

# ZC 2026: Session: 5: COACH evaluation sheet for TEAM: MEGA

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

Coaches: Van Renterghem Delphine HEADCOACH

PB => Personal Best time

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

<b>Event number: 39: 100M FREESTYLE WOMEN 13-14</b>		<b>Heat:3, starttime: 09:34</b>
<b>Heat: 3/12 Lane : 8 Athlete: DE BAERE AUKE</b>		<b>Q-time: 01:19:15</b>
PB (50m pool): 01:22.83 Antwerpen 13/07/2025		PB (25m pool): 01:19.15 SB: no time
	<b>50 M</b>	<b>100 M</b>
PB	00:38.61	01:22.83
	00:38.61	00:44.22
	.....	.....

Coach feedback:

<b>Event number: 39: 100M FREESTYLE WOMEN 13-14</b>		<b>Heat:4, starttime: 09:36</b>
<b>Heat: 4/12 Lane : 3 Athlete: SCHOENMAEKERS ALIX</b>		<b>Q-time: 01:16:33</b>
PB (50m pool): 01:16.33 Antwerpen 15/03/2026		PB (25m pool): 01:16.66 SB: 01:16.33 Antwerpen 15/03/2026
	<b>50 M</b>	<b>100 M</b>
PB	00:36.36	01:16.33
	00:36.36	00:39.97
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Coach feedback:

<b>Event number: 39: 100M FREESTYLE WOMEN 13-14</b>		<b>Heat:6, starttime: 09:39</b>
<b>Heat: 6/12 Lane : 4 Athlete: MORTIER ALIX</b>		<b>Q-time: 01:13:62</b>
PB (50m pool): 01:13.62 Gent 08/02/2026		PB (25m pool): 01:13.95 SB: 01:13.62 Gent 08/02/2026
	<b>50 M</b>	<b>100 M</b>
PB	00:36.10	01:13.62
	00:36.10	00:37.52
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Coach feedback:

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<b>Event number: 39: 100M FREESTYLE WOMEN 13-14</b>		<b>Heat:7, starttime: 09:41</b>	
<b>Heat: 7/12 Lane : 4 Athlete: DELAGRANGE CÉZANNE</b>		<b>Q-time: 01:13:34</b>	
PB (50m pool): 01:13.34 Antwerpen 13/07/2025		PB (25m pool): 01:12.20 SB: 01:13.98 Gent 08/02/2026	
	<b>5 0 M</b>	<b>1 0 0 M</b>	
PB	00:34.87	01:13.34	
	00:34.87	00:38.47	
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Coach feedback:

<b>Event number: 39: 100M FREESTYLE WOMEN 13-14</b>		<b>Heat:8, starttime: 09:43</b>	
<b>Heat: 8/12 Lane : 7 Athlete: BAEYE ROMY</b>		<b>Q-time: 01:13:04</b>	
PB (50m pool): 01:13.04 Lago Gent Rozebroeken 03/05/2026		PB (25m pool): 01:17.19 SB: 01:13.04 Lago Gent Rozebroeken 03/05/2026	
	<b>5 0 M</b>	<b>1 0 0 M</b>	
PB	00:34.99	01:13.04	
	00:34.99	00:38.05	
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Coach feedback:

<b>Event number: 39: 100M FREESTYLE WOMEN 13-14</b>		<b>Heat:12, starttime: 09:50</b>	
<b>Heat: 12/12 Lane : 4 Athlete: VANHAECKE JULIETTE</b>		<b>Q-time: 01:07:95</b>	
PB (50m pool): 01:07.95 Antwerpen 15/03/2026		PB (25m pool): 01:06.87 SB: 01:07.95 Antwerpen 15/03/2026	
	<b>5 0 M</b>	<b>1 0 0 M</b>	
PB	00:32.63	01:07.95	
	00:32.63	00:35.32	
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Coach feedback:

<b>Event number: 39: 100M FREESTYLE WOMEN 13-14</b>		<b>Heat:12, starttime: 09:50</b>	
<b>Heat: 12/12 Lane : 6 Athlete: FRANKE MARIA LAYLA</b>		<b>Q-time: 01:08:63</b>	
PB (50m pool): 01:08.63 Eindhoven 22/03/2026		PB (25m pool): 01:12.64 SB: 01:08.63 Eindhoven 22/03/2026	
	<b>5 0 M</b>	<b>1 0 0 M</b>	
PB	00:32.55	01:08.63	
	00:32.55	00:36.08	
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Coach feedback:

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<b>Event number: 40: 200M BACKSTROKE MEN 13-14</b>				<b>Heat:4, starttime: 10:05</b>	
<b>Heat: 4/5 Lane : 5 Athlete: BOGAERTS SANDER</b>				<b>Q-time: 02:50:09</b>	
PB (50m pool): 02:50.09 Kortrijk 26/12/2025			PB (25m pool): 03:00.76 SB: 02:50.09 Kortrijk 26/12/2025		
	<b>50 M</b>	<b>100 M</b>	<b>150 M</b>	<b>200 M</b>	
PB	00:38.82	01:22.53	02:07.33	02:50.09	
	00:38.82	00:43.71	00:44.80	00:42.76	
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Coach feedback:

<b>Event number: 41: 50M BREASTSTROKE WOMEN 15+</b>		<b>Heat:4, starttime: 10:17</b>	
<b>Heat: 4/8 Lane : 4 Athlete: SNOECK HANNELORE</b>		<b>Q-time: 00:41:66</b>	
PB (50m pool): 00:41.66 Antwerpen 13/07/2025		PB (25m pool): 00:41.03 SB: no time	
	<b>50 M</b>		
PB	00:41.66		
	00:41.66		
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Coach feedback:

<b>Event number: 41: 50M BREASTSTROKE WOMEN 15+</b>		<b>Heat:5, starttime: 10:18</b>	
<b>Heat: 5/8 Lane : 4 Athlete: BAEKE STINE</b>		<b>Q-time: 00:40:47</b>	
PB (50m pool): 00:40.47 Antwerpen 15/03/2026		PB (25m pool): 00:40.49 SB: 00:40.47 Antwerpen 15/03/2026	
	<b>50 M</b>		
PB	00:40.47		
	00:40.47		
	.....		

Coach feedback:

<b>Event number: 42: 50M BACKSTROKE MEN 15+</b>		<b>Heat:4, starttime: 10:28</b>	
<b>Heat: 4/7 Lane : 4 Athlete: VIAENE MAXIM</b>		<b>Q-time: 00:33:87</b>	
PB (50m pool): 00:33.87 Zwembad Brigitte Becue 30/05/2025		PB (25m pool): 00:34.13 SB: no time	
	<b>50 M</b>		
PB	00:33.87		
	00:33.87		
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Coach feedback:

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<b>Event number: 42: 50M BACKSTROKE MEN 15+</b>		<b>Heat:6, starttime: 10:31</b>
<b>Heat: 6/7 Lane : 7 Athlete: ROSIERS MATHIAS</b>		<b>Q-time: 00:32:59</b>
PB (50m pool): 00:32.59 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 00:32.17 SB: 00:32.59 Zwembad Brigitte Becue 26/04/2026		
	<b>5 0 M</b>	
PB	00:32.59	
	00:32.59	
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Coach feedback:

<b>Event number: 43: 200M BACKSTROKE WOMEN 15+</b>				<b>Heat:2, starttime: 10:39</b>
<b>Heat: 2/5 Lane : 7 Athlete: GOOTJES JASMIJN</b>				<b>Q-time: 03:03:33</b>
PB (50m pool): 03:03.33 Antwerpen 13/07/2025				PB (25m pool): 02:51.10 SB: no time
	<b>5 0 M</b>	<b>1 0 0 M</b>	<b>1 5 0 M</b>	<b>2 0 0 M</b>
PB	00:44.16	01:29.87	02:17.68	03:03.33
	00:44.16	00:45.71	00:47.81	00:45.65
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Coach feedback:

<b>Event number: 43: 200M BACKSTROKE WOMEN 15+</b>				<b>Heat:2, starttime: 10:39</b>
<b>Heat: 2/5 Lane : 8 Athlete: CLAEYS ELISE</b>				<b>Q-time: 03:04:85</b>
PB (50m pool): 03:04.85 Antwerpen 13/07/2025				PB (25m pool): 03:11.75 SB: no time
	<b>5 0 M</b>	<b>1 0 0 M</b>	<b>1 5 0 M</b>	<b>2 0 0 M</b>
PB	00:45.34	01:33.16	02:20.17	03:04.85
	00:45.34	00:47.82	00:47.01	00:44.68
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Coach feedback:

<b>Event number: 43: 200M BACKSTROKE WOMEN 15+</b>				<b>Heat:4, starttime: 10:47</b>
<b>Heat: 4/5 Lane : 2 Athlete: ANSEEUW LIEZE</b>				<b>Q-time: 02:46:41</b>
PB (50m pool): 02:46.41 Lago Gent Rozebroeken 03/05/2026				PB (25m pool): 02:45.07 SB: 02:46.41 Lago Gent Rozebroeken 03/05/2026
	<b>5 0 M</b>	<b>1 0 0 M</b>	<b>1 5 0 M</b>	<b>2 0 0 M</b>
PB	00:40.40	01:21.79	02:04.92	02:46.41
	00:40.40	00:41.39	00:43.13	00:41.49
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Coach feedback:

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<b>Event number: 44: 50M BUTTERFLY MEN 15+</b>		<b>Heat:3, starttime: 10:56</b>
<b>Heat: 3/11 Lane : 5 Athlete: POLLET MILO</b>		<b>Q-time: 00:34:44</b>
PB (50m pool): 00:34.44 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 00:33.10 SB: 00:34.44 Zwembad Brigitte Becue 26/04/2026		
	<b>5 0 M</b>	
PB	00:34.44	
	00:34.44	
	.....	

Coach feedback:

<b>Event number: 44: 50M BUTTERFLY MEN 15+</b>		<b>Heat:7, starttime: 11:01</b>
<b>Heat: 7/11 Lane : 4 Athlete: ROSIERS MATHIAS</b>		<b>Q-time: 00:31:20</b>
PB (50m pool): 00:31.20 Antwerpen 15/03/2026 PB (25m pool): 00:30.83 SB: 00:31.20 Antwerpen 15/03/2026		
	<b>5 0 M</b>	
PB	00:31.20	
	00:31.20	
	.....	

Coach feedback:

<b>Event number: 45: 50M BUTTERFLY WOMEN 13-14</b>		<b>Heat:3, starttime: 11:09</b>
<b>Heat: 3/7 Lane : 4 Athlete: SCHOENMAEKERS ALIX</b>		<b>Q-time: 00:40:98</b>
PB (50m pool): 00:40.98 Antwerpen 15/03/2026 PB (25m pool): 00:44.02 SB: 00:40.98 Antwerpen 15/03/2026		
	<b>5 0 M</b>	
PB	00:40.98	
	00:40.98	
	.....	

Coach feedback:

<b>Event number: 45: 50M BUTTERFLY WOMEN 13-14</b>		<b>Heat:6, starttime: 11:13</b>
<b>Heat: 6/7 Lane : 2 Athlete: DE BAERE AUKE</b>		<b>Q-time: 00:37:00</b>
PB (50m pool): 00:37.00 Antwerpen 15/03/2026 PB (25m pool): 00:37.96 SB: 00:37.00 Antwerpen 15/03/2026		
	<b>5 0 M</b>	
PB	00:37.00	
	00:37.00	
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Coach feedback:

# ZC 2026: Session: 5: COACH evaluation sheet for TEAM: MEGA

<b>Event number: 45: 50M BUTTERFLY WOMEN 13-14</b>		<b>Heat:6, starttime: 11:13</b>
<b>Heat: 6/7 Lane : 6 Athlete: DELAGRANGE CéZANNE</b>		<b>Q-time: 00:36:80</b>
PB (50m pool): no time		PB (25m pool): 00:36.80 SB: no time
	<b>5 0 M</b>	
PB	no time	
	<i>no time</i>	
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Coach feedback:

<b>Event number: 46: 100M BREASTSTROKE MEN 13-14</b>		<b>Heat:3, starttime: 11:20</b>	
<b>Heat: 3/6 Lane : 5 Athlete: GURICKX ALEXANDER</b>		<b>Q-time: 01:35:16</b>	
PB (50m pool): 01:35.16 Zwembad Brigitte Becue 26/04/2026		PB (25m pool): 01:34.73 SB: 01:35.16 Zwembad Brigitte Becue 26/04/2026	
	<b>5 0 M</b>	<b>1 0 0 M</b>	
PB	00:44.55	01:35.16	
	<i>00:44.55</i>	<i>00:50.61</i>	
	.....	.....	

Coach feedback:

<b>Event number: 47: 200M BREASTSTROKE WOMEN 15+</b>			<b>Heat:3, starttime: 11:37</b>	
<b>Heat: 3/5 Lane : 1 Athlete: BAEKE STINE</b>			<b>Q-time: 03:13:27</b>	
PB (50m pool): 03:13.27 Lago Gent Rozebroeken 03/05/2026			PB (25m pool): 03:09.51 SB: 03:13.27 Lago Gent Rozebroeken 03/05/2026	
	<b>5 0 M</b>	<b>1 0 0 M</b>	<b>1 5 0 M</b>	<b>2 0 0 M</b>
PB	00:43.75	01:32.77	02:22.85	03:13.27
	<i>00:43.75</i>	<i>00:49.02</i>	<i>00:50.08</i>	<i>00:50.42</i>
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Coach feedback: