

ZC 2026: Session: 6: COACH evaluation sheet for TEAM: BRABO

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

Coaches: Caluwaerts Lynn HEADCOACH

PB => Personal Best time

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

Event number: 48: 100M FREESTYLE MEN 13-14 **Heat:2, starttime: 14:02**

Heat: 2/12 Lane : 5 Athlete: NAGELS ROBBE **Q-time: 01:21:70**

PB (50m pool): 01:23.44 Olympic Pool Wezenberg, Antwer 29/03/2026 **PB (25m pool): 01:21.70 SB: 01:23.44 Olympic Pool Wezenberg, Antwer 29/03/2026**

	5 0 M	1 0 0 M	
PB	00:39.83	01:23.44	
	<i>00:39.83</i>	<i>00:43.61</i>	
	

Coach feedback:

Event number: 48: 100M FREESTYLE MEN 13-14 **Heat:4, starttime: 14:06**

Heat: 4/12 Lane : 7 Athlete: GORIS FINN **Q-time: 01:16:60**

PB (50m pool): 01:16.60 Antwerpen 15/03/2026 **PB (25m pool): 01:17.04 SB: 01:16.60 Antwerpen 15/03/2026**

	5 0 M	1 0 0 M	
PB	00:37.11	01:16.60	
	<i>00:37.11</i>	<i>00:39.49</i>	
	

Coach feedback:

Event number: 48: 100M FREESTYLE MEN 13-14 **Heat:7, starttime: 14:11**

Heat: 7/12 Lane : 4 Athlete: VERSCHEURE SAM **Q-time: 01:10:25**

PB (50m pool): 01:09.26 Mol 28/06/2026 **PB (25m pool): 01:10.25 SB: 01:09.26 Mol 28/06/2026**

	5 0 M	1 0 0 M	
PB	00:33.39	01:09.26	
	<i>00:33.39</i>	<i>00:35.87</i>	
	

Coach feedback:

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Event number: 48: 100M FREESTYLE MEN 13-14		Heat:9, starttime: 14:15	
Heat: 9/12 Lane : 7 Athlete: CARPENTIER THIBO		Q-time: 01:08:61	
PB (50m pool): 01:10.02 Sportoase De Watermolen 24/05/2026 PB (25m pool): 01:08.61 SB: 01:10.02 Sportoase De Watermolen 24/05/2026			
	5 0 M	1 0 0 M	
PB	00:33.36	01:10.02	
	00:33.36	00:36.66	
	

Coach feedback:

Event number: 48: 100M FREESTYLE MEN 13-14		Heat:10, starttime: 14:16	
Heat: 10/12 Lane : 1 Athlete: SNOECKX GUILLAUME		Q-time: 01:07:74	
PB (50m pool): 01:07.74 Wezenberg 01/02/2026 PB (25m pool): 01:08.16 SB: 01:07.74 Wezenberg 01/02/2026			
	5 0 M	1 0 0 M	
PB	00:32.33	01:07.74	
	00:32.33	00:35.41	
	

Coach feedback:

Event number: 48: 100M FREESTYLE MEN 13-14		Heat:11, starttime: 14:18	
Heat: 11/12 Lane : 8 Athlete: MICHELS LINUS		Q-time: 01:05:68	
PB (50m pool): 01:07.19 Antwerpen 19/04/2026 PB (25m pool): 01:05.68 SB: 01:07.19 Antwerpen 19/04/2026			
	5 0 M	1 0 0 M	
PB	00:32.21	01:07.19	
	00:32.21	00:34.98	
	

Coach feedback:

Event number: 49: 200M BACKSTROKE WOMEN 13-14			Heat:1, starttime: 14:22		
Heat: 1/5 Lane : 3 Athlete: CAUTAERT-KNUTSSON LISA			Q-time: 03:21:05		
PB (50m pool): 03:21.05 Olympic Pool Wezenberg, Antwer 29/03/2026 PB (25m pool): 03:23.57 SB: 03:21.05 Olympic Pool Wezenberg, Antwer 29/03/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:47.29	01:39.79	02:31.53	03:21.05	
	00:47.29	00:52.50	00:51.74	00:49.52	
	

Coach feedback:

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Event number: 49: 200M BACKSTROKE WOMEN 13-14				Heat:1, starttime: 14:22	
Heat: 1/5 Lane : 5 Athlete: CORNELIS MARJOLEIN				Q-time: 03:20:87	
PB (50m pool): 03:20.87 Olympic Pool Wezenberg, Antwer 29/07/2026		PB (125m pool): no time		SB: 03:20.87 Olympic Pool Wezenberg, Antwer 29/07/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:46.72	01:38.11	02:30.07	03:20.87	
	00:46.72	00:51.39	00:51.96	00:50.80	
	

Coach feedback:

Event number: 49: 200M BACKSTROKE WOMEN 13-14				Heat:1, starttime: 14:22	
Heat: 1/5 Lane : 6 Athlete: SZABO NORA				Q-time: 03:22:64	
PB (50m pool): 03:22.64 Olympic Pool Wezenberg, Antwer 29/07/2026		PB (125m pool): no time		SB: 03:22.64 Olympic Pool Wezenberg, Antwer 29/07/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:49.13	01:42.50	02:35.84	03:22.64	
	00:49.13	00:53.37	00:53.34	00:46.80	
	

Coach feedback:

Event number: 49: 200M BACKSTROKE WOMEN 13-14				Heat:2, starttime: 14:26	
Heat: 2/5 Lane : 2 Athlete: KUSHNIR MILANA				Q-time: 03:07:92	
PB (50m pool): 03:13.44 Olympic Pool Wezenberg, Antwer 29/07/2026		PB (125m pool): 03:07.92		SB: 03:13.44 Olympic Pool Wezenberg, Antwer 29/07/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:45.88	01:35.28	02:26.81	03:13.44	
	00:45.88	00:49.40	00:51.53	00:46.63	
	

Coach feedback:

Event number: 51: 50M BACKSTROKE WOMEN 15+		Heat:3, starttime: 14:56			
Heat: 3/9 Lane : 8 Athlete: SOETEWY BIRGIT		Q-time: 00:39:80			
PB (50m pool): 00:39.71 Kortrijk 21/06/2026		PB (25m pool): 00:37.59 SB: 00:39.71 Kortrijk 21/06/2026			
	5 0 M				
PB	00:39.71				
	00:39.71				
				

Coach feedback:

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Event number: 51: 50M BACKSTROKE WOMEN 15+		Heat:7, starttime: 15:02
Heat: 7/9 Lane : 4 Athlete: HOUVENAGHEL ELIEN		Q-time: 00:35:65
PB (50m pool): 00:36.64 Wezenberg 01/02/2026		PB (25m pool): 00:35.65 SB: 00:36.64 Wezenberg 01/02/2026
	5 0 M	
PB	00:36.64	
	00:36.64	
	

Coach feedback:

Event number: 53: 50M BUTTERFLY WOMEN 15+		Heat:6, starttime: 15:27
Heat: 6/11 Lane : 6 Athlete: HOUVENAGHEL ELIEN		Q-time: 00:35:28
PB (50m pool): 00:35.28 Antwerpen 13/07/2025		PB (25m pool): 00:35.47 SB: 00:38.08 Antwerpen 15/03/2026
	5 0 M	
PB	00:35.28	
	00:35.28	
	

Coach feedback:

Event number: 53: 50M BUTTERFLY WOMEN 15+		Heat:7, starttime: 15:28
Heat: 7/11 Lane : 6 Athlete: BALAJI YOUSRA		Q-time: 00:34:54
PB (50m pool): 00:34.54 Antwerpen 15/03/2026		PB (25m pool): 00:35.05 SB: 00:34.54 Antwerpen 15/03/2026
	5 0 M	
PB	00:34.54	
	00:34.54	
	

Coach feedback:

Event number: 54: 50M BUTTERFLY MEN 13-14		Heat:4, starttime: 15:38
Heat: 4/7 Lane : 5 Athlete: CARPENTIER THIBO		Q-time: 00:36:64
PB (50m pool): 00:43.13 Wezenberg 04/01/2026		PB (25m pool): 00:36.64 SB: 00:43.13 Wezenberg 04/01/2026
	5 0 M	
PB	00:43.13	
	00:43.13	
	

Coach feedback:

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Event number: 54: 50M BUTTERFLY MEN 13-14		Heat:6, starttime: 15:40	
Heat: 6/7 Lane : 8 Athlete: MICHELS LINUS		Q-time: 00:34:32	
PB (50m pool): 00:34.32 Antwerpen 19/04/2026		PB (25m pool): 00:34.34 SB: 00:34.32 Antwerpen 19/04/2026	
	50 M		
PB	00:34.32		
	00:34.32		
		

Coach feedback:

Event number: 55: 100M BREASTSTROKE WOMEN 13-14		Heat:4, starttime: 15:50	
Heat: 4/8 Lane : 5 Athlete: ZONNEKEYN CARO LINA		Q-time: 01:37:02	
PB (50m pool): 01:36.54 Mol 28/06/2026		PB (25m pool): 01:37.71 SB: 01:36.54 Mol 28/06/2026	
	50 M	100 M	
PB	00:45.33	01:36.54	
	00:45.33	00:51.21	
	

Coach feedback:

Event number: 55: 100M BREASTSTROKE WOMEN 13-14		Heat:4, starttime: 15:50	
Heat: 4/8 Lane : 7 Athlete: GORIS ZITA		Q-time: 01:38:76	
PB (50m pool): 01:41.57 Olympic Pool Wezenberg, Antwer 29/07/25		PB (25m pool): 01:38.76 SB: 01:41.57 Olympic Pool Wezenberg, Antwer 29/07/25	
	50 M	100 M	
PB	00:46.59	01:41.57	
	00:46.59	00:54.98	
	

Coach feedback:

Event number: 56: 200M BREASTSTROKE MEN 15+				Heat:4, starttime: 16:12
Heat: 4/5 Lane : 5 Athlete: ROOSEN THOMAS				Q-time: 02:50:16
PB (50m pool): 03:04.36 Antwerp 14/04/2024		PB (25m pool): 02:50.16 SB: no time		
	50 M	100 M	150 M	200 M
PB	no time	no time	no time	03:04.36
	no time			

Coach feedback: