

# ZC 2026: Session: 6: COACH evaluation sheet for TEAM: KLSVZ

Coachinfo: Warming up from: 13:00 until 13:45. 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: 48: 100M FREESTYLE MEN 13-14		Heat:1, starttime: 14:00
Heat: 1/12 Lane : 3 Athlete: MENTEN SIMON		Q-time: 01:37:90
PB (50m pool): 01:37.90 Seraing 25/01/2026		PB (25m pool): 01:32.62 SB: 01:37.90 Seraing 25/01/2026
	<b>50 M</b>	<b>100 M</b>
PB	00:45.41	01:37.90
	00:45.41	00:52.49
	.....	.....

Coach feedback:

Event number: 48: 100M FREESTYLE MEN 13-14		Heat:2, starttime: 14:02
Heat: 2/12 Lane : 1 Athlete: GRÉGOIRE MATS		Q-time: 01:25:46
PB (50m pool): 01:25.46 Seraing 25/01/2026		PB (25m pool): 01:18.18 SB: 01:25.46 Seraing 25/01/2026
	<b>50 M</b>	<b>100 M</b>
PB	00:42.31	01:25.46
	00:42.31	00:43.15
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Coach feedback:

Event number: 48: 100M FREESTYLE MEN 13-14		Heat:4, starttime: 14:06
Heat: 4/12 Lane : 8 Athlete: LAENEN CID		Q-time: 01:16:93
PB (50m pool): 01:16.93 Seraing 26/01/2025		PB (25m pool): 01:15.30 SB: 01:18.57 Seraing 25/01/2026
	<b>50 M</b>	<b>100 M</b>
PB	00:37.52	01:16.93
	00:37.52	00:39.41
	.....	.....

Coach feedback:

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<b>Event number: 48: 100M FREESTYLE MEN 13-14</b>		<b>Heat:12, starttime: 14:19</b>	
<b>Heat: 12/12 Lane : 8 Athlete: VAN GORP LUCAS</b>		<b>Q-time: 01:05:05</b>	
PB (50m pool): 01:05.05 Antwerpen 19/04/2026		PB (25m pool): 01:04.25 SB: 01:05.05 Antwerpen 19/04/2026	
	<b>50 M</b>	<b>100 M</b>	
PB	00:30.87	01:05.05	
	00:30.87	00:34.18	
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Coach feedback:

<b>Event number: 49: 200M BACKSTROKE WOMEN 13-14</b>				<b>Heat:5, starttime: 14:38</b>	
<b>Heat: 5/5 Lane : 1 Athlete: GIJSENBURG WINKE</b>				<b>Q-time: 02:53:38</b>	
PB (50m pool): no time			PB (25m pool): 02:53.38 SB: no time		
	<b>50 M</b>	<b>100 M</b>	<b>150 M</b>	<b>200 M</b>	
PB	no time	no time	no time	no time	
	no time				
	.....	.....	.....	.....	

Coach feedback:

<b>Event number: 50: 50M BREASTSTROKE MEN 15+</b>		<b>Heat:3, starttime: 14:45</b>	
<b>Heat: 3/8 Lane : 8 Athlete: FLORES SÉBASTIEN</b>		<b>Q-time: 00:41:84</b>	
PB (50m pool): 00:41.84 Wezenberg 03/01/2026		PB (25m pool): 00:39.48 SB: 00:41.84 Wezenberg 03/01/2026	
	<b>50 M</b>		
PB	00:41.84		
	00:41.84		
	.....		

Coach feedback:

<b>Event number: 50: 50M BREASTSTROKE MEN 15+</b>		<b>Heat:8, starttime: 14:50</b>	
<b>Heat: 8/8 Lane : 6 Athlete: CAMBRON WARD</b>		<b>Q-time: 00:33:87</b>	
PB (50m pool): 00:33.87 Wezenberg 03/01/2026		PB (25m pool): 00:32.98 SB: 00:33.87 Wezenberg 03/01/2026	
	<b>50 M</b>		
PB	00:33.87		
	00:33.87		
	.....		

Coach feedback:

# ZC 2026: Session: 6: COACH evaluation sheet for TEAM: KLSVZ

<b>Event number: 51: 50M BACKSTROKE WOMEN 15+</b>		<b>Heat:5, starttime: 14:59</b>
<b>Heat: 5/9 Lane : 3 Athlete: VAN BOXSTAELE NORA</b>		<b>Q-time: 00:37:34</b>
PB (50m pool): 00:37.34 Molenbeek 01/02/2026		PB (25m pool): 00:35.65 SB: 00:37.34 Molenbeek 01/02/2026
	<b>50 M</b>	
PB	00:37.34	
	00:37.34	
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Coach feedback:

<b>Event number: 51: 50M BACKSTROKE WOMEN 15+</b>		<b>Heat:5, starttime: 14:59</b>
<b>Heat: 5/9 Lane : 4 Athlete: ALLOING MYRTHE</b>		<b>Q-time: 00:37:15</b>
PB (50m pool): 00:36.97 Seraing 28/01/2024		PB (25m pool): 00:36.28 SB: 00:37.15 Antwerpen 19/04/2026
	<b>50 M</b>	
PB	00:36.97	
	00:36.97	
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Coach feedback:

<b>Event number: 53: 50M BUTTERFLY WOMEN 15+</b>		<b>Heat:2, starttime: 15:23</b>
<b>Heat: 2/11 Lane : 4 Athlete: ALLOING MYRTHE</b>		<b>Q-time: 00:38:07</b>
PB (50m pool): 00:38.07 Charleroi 11/05/2025		PB (25m pool): 00:34.87 SB: 00:41.17 Seraing 25/01/2026
	<b>50 M</b>	
PB	00:38.07	
	00:38.07	
	.....	

Coach feedback:

<b>Event number: 53: 50M BUTTERFLY WOMEN 15+</b>		<b>Heat:4, starttime: 15:25</b>
<b>Heat: 4/11 Lane : 2 Athlete: ROOSEN TESS</b>		<b>Q-time: 00:36:94</b>
PB (50m pool): 00:36.94 Antwerpen 15/03/2026		PB (25m pool): 00:35.67 SB: 00:36.94 Antwerpen 15/03/2026
	<b>50 M</b>	
PB	00:36.94	
	00:36.94	
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Coach feedback:

# ZC 2026: Session: 6: COACH evaluation sheet for TEAM: KLSVZ

<b>Event number: 53: 50M BUTTERFLY WOMEN 15+</b>		<b>Heat:5, starttime: 15:26</b>
<b>Heat: 5/11 Lane : 5 Athlete: FERNANDEZ PEDRERA TARIK LAILA</b>		<b>Q-time: 00:35:74</b>
PB (50m pool): 00:35.74 Antwerpen 19/04/2026		PB (25m pool): 00:34.65 SB: 00:35.74 Antwerpen 19/04/2026
	<b>5 0 M</b>	
PB	00:35.74	
	<i>00:35.74</i>	
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Coach feedback:

<b>Event number: 53: 50M BUTTERFLY WOMEN 15+</b>		<b>Heat:8, starttime: 15:29</b>
<b>Heat: 8/11 Lane : 5 Athlete: VAN BOXSTAEL NORA</b>		<b>Q-time: 00:33:81</b>
PB (50m pool): 00:33.81 Molenbeek 01/02/2026		PB (25m pool): 00:33.28 SB: 00:33.81 Molenbeek 01/02/2026
	<b>5 0 M</b>	
PB	00:33.81	
	<i>00:33.81</i>	
	.....	

Coach feedback:

<b>Event number: 54: 50M BUTTERFLY MEN 13-14</b>		<b>Heat:1, starttime: 15:34</b>
<b>Heat: 1/7 Lane : 3 Athlete: LAENEN CID</b>		<b>Q-time: 00:45:64</b>
PB (50m pool): 00:45.64 Molenbeek 01/02/2026		PB (25m pool): 00:43.27 SB: 00:45.64 Molenbeek 01/02/2026
	<b>5 0 M</b>	
PB	00:45.64	
	<i>00:45.64</i>	
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Coach feedback:

<b>Event number: 54: 50M BUTTERFLY MEN 13-14</b>		<b>Heat:2, starttime: 15:36</b>
<b>Heat: 2/7 Lane : 8 Athlete: GRÉGOIRE MATS</b>		<b>Q-time: 00:43:22</b>
PB (50m pool): no time		PB (25m pool): 00:43.22 SB: no time
	<b>5 0 M</b>	
PB	no time	
	<i>no time</i>	
	.....	

Coach feedback: