

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

Coachinfo: Warming up from: 13:00 until 13:45. 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: 49: 200M BACKSTROKE WOMEN 13-14** **Heat:3, starttime: 14:30**

**Heat: 3/5 Lane : 2 Athlete: VAN BUGGENHOUT AMBER** **Q-time: 03:02:11**

**PB (50m pool): 03:05.89** Lago Gent Rozebroeken 03/05/2026 **PB (25m pool): 03:02.11 SB: 03:05.89** Lago Gent Rozebroeken 03/05/2026

	50 M	100 M	150 M	200 M
<b>PB</b>	00:45.11	01:32.18	02:19.88	03:05.89
	<i>00:45.11</i>	<i>00:47.07</i>	<i>00:47.70</i>	<i>00:46.01</i>
	. . . . .	. . . . .	. . . . .	. . . . .

Coach feedback:

**Event number: 55: 100M BREASTSTROKE WOMEN 13-14** **Heat:6, starttime: 15:54**

**Heat: 6/8 Lane : 3 Athlete: VAN BUGGENHOUT AMBER** **Q-time: 01:33:25**

**PB (50m pool): 01:36.87** Lago Gent Rozebroeken 03/05/2026 **PB (25m pool): 01:33.25 SB: 01:36.87** Lago Gent Rozebroeken 03/05/2026

	50 M	100 M
<b>PB</b>	00:46.83	01:36.87
	<i>00:46.83</i>	<i>00:50.04</i>
	. . . . .	. . . . .

Coach feedback:

**Event number: 55: 100M BREASTSTROKE WOMEN 13-14** **Heat:6, starttime: 15:54**

**Heat: 6/8 Lane : 6 Athlete: LAGA LORE** **Q-time: 01:33:40**

**PB (50m pool): 01:37.06** Lago Gent Rozebroeken 05/05/2024 **PB (25m pool): 01:33.40 SB: 01:39.36** Lochristi 01/02/2026

	50 M	100 M
<b>PB</b>	no time	01:37.06
	<i>no time</i>	
	. . . . .	. . . . .

Coach feedback:

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<b>Event number: 55: 100M BREASTSTROKE WOMEN 13-14</b>		<b>Heat:7, starttime: 15:56</b>
<b>Heat: 7/8 Lane : 5 Athlete: VANDENBUSSCHE LENA</b>		<b>Q-time: 01:31:42</b>
PB (50m pool): 01:33.78 Lago Gent Rozebroeken 03/05/2026 PB (25m pool): 01:31.42 SB: 01:33.78 Lago Gent Rozebroeken 03/05/2026		
	<b>5 0 M</b>	<b>1 0 0 M</b>
PB	00:45.26	01:33.78
	<i>00:45.26</i>	<i>00:48.52</i>
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Coach feedback: