15		
Heat: 5/11 Lane : 6 Athlete: JORIS LINDE			Q-time: 01:29:46		
PB (50m pool): 01:33.72 Wezenberg 01/02/2026		PB (25m pool): 01:29.46 SB: 01:33.72 Wezenberg 01/02/2026			
	5 0 M	1 0 0 M			
PB	00:47.03	01:33.72			
	<i>00:47.03</i>	<i>00:46.69</i>			
			

Coach feedback:

Event number: 36: 100M BACKSTROKE WOMEN 13-14			Heat:7, starttime: 17:20		
Heat: 7/11 Lane : 3 Athlete: HERREMANS ELIEN			Q-time: 01:25:78		
PB (50m pool): 01:29.27 Antwerpen 15/03/2026		PB (25m pool): 01:25.78 SB: 01:29.27 Antwerpen 15/03/2026			
	5 0 M	1 0 0 M			
PB	00:41.90	01:29.27			
	<i>00:41.90</i>	<i>00:47.37</i>			
			

Coach feedback:

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Event number: 37: 50M FREESTYLE MEN 13-14		Heat:2, starttime: 17:33
Heat: 2/11 Lane : 4 Athlete: GILLIS BAS		Q-time: 00:36:66
PB (50m pool): 00:36.79 Mol 28/06/2026		PB (25m pool): 00:36.66 SB: 00:36.79 Mol 28/06/2026
	50 M	
PB	00:36.79	
	00:36.79	
	

Coach feedback:

Event number: 37: 50M FREESTYLE MEN 13-14		Heat:6, starttime: 17:37
Heat: 6/11 Lane : 4 Athlete: VERSTRAETE PEPIJN		Q-time: 00:32:23
PB (50m pool): 00:32.86 Wezenberg 01/02/2026		PB (25m pool): 00:32.23 SB: 00:32.86 Wezenberg 01/02/2026
	50 M	
PB	00:32.86	
	00:32.86	
	

Coach feedback: