

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

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

Coaches: Segaert Wim HEADCOACH

PB => Personal Best time

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

Event number: 49: 200M BACKSTROKE WOMEN 13-14 **Heat:3, starttime: 14:30**

Heat: 3/5 Lane : 4 Athlete: SEGAERT HANNE **Q-time: 02:58:58**

PB (50m pool): 03:07.34 Brugge 01/02/2026 **PB (25m pool): 02:58.58 SB: 03:07.34 Brugge 01/02/2026**

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:45.28	01:34.27	02:22.04	03:07.34	
	<i>00:45.28</i>	<i>00:48.99</i>	<i>00:47.77</i>	<i>00:45.30</i>	
	

Coach feedback:

Event number: 50: 50M BREASTSTROKE MEN 15+ **Heat:2, starttime: 14:44**

Heat: 2/8 Lane : 5 Athlete: VICTOR ACHIEL **Q-time: 00:43:30**

PB (50m pool): no time **PB (25m pool): no time SB: no time**

	5 0 M	
PB	no time	
	<i>no time</i>	
	

Coach feedback:

Event number: 50: 50M BREASTSTROKE MEN 15+ **Heat:3, starttime: 14:45**

Heat: 3/8 Lane : 6 Athlete: SEGAERT KOBE **Q-time: 00:39:28**

PB (50m pool): 00:40.85 Antwerpen 15/03/2026 **PB (25m pool): 00:39.28 SB: 00:40.85 Antwerpen 15/03/2026**

	5 0 M	
PB	00:40.85	
	<i>00:40.85</i>	
	

Coach feedback:

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Event number: 51: 50M BACKSTROKE WOMEN 15+		Heat:2, starttime: 14:54	
Heat: 2/9 Lane : 2 Athlete: NAESSENS MYRTHE		Q-time: 00:41:04	
PB (50m pool): 00:43.72 Antwerp 04/02/2024		PB (25m pool): 00:41.04 SB: 00:44.73 Zwembad Brigitte Becue 26/04/2026	
	50 M		
PB	00:43.72		
	00:43.72		
		

Coach feedback:

Event number: 53: 50M BUTTERFLY WOMEN 15+		Heat:3, starttime: 15:24	
Heat: 3/11 Lane : 8 Athlete: NAESSENS MYRTHE		Q-time: 00:38:04	
PB (50m pool): 00:38.48 Antwerpen 14/07/2024		PB (25m pool): 00:38.04 SB: 00:41.21 Zwembad Brigitte Becue 26/04/2026	
	50 M		
PB	00:38.48		
	00:38.48		
		

Coach feedback:

Event number: 55: 100M BREASTSTROKE WOMEN 13-14			Heat:1, starttime: 15:43	
Heat: 1/8 Lane : 6 Athlete: DIEUSAERT LIESELOT			Q-time: 01:57:64	
PB (50m pool): 01:57.64 Zwembad Brigitte Becue 26/04/2026			PB (25m pool): no time SB: 01:57.64 Zwembad Brigitte Becue 26/04/2026	
	50 M	100 M		
PB	00:56.20	01:57.64		
	00:56.20	01:01.44		
		

Coach feedback:

Event number: 56: 200M BREASTSTROKE MEN 15+				Heat:1, starttime: 16:01	
Heat: 1/5 Lane : 1 Athlete: VICTOR ACHIEL				Q-time: 03:32:18	
PB (50m pool): no time				PB (25m pool): no time SB: no time	
	50 M	100 M	150 M	200 M	
PB	no time	no time	no time	no time	
	no time				
	

Coach feedback:

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Event number: 56: 200M BREASTSTROKE MEN 15+				Heat:2, starttime: 16:05	
Heat: 2/5 Lane : 3 Athlete: VANSIELEGHEM JAYDEN				Q-time: 03:06:66	
PB (50m pool): 03:11.44 Antwerpen 13/07/2025			PB (25m pool): 03:06.66 SB: no time		
	50 M	100 M	150 M	200 M	
PB	00:43.06	01:32.84	02:23.51	03:11.44	
	<i>00:43.06</i>	<i>00:49.78</i>	<i>00:50.67</i>	<i>00:47.93</i>	
	

Coach feedback: