

ZC 2026: Session: 5: COACH evaluation sheet for TEAM: DDAT

Coachinfo: Warming up from: 08:15 until 09:15. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Slabbaert Ann HEADCOACH

Coaches: Uyttersprot Katrien

PB => Personal Best time

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

Event number: 39: 100M FREESTYLE WOMEN 13-14 **Heat:4, starttime: 09:36**

Heat: 4/12 Lane : 5 Athlete: VERMEIR JOSEFIEN **Q-time: 01:16:20**

PB (50m pool): 01:15.59 Mol 28/06/2026 **PB (25m pool): 01:22.99 SB: 01:15.59 Mol 28/06/2026**

	5 0 M	1 0 0 M	
PB	00:35.18	01:15.59	
	<i>00:35.18</i>	<i>00:40.41</i>	
	

Coach feedback:

Event number: 39: 100M FREESTYLE WOMEN 13-14 **Heat:6, starttime: 09:39**

Heat: 6/12 Lane : 3 Athlete: DE WILDE HANNE **Q-time: 01:14:22**

PB (50m pool): 01:15.67 Antwerpen 13/07/2025 **PB (25m pool): 01:14.22 SB: no time**

	5 0 M	1 0 0 M	
PB	00:37.30	01:15.67	
	<i>00:37.30</i>	<i>00:38.37</i>	
	

Coach feedback:

Event number: 39: 100M FREESTYLE WOMEN 13-14 **Heat:10, starttime: 09:46**

Heat: 10/12 Lane : 7 Athlete: VERMOESEN ESTÉE **Q-time: 01:11:31**

PB (50m pool): 01:12.54 Antwerpen 15/03/2026 **PB (25m pool): 01:11.31 SB: 01:12.54 Antwerpen 15/03/2026**

	5 0 M	1 0 0 M	
PB	00:34.40	01:12.54	
	<i>00:34.40</i>	<i>00:38.14</i>	
	

Coach feedback:

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Event number: 40: 200M BACKSTROKE MEN 13-14				Heat:4, starttime: 10:05	
Heat: 4/5 Lane : 1 Athlete: VANDEPITTE KYAN				Q-time: 02:55:39	
PB (50m pool): 03:07.49 Aalst 20/12/2025			PB (25m pool): 02:55.39 SB: 03:07.49 Aalst 20/12/2025		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:44.64	01:33.16	02:21.11	03:07.49	
	<i>00:44.64</i>	<i>00:48.52</i>	<i>00:47.95</i>	<i>00:46.38</i>	
	

Coach feedback:

Event number: 40: 200M BACKSTROKE MEN 13-14				Heat:4, starttime: 10:05	
Heat: 4/5 Lane : 3 Athlete: CLAES TIEBE				Q-time: 02:52:86	
PB (50m pool): 02:54.94 Lago Gent Rozebroeken 03/05/2026			PB (25m pool): 02:52.86 SB: 02:54.94 Lago Gent Rozebroeken 03/05/2026		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:42.07	01:26.68	02:12.58	02:54.94	
	<i>00:42.07</i>	<i>00:44.61</i>	<i>00:45.90</i>	<i>00:42.36</i>	
	

Coach feedback:

Event number: 41: 50M BREASTSTROKE WOMEN 15+		Heat:8, starttime: 10:22	
Heat: 8/8 Lane : 5 Athlete: NSUBUGA SOFIA		Q-time: 00:36:86	
PB (50m pool): 00:37.93 Antwerpen 19/04/2026		PB (25m pool): 00:36.86 SB: 00:37.93 Antwerpen 19/04/2026	
	5 0 M		
PB	00:37.93		
	<i>00:37.93</i>		
		

Coach feedback:

Event number: 44: 50M BUTTERFLY MEN 15+		Heat:3, starttime: 10:56	
Heat: 3/11 Lane : 6 Athlete: VERHASSELT LARS		Q-time: 00:35:20	
PB (50m pool): 00:36.42 Wezenberg 03/01/2026		PB (25m pool): 00:35.20 SB: 00:36.42 Wezenberg 03/01/2026	
	5 0 M		
PB	00:36.42		
	<i>00:36.42</i>		
		

Coach feedback:

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Event number: 45: 50M BUTTERFLY WOMEN 13-14		Heat:6, starttime: 11:13	
Heat: 6/7 Lane : 7 Athlete: TRONCKOE BENTE		Q-time: 00:37:18	
PB (50m pool): 00:37.31 Antwerpen 15/03/2026		PB (25m pool): 00:37.18 SB: 00:37.31 Antwerpen 15/03/2026	
	5 0 M		
PB	00:37.31		
	<i>00:37.31</i>		
		

Coach feedback:

Event number: 45: 50M BUTTERFLY WOMEN 13-14		Heat:7, starttime: 11:14	
Heat: 7/7 Lane : 3 Athlete: DE WILDE HANNE		Q-time: 00:36:09	
PB (50m pool): 00:36.09 Antwerpen 15/03/2026		PB (25m pool): 00:37.17 SB: 00:36.09 Antwerpen 15/03/2026	
	5 0 M		
PB	00:36.09		
	<i>00:36.09</i>		
		

Coach feedback:

Event number: 46: 100M BREASTSTROKE MEN 13-14			Heat:3, starttime: 11:20
Heat: 3/6 Lane : 6 Athlete: VANDEPITTE KYAN			Q-time: 01:36:82
PB (50m pool): 01:36.99 Mol 28/06/2026		PB (25m pool): 01:36.82 SB: 01:36.99 Mol 28/06/2026	
	5 0 M	1 0 0 M	
PB	00:46.26	01:36.99	
	<i>00:46.26</i>	<i>00:50.73</i>	
	

Coach feedback:

Event number: 47: 200M BREASTSTROKE WOMEN 15+				Heat:5, starttime: 11:45
Heat: 5/5 Lane : 3 Athlete: DE PRATER JUNO				Q-time: 02:59:36
PB (50m pool): 03:11.54 Antwerpen 19/04/2026		PB (25m pool): 02:59.36 SB: 03:11.54 Antwerpen 19/04/2026		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M
PB	00:41.09	01:29.50	02:20.28	03:11.54
	<i>00:41.09</i>	<i>00:48.41</i>	<i>00:50.78</i>	<i>00:51.26</i>

Coach feedback: