

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

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

Coaches: Slos Robbie

Coaches: De Waele Lente

Coaches: Huberty Maren

Coaches: De Backer Bart

Coaches: De Noble Chloë

Coaches: De Noble Naomi

Coaches: Van Heghe Margot

Coaches: Cools Sandra HEADCOACH

Coaches: Mathys Jana

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 : 8 Athlete: DE CRAENE NATHEN **Q-time: 01:32:33**

PB (50m pool): 01:32.33 Lago Gent Rozebroeken 03/05/2026 **PB (25m pool): 01:34.76** **SB: 01:32.33** Lago Gent Rozebroeken 03/05/2026

	50 M	100 M	
PB	00:43.20	01:32.33	
	00:43.20	00:49.13	
	

Coach feedback:

Event number: 48: 100M FREESTYLE MEN 13-14 **Heat:3, starttime: 14:04**

Heat: 3/12 Lane : 6 Athlete: TRIEST JULES **Q-time: 01:18:32**

PB (50m pool): 01:18.32 Gent 08/02/2026 **PB (25m pool): 01:19.66** **SB: 01:18.32** Gent 08/02/2026

	50 M	100 M	
PB	00:37.67	01:18.32	
	00:37.67	00:40.65	
	

Coach feedback:

Event number: 48: 100M FREESTYLE MEN 13-14 **Heat:8, starttime: 14:13**

Heat: 8/12 Lane : 6 Athlete: GERRITSEN BRUNO **Q-time: 01:09:80**

PB (50m pool): 01:09.80 Lago Gent Rozebroeken 03/05/2026 **PB (25m pool): 01:10.18** **SB: 01:09.80** Lago Gent Rozebroeken 03/05/2026

	50 M	100 M	
PB	00:33.24	01:09.80	
	00:33.24	00:36.56	
	

Coach feedback:

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Event number: 49: 200M BACKSTROKE WOMEN 13-14				Heat:4, starttime: 14:34	
Heat: 4/5 Lane : 2 Athlete: RUTTEN LEONIE				Q-time: 02:57:44	
PB (50m pool): 03:01.46 Gent 08/02/2026			PB (25m pool): 02:57.44 SB: 03:01.46 Gent 08/02/2026		
	50 M	100 M	150 M	200 M	
PB	00:44.58	01:30.64	02:17.31	03:01.46	
	00:44.58	00:46.06	00:46.67	00:44.15	
	

Coach feedback:

Event number: 49: 200M BACKSTROKE WOMEN 13-14				Heat:5, starttime: 14:38	
Heat: 5/5 Lane : 3 Athlete: DAEM HANNELISE				Q-time: 02:51:80	
PB (50m pool): 02:55.08 Lago Gent Rozebroeken 03/05/2026			PB (25m pool): 02:51.80 SB: 02:55.08 Lago Gent Rozebroeken 03/05/2026		
	50 M	100 M	150 M	200 M	
PB	00:41.64	01:27.00	02:13.08	02:55.08	
	00:41.64	00:45.36	00:46.08	00:42.00	
	

Coach feedback:

Event number: 49: 200M BACKSTROKE WOMEN 13-14				Heat:5, starttime: 14:38	
Heat: 5/5 Lane : 5 Athlete: VERBERT KAAT				Q-time: 02:51:53	
PB (50m pool): 02:51.53 Lago Gent Rozebroeken 03/05/2026			PB (25m pool): 02:57.03 SB: 02:51.53 Lago Gent Rozebroeken 03/05/2026		
	50 M	100 M	150 M	200 M	
PB	00:40.99	01:25.39	02:09.80	02:51.53	
	00:40.99	00:44.40	00:44.41	00:41.73	
	

Coach feedback:

Event number: 50: 50M BREASTSTROKE MEN 15+		Heat:2, starttime: 14:44	
Heat: 2/8 Lane : 3 Athlete: VAN LOO MATHIAS		Q-time: 00:43:46	
PB (50m pool): 00:46.33 Aalst 11/05/2025		PB (25m pool): 00:43.46 SB: no time	
	50 M		
PB	00:46.33		
	00:46.33		
		

Coach feedback:

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Event number: 50: 50M BREASTSTROKE MEN 15+		Heat:7, starttime: 14:49
Heat: 7/8 Lane : 4 Athlete: DEGRANDE LARS		Q-time: 00:34:54
PB (50m pool): 00:34.54 Antwerpen 15/03/2026		PB (25m pool): 00:34.73 SB: 00:34.54 Antwerpen 15/03/2026
	5 0 M	
PB	00:34.54	
	00:34.54	
	

Coach feedback:

Event number: 51: 50M BACKSTROKE WOMEN 15+		Heat:1, starttime: 14:52
Heat: 1/9 Lane : 7 Athlete: BEKAERT SOPHIA		Q-time: 00:43:90
PB (50m pool): 00:50.64 Aalst 28/04/2024		PB (25m pool): 00:43.90 SB: no time
	5 0 M	
PB	00:50.64	
	00:50.64	
	

Coach feedback:

Event number: 51: 50M BACKSTROKE WOMEN 15+		Heat:2, starttime: 14:54
Heat: 2/9 Lane : 1 Athlete: GERRITSEN VESPER		Q-time: 00:41:68
PB (50m pool): 00:42.57 Gent (Rozebroeken) 03/03/2024		PB (25m pool): 00:41.68 SB: 00:43.25 Sportoase De Watermolen 29/03/2024
	5 0 M	
PB	00:42.57	
	00:42.57	
	

Coach feedback:

Event number: 51: 50M BACKSTROKE WOMEN 15+		Heat:2, starttime: 14:54
Heat: 2/9 Lane : 3 Athlete: VAN LOO CHARLOTTE		Q-time: 00:40:60
PB (50m pool): 00:40.60 Antwerpen 13/07/2025		PB (25m pool): 00:40.50 SB: 00:40.77 Gent 08/02/2026
	5 0 M	
PB	00:40.60	
	00:40.60	
	

Coach feedback:

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Event number: 51: 50M BACKSTROKE WOMEN 15+		Heat:2, starttime: 14:54
Heat: 2/9 Lane : 8 Athlete: DE BOCK AUDE		Q-time: 00:41:80
PB (50m pool): 00:45.89 Sportoase De Watermolen 24/05/2026 PB (25m pool): 00:41.80 SB: 00:45.89 Sportoase De Watermolen 24/05/2026		
	5 0 M	
PB	00:45.89	
	00:45.89	
	

Coach feedback:

Event number: 51: 50M BACKSTROKE WOMEN 15+		Heat:5, starttime: 14:59
Heat: 5/9 Lane : 7 Athlete: VAN BRABANDT MILA		Q-time: 00:37:46
PB (50m pool): 00:37.46 Sportoase De Watermolen 29/03/2026 PB (25m pool): 00:39.20 SB: 00:37.46 Sportoase De Watermolen 29/03/2026		
	5 0 M	
PB	00:37.46	
	00:37.46	
	

Coach feedback:

Event number: 51: 50M BACKSTROKE WOMEN 15+		Heat:7, starttime: 15:02
Heat: 7/9 Lane : 3 Athlete: MINNOYE YAANA		Q-time: 00:35:69
PB (50m pool): 00:37.39 Antwerpen 15/03/2026 PB (25m pool): 00:35.48 SB: 00:37.39 Antwerpen 15/03/2026		
	5 0 M	
PB	00:37.39	
	00:37.39	
	

Coach feedback:

Event number: 51: 50M BACKSTROKE WOMEN 15+		Heat:8, starttime: 15:04
Heat: 8/9 Lane : 4 Athlete: NEIRINCK ANNELIES		Q-time: 00:35:05
PB (50m pool): 00:35.05 Olympic Pool Wezenberg, Antwer 30/03/2026 PB (25m pool): 00:35.12 SB: 00:35.84 Sportoase De Watermolen 24/05/2026		
	5 0 M	
PB	00:35.05	
	00:35.05	
	

Coach feedback:

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Event number: 52: 200M BACKSTROKE MEN 15+				Heat:2, starttime: 15:11	
Heat: 2/4 Lane : 8 Athlete: MINNOYE TIEBE				Q-time: 02:44:26	
PB (50m pool): 02:50.56 Lago Gent Rozebroeken 03/05/2026		PB (25m pool): 02:44.26 SB: 02:50.56 Lago Gent Rozebroeken 03/05/2026			
	50 M	100 M	150 M	200 M	
PB	00:41.07	01:24.88	02:08.26	02:50.56	
	00:41.07	00:43.81	00:43.38	00:42.30	
	

Coach feedback:

Event number: 52: 200M BACKSTROKE MEN 15+				Heat:3, starttime: 15:14	
Heat: 3/4 Lane : 3 Athlete: HOSTE LARS				Q-time: 02:33:65	
PB (50m pool): 02:40.35 Gent 08/02/2026		PB (25m pool): 02:33.65 SB: 02:40.35 Gent 08/02/2026			
	50 M	100 M	150 M	200 M	
PB	00:37.65	01:17.77	01:59.89	02:40.35	
	00:37.65	00:40.12	00:42.12	00:40.46	
	

Coach feedback:

Event number: 53: 50M BUTTERFLY WOMEN 15+		Heat:1, starttime: 15:22			
Heat: 1/11 Lane : 5 Athlete: BEKAERT SOPHIA		Q-time: 00:41:92			
PB (50m pool): 00:41.92 Sportoase De Watermolen 29/03/2026		PB (25m pool): 00:43.67 SB: 00:41.92 Sportoase De Watermolen 29/03/2026			
	50 M				
PB	00:41.92				
	00:41.92				
				

Coach feedback:

Event number: 53: 50M BUTTERFLY WOMEN 15+		Heat:2, starttime: 15:23			
Heat: 2/11 Lane : 2 Athlete: GERRITSEN VESPER		Q-time: 00:40:28			
PB (50m pool): 00:39.26 Antwerpen 14/07/2024		PB (25m pool): 00:39.37 SB: no time			
	50 M				
PB	00:39.26				
	00:39.26				
				

Coach feedback:

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Event number: 53: 50M BUTTERFLY WOMEN 15+		Heat:4, starttime: 15:25
Heat: 4/11 Lane : 6 Athlete: DE GRIEVE ONA		Q-time: 00:36:89
PB (50m pool): 00:37.73 Gent 08/02/2026		PB (25m pool): 00:36.89 SB: 00:37.73 Gent 08/02/2026
	5 0 M	
PB	00:37.73	
	<i>00:37.73</i>	
	

Coach feedback:

Event number: 53: 50M BUTTERFLY WOMEN 15+		Heat:5, starttime: 15:26
Heat: 5/11 Lane : 2 Athlete: VAN LOO CHARLOTTE		Q-time: 00:36:10
PB (50m pool): 00:36.54 Antwerpen 13/07/2025		PB (25m pool): 00:36.10 SB: 00:40.37 Gent 08/02/2026
	5 0 M	
PB	00:36.54	
	<i>00:36.54</i>	
	

Coach feedback:

Event number: 53: 50M BUTTERFLY WOMEN 15+		Heat:8, starttime: 15:29
Heat: 8/11 Lane : 2 Athlete: NEIRINCK ANNELIES		Q-time: 00:34:03
PB (50m pool): 00:34.03 Olympic Pool Wezenberg, Antwer 30/03/25		PB (25m pool): 00:33.87 SB: 00:34.66 Gent 08/02/2026
	5 0 M	
PB	00:34.03	
	<i>00:34.03</i>	
	

Coach feedback:

Event number: 53: 50M BUTTERFLY WOMEN 15+		Heat:11, starttime: 15:33
Heat: 11/11 Lane : 6 Athlete: VAN BRABANDT MILA		Q-time: 00:31:99
PB (50m pool): 00:31.99 Sportoase De Watermolen 24/05/2026		PB (25m pool): 00:34.04 SB: 00:31.99 Sportoase De Watermolen 24/05/2026
	5 0 M	
PB	00:31.99	
	<i>00:31.99</i>	
	

Coach feedback:

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Event number: 54: 50M BUTTERFLY MEN 13-14		Heat:3, starttime: 15:37	
Heat: 3/7 Lane : 8 Athlete: GERRITSEN BRUNO		Q-time: 00:39:70	
PB (50m pool): 00:39.70 Antwerpen 15/03/2026		PB (25m pool): 00:40.43 SB: 00:39.70 Antwerpen 15/03/2026	
	50 M		
PB	00:39.70		
	00:39.70		
		

Coach feedback:

Event number: 54: 50M BUTTERFLY MEN 13-14		Heat:6, starttime: 15:40	
Heat: 6/7 Lane : 7 Athlete: DE CHAMPS LOÏC		Q-time: 00:34:15	
PB (50m pool): 00:35.05 Sportoase De Watermolen 29/03/2026		PB (25m pool): 00:34.15 SB: 00:35.05 Sportoase De Watermolen 29/03/2026	
	50 M		
PB	00:35.05		
	00:35.05		
		

Coach feedback:

Event number: 55: 100M BREASTSTROKE WOMEN 13-14			Heat:3, starttime: 15:48
Heat: 3/8 Lane : 5 Athlete: DEPESTELE GITTE			Q-time: 01:39:99
PB (50m pool): 01:39.99 Gent 08/02/2026			PB (25m pool): 01:40.68 SB: 01:39.99 Gent 08/02/2026
	50 M	100 M	
PB	00:46.68	01:39.99	
	00:46.68	00:53.31	
	

Coach feedback:

Event number: 56: 200M BREASTSTROKE MEN 15+				Heat:1, starttime: 16:01
Heat: 1/5 Lane : 2 Athlete: STEVENS GERBEN				Q-time: 03:23:91
PB (50m pool): 03:27.00 Lago Gent Rozebroeken 03/05/2026				PB (25m pool): 03:23.91 SB: 03:27.00 Lago Gent Rozebroeken 03/05/2026
	50 M	100 M	150 M	200 M
PB	00:45.70	01:39.23	02:33.02	03:27.00
	00:45.70	00:53.53	00:53.79	00:53.98

Coach feedback:

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Event number: 56: 200M BREASTSTROKE MEN 15+				Heat:2, starttime: 16:05	
Heat: 2/5 Lane : 2 Athlete: DE PAUW JULES				Q-time: 03:07:67	
PB (50m pool): 03:09.37 Lago Gent Rozebroeken 03/05/2026 PB (25m pool): 03:07.67 SB: 03:09.37 Lago Gent Rozebroeken 03/05/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:42.63	01:31.60	02:21.26	03:09.37	
	00:42.63	00:48.97	00:49.66	00:48.11	
	

Coach feedback: