

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

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

Coaches: Van Waeyenberghe Philippe HEADCOACH

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 : 8 Athlete: VANDENBUSSCHE LENA

Q-time: 01:16:93

PB (50m pool): 01:18.17 Lago Gent Rozebroeken 03/05/2026 PB (25m pool): 01:16.93 SB: 01:18.17 Lago Gent Rozebroeken 03/05/2026

	5 0 M	1 0 0 M	
PB	00:37.68	01:18.17	
	00:37.68	00:40.49	
	

Coach feedback:

Event number: 39: 100M FREESTYLE WOMEN 13-14 **Heat:12, starttime: 09:50**

Heat: 12/12 Lane : 7 Athlete: LAGA LORE

Q-time: 01:09:20

PB (50m pool): 01:12.06 Lago Gent Rozebroeken 03/05/2026 PB (25m pool): 01:09.20 SB: 01:12.06 Lago Gent Rozebroeken 03/05/2026

	5 0 M	1 0 0 M	
PB	00:35.62	01:12.06	
	00:35.62	00:36.44	
	

Coach feedback:

Event number: 41: 50M BREASTSTROKE WOMEN 15+ **Heat:4, starttime: 10:17**

Heat: 4/8 Lane : 1 Athlete: SCHELFAUT FLOOR

Q-time: 00:42:41

PB (50m pool): 00:42.41 Lochristi 01/02/2026 PB (25m pool): 00:42.93 SB: 00:42.41 Lochristi 01/02/2026

	5 0 M	
PB	00:42.41	
	00:42.41	
	

Coach feedback:

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Event number: 45: 50M BUTTERFLY WOMEN 13-14		Heat:7, starttime: 11:14
Heat: 7/7 Lane : 7 Athlete: LAGA LORE		Q-time: 00:36:51
PB (50m pool): 00:37.56 Sportoase De Watermolen 29/03/2026 PB (25m pool): 00:36.51 SB: 00:37.56 Sportoase De Watermolen 29/03/2026		
	50 M	
PB	00:37.56	
	00:37.56	
	

Coach feedback:

Event number: 47: 200M BREASTSTROKE WOMEN 15+				Heat:4, starttime: 11:41
Heat: 4/5 Lane : 5 Athlete: BULCKAEN JANNE				Q-time: 03:05:89
PB (50m pool): 03:12.69 Antwerpen 21/07/2024				PB (25m pool): 03:05.89 SB: 03:14.96 Sportoase De Watermolen 29/03/2026
	50 M	100 M	150 M	200 M
PB	no time	no time	no time	03:12.69
	no time			

Coach feedback:

Event number: 47: 200M BREASTSTROKE WOMEN 15+				Heat:4, starttime: 11:41
Heat: 4/5 Lane : 7 Athlete: SCHELFAUT FLOOR				Q-time: 03:06:65
PB (50m pool): 03:11.46 Sportoase De Watermolen 29/03/2026 PB (25m pool): 03:06.65 SB: 03:11.46 Sportoase De Watermolen 29/03/2026				
	50 M	100 M	150 M	200 M
PB	00:43.78	01:33.22	02:22.58	03:11.46
	00:43.78	00:49.44	00:49.36	00:48.88

Coach feedback: