

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

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

Coaches: Sevenants Marc

Coaches: Fekkers Roos HEADCOACH

Coaches: De Punder Wout

Coaches: Roosen Anouk

Coaches: Muls Quinten

PB => Personal Best time

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

Event number: 39: 100M FREESTYLE WOMEN 13-14 Heat:5, starttime: 09:38

Heat: 5/12 Lane : 1 Athlete: GIJSENBURG WINKE Q-time: 01:15:72

PB (50m pool): 01:15.72 Molenbeek 01/02/2026 PB (25m pool): 01:13.16 SB: 01:15.72 Molenbeek 01/02/2026

| | 50 M | 100 M | |
|----|----------------|----------|--|
| PB | no time | 01:15.72 | |
| | <i>no time</i> | | |
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Coach feedback:

Event number: 40: 200M BACKSTROKE MEN 13-14 Heat:2, starttime: 09:57

Heat: 2/5 Lane : 3 Athlete: GRÉGOIRE MATS Q-time: 03:09:83

PB (50m pool): no time PB (25m pool): 03:09.83 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:

Event number: 41: 50M BREASTSTROKE WOMEN 15+ Heat:2, starttime: 10:14

Heat: 2/8 Lane : 6 Athlete: ROOSEN TESS Q-time: 00:43:93

PB (50m pool): 00:42.35 Antwerpen 16/04/2023 PB (25m pool): 00:41.66 SB: 00:43.94 Antwerpen 15/03/2026

| | 50 M | |
|----|-----------------|--|
| PB | 00:42.35 | |
| | <i>00:42.35</i> | |
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Coach feedback:

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| Event number: 41: 50M BREASTSTROKE WOMEN 15+ | | Heat:3, starttime: 10:16 |
| Heat: 3/8 Lane : 3 Athlete: FERNANDEZ PEDRERA TARIK LAILA | | Q-time: 00:42:90 |
| PB (50m pool): 00:42.90 Wezenberg 03/01/2026 | | PB (25m pool): 00:41.28 SB: 00:42.90 Wezenberg 03/01/2026 |
| | 5 0 M | |
| PB | 00:42.90 | |
| | <i>00:42.90</i> | |
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Coach feedback:

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|---|-----------------|---|
| Event number: 42: 50M BACKSTROKE MEN 15+ | | Heat:3, starttime: 10:27 |
| Heat: 3/7 Lane : 8 Athlete: FLORES SÉBASTIEN | | Q-time: 00:36:57 |
| PB (50m pool): 00:36.57 Antwerpen 19/04/2026 | | PB (25m pool): 00:34.46 SB: 00:36.57 Antwerpen 19/04/2026 |
| | 5 0 M | |
| PB | 00:36.57 | |
| | <i>00:36.57</i> | |
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Coach feedback:

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|---|-----------------|-------------------------------------|
| Event number: 42: 50M BACKSTROKE MEN 15+ | | Heat:4, starttime: 10:28 |
| Heat: 4/7 Lane : 8 Athlete: JORIS JESSE | | Q-time: 00:34:32 |
| PB (50m pool): 00:34.32 Antwerpen 13/07/2025 | | PB (25m pool): 00:33.34 SB: no time |
| | 5 0 M | |
| PB | 00:34.32 | |
| | <i>00:34.32</i> | |
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Coach feedback:

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|---|----------------|-------------------------------------|
| Event number: 44: 50M BUTTERFLY MEN 15+ | | Heat:2, starttime: 10:55 |
| Heat: 2/11 Lane : 7 Athlete: JORIS JESSE | | Q-time: 00:38:86 |
| PB (50m pool): no time | | PB (25m pool): 00:31.90 SB: no time |
| | 5 0 M | |
| PB | no time | |
| | <i>no time</i> | |
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Coach feedback:

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| Event number: 44: 50M BUTTERFLY MEN 15+ | | Heat:9, starttime: 11:03 |
| Heat: 9/11 Lane : 5 Athlete: DEHAEN FERRE | | Q-time: 00:29:78 |
| PB (50m pool): 00:29.78 Antwerpen 19/04/2026 | | PB (25m pool): 00:29.17 SB: 00:29.78 Antwerpen 19/04/2026 |
| | 5 0 M | |
| PB | 00:29.78 | |
| | 00:29.78 | |
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Coach feedback:

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|---|--------------|---|
| Event number: 44: 50M BUTTERFLY MEN 15+ | | Heat:10, starttime: 11:04 |
| Heat: 10/11 Lane : 1 Athlete: CAMBRON WARD | | Q-time: 00:29:70 |
| PB (50m pool): 00:29.70 Antwerpen 15/03/2026 | | PB (25m pool): 00:28.74 SB: 00:29.70 Antwerpen 15/03/2026 |
| | 5 0 M | |
| PB | 00:29.70 | |
| | 00:29.70 | |
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Coach feedback:

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|---|--------------|---|
| Event number: 45: 50M BUTTERFLY WOMEN 13-14 | | Heat:3, starttime: 11:09 |
| Heat: 3/7 Lane : 7 Athlete: GIJSENBURG WINKE | | Q-time: 00:42:40 |
| PB (50m pool): 00:42.40 Molenbeek 01/02/2026 | | PB (25m pool): 00:38.53 SB: 00:42.40 Molenbeek 01/02/2026 |
| | 5 0 M | |
| PB | 00:42.40 | |
| | 00:42.40 | |
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Coach feedback:

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|--|--------------|-------------------------------------|
| Event number: 46: 100M BREASTSTROKE MEN 13-14 | | Heat:2, starttime: 11:18 |
| Heat: 2/6 Lane : 2 Athlete: LAENEN CID | | Q-time: 01:46:00 |
| PB (50m pool): 01:46.00 Antwerpen 13/07/2025 | | PB (25m pool): 01:39.84 SB: no time |
| | 5 0 M | 1 0 0 M |
| PB | 00:50.05 | 01:46.00 |
| | 00:50.05 | 00:55.95 |
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Coach feedback:

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| Event number: 46: 100M BREASTSTROKE MEN 13-14 | | Heat:6, starttime: 11:27 | |
| Heat: 6/6 Lane : 8 Athlete: VAN GORP LUCAS | | Q-time: 01:26:75 | |
| PB (50m pool): 01:26.75 SportinGenk Park 24/05/2026 | | PB (25m pool): 01:25.94 SB: 01:26.75 SportinGenk Park 24/05/2026 | |
| | 50 M | 100 M | |
| PB | 00:41.20 | 01:26.75 | |
| | <i>00:41.20</i> | <i>00:45.55</i> | |
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Coach feedback:

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|---|----------------|---|--------------|---------------------------------|
| Event number: 47: 200M BREASTSTROKE WOMEN 15+ | | | | Heat:3, starttime: 11:37 |
| Heat: 3/5 Lane : 6 Athlete: VAN BOXSTAEEL NORA | | | | Q-time: 03:10:76 |
| PB (50m pool): 03:10.76 Molenbeek 01/02/2026 | | PB (25m pool): 03:01.23 SB: 03:10.76 Molenbeek 01/02/2026 | | |
| | 50 M | 100 M | 150 M | 200 M |
| PB | no time | 01:32.72 | no time | 03:10.76 |
| | <i>no time</i> | | | |
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Coach feedback: