

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

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

Coaches: Lefever Elisa

Coaches: Tieghem Kristof

PB => Personal Best time

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

Event number: 48: 100M FREESTYLE MEN 13-14 **Heat:5, starttime: 14:08**

Heat: 5/12 Lane : 8 Athlete: THYVELEN RUNE **Q-time: 01:14:60**

PB (50m pool): 01:16.89 Lago Kortrijk Weide 03/05/2026 **PB (25m pool): 01:14.60 SB: 01:16.89** Lago Kortrijk Weide 03/05/2026

	50 M	100 M	
PB	00:36.56	01:16.89	
	00:36.56	00:40.33	
	

Coach feedback:

Event number: 48: 100M FREESTYLE MEN 13-14 **Heat:10, starttime: 14:16**

Heat: 10/12 Lane : 4 Athlete: STAELEN QUINTEN **Q-time: 01:05:86**

PB (50m pool): 01:07.89 Zwembad Brigitte Becue 26/04/2026 **PB (25m pool): 01:05.86 SB: 01:07.89** Zwembad Brigitte Becue 26/04/2026

	50 M	100 M	
PB	00:31.95	01:07.89	
	00:31.95	00:35.94	
	

Coach feedback:

Event number: 48: 100M FREESTYLE MEN 13-14 **Heat:12, starttime: 14:19**

Heat: 12/12 Lane : 4 Athlete: VAN BRABANT BENJAMIN **Q-time: 00:59:68**

PB (50m pool): 01:06.12 Antwerpen 08/03/2026 **PB (25m pool): 00:59.68 SB: 01:06.12** Antwerpen 08/03/2026

	50 M	100 M	
PB	00:32.22	01:06.12	
	00:32.22	00:33.90	
	

Coach feedback:

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

Event number: 49: 200M BACKSTROKE WOMEN 13-14				Heat:4, starttime: 14:34	
Heat: 4/5 Lane : 5 Athlete: DECEUNINCK EMMA				Q-time: 02:53:96	
PB (50m pool): 03:04.33 Charleroi 11/01/2026			PB (25m pool): 02:53.96 SB: 03:04.33 Charleroi 11/01/2026		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:43.62	01:30.55	02:18.15	03:04.33	
	00:43.62	00:46.93	00:47.60	00:46.18	
	

Coach feedback:

Event number: 49: 200M BACKSTROKE WOMEN 13-14				Heat:4, starttime: 14:34	
Heat: 4/5 Lane : 8 Athlete: HOSTEN IRIS				Q-time: 02:58:35	
PB (50m pool): 03:11.60 Brugge 01/02/2026			PB (25m pool): 02:58.35 SB: 03:11.60 Brugge 01/02/2026		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:44.05	01:32.77	02:23.11	03:11.60	
	00:44.05	00:48.72	00:50.34	00:48.49	
	

Coach feedback:

Event number: 50: 50M BREASTSTROKE MEN 15+		Heat:5, starttime: 14:47	
Heat: 5/8 Lane : 7 Athlete: DEVRIESE SKY		Q-time: 00:36:85	
PB (50m pool): 00:37.02 Brugge 14/02/2026		PB (25m pool): 00:36.85 SB: 00:37.02 Brugge 14/02/2026	
	5 0 M		
PB	00:37.02		
	00:37.02		
		

Coach feedback:

Event number: 50: 50M BREASTSTROKE MEN 15+		Heat:6, starttime: 14:48	
Heat: 6/8 Lane : 5 Athlete: DE GRYSE HAMZA		Q-time: 00:35:66	
PB (50m pool): 00:36.33 Antwerpen 13/07/2025		PB (25m pool): 00:35.66 SB: 00:36.63 Brugge 01/02/2026	
	5 0 M		
PB	00:36.33		
	00:36.33		
		

Coach feedback:

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

Event number: 50: 50M BREASTSTROKE MEN 15+		Heat:8, starttime: 14:50
Heat: 8/8 Lane : 5 Athlete: SALOMEZ HAAKON		Q-time: 00:33:72
PB (50m pool): 00:33.57 Brugge 11/03/2023		PB (25m pool): 00:32.95 SB: 00:34.98 Antwerpen 15/03/2026
	5 0 M	
PB	00:33.57	
	00:33.57	
	

Coach feedback:

Event number: 51: 50M BACKSTROKE WOMEN 15+		Heat:6, starttime: 15:00
Heat: 6/9 Lane : 1 Athlete: VANDAMME BRITT		Q-time: 00:36:74
PB (50m pool): 00:38.51 Brugge 15/03/2025		PB (25m pool): 00:36.74 SB: 00:38.88 Antwerpen 15/03/2026
	5 0 M	
PB	00:38.51	
	00:38.51	
	

Coach feedback:

Event number: 51: 50M BACKSTROKE WOMEN 15+		Heat:7, starttime: 15:02
Heat: 7/9 Lane : 8 Athlete: TOMMISSEN SIMONAH		Q-time: 00:36:00
PB (50m pool): 00:37.69 Brugge 25/01/2026		PB (25m pool): 00:36.00 SB: 00:37.69 Brugge 25/01/2026
	5 0 M	
PB	00:37.69	
	00:37.69	
	

Coach feedback:

Event number: 51: 50M BACKSTROKE WOMEN 15+		Heat:9, starttime: 15:05
Heat: 9/9 Lane : 5 Athlete: GOEMAERE ALIZÉ		Q-time: 00:34:26
PB (50m pool): 00:35.05 Antwerpen 15/03/2026		PB (25m pool): 00:34.26 SB: 00:35.05 Antwerpen 15/03/2026
	5 0 M	
PB	00:35.05	
	00:35.05	
	

Coach feedback:

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

Event number: 53: 50M BUTTERFLY WOMEN 15+		Heat:5, starttime: 15:26
Heat: 5/11 Lane : 7 Athlete: TOMMISSEN SIMONAH		Q-time: 00:36:29
PB (50m pool): 00:36.66 Brugge 25/01/2026		PB (25m pool): 00:36.29 SB: 00:36.66 Brugge 25/01/2026
	5 0 M	
PB	00:36.66	
	00:36.66	
	

Coach feedback:

Event number: 53: 50M BUTTERFLY WOMEN 15+		Heat:9, starttime: 15:31
Heat: 9/11 Lane : 2 Athlete: THYVELEN LISE		Q-time: 00:33:49
PB (50m pool): 00:33.49 Antwerpen 15/03/2026		PB (25m pool): 00:34.21 SB: 00:33.49 Antwerpen 15/03/2026
	5 0 M	
PB	00:33.49	
	00:33.49	
	

Coach feedback:

Event number: 54: 50M BUTTERFLY MEN 13-14		Heat:7, starttime: 15:41
Heat: 7/7 Lane : 4 Athlete: VAN BRABANT BENJAMIN		Q-time: 00:30:87
PB (50m pool): 00:31.66 Antwerpen 08/03/2026		PB (25m pool): 00:30.87 SB: 00:31.66 Antwerpen 08/03/2026
	5 0 M	
PB	00:31.66	
	00:31.66	
	

Coach feedback:

Event number: 55: 100M BREASTSTROKE WOMEN 13-14		Heat:4, starttime: 15:50
Heat: 4/8 Lane : 1 Athlete: DEJONCKHEERE FLOOR		Q-time: 01:39:04
PB (50m pool): 01:39.04 Lago Kortrijk Weide 03/05/2026		PB (25m pool): 01:40.61 SB: 01:39.04 Lago Kortrijk Weide 03/05/2026
	5 0 M	1 0 0 M
PB	00:46.84	01:39.04
	00:46.84	00:52.20

Coach feedback:

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Event number: 56: 200M BREASTSTROKE MEN 15+				Heat:4, starttime: 16:12	
Heat: 4/5 Lane : 3 Athlete: DEVRIESE SKY				Q-time: 02:50:54	
PB (50m pool): 02:59.61 Brugge 01/02/2026			PB (25m pool): 02:50.54 SB: 02:59.61 Brugge 01/02/2026		
	50 M	100 M	150 M	200 M	
PB	00:41.17	01:26.20	02:13.40	02:59.61	
	<i>00:41.17</i>	<i>00:45.03</i>	<i>00:47.20</i>	<i>00:46.21</i>	
	

Coach feedback:

Event number: 56: 200M BREASTSTROKE MEN 15+				Heat:5, starttime: 16:15	
Heat: 5/5 Lane : 4 Athlete: SALOMEZ HAAKON				Q-time: 02:32:63	
PB (50m pool): 02:36.73 Antwerp 21/01/2024			PB (25m pool): 02:31.70 SB: 02:40.84 Lago Kortrijk Weide 03/05/2026		
	50 M	100 M	150 M	200 M	
PB	no time	no time	no time	02:36.73	
	<i>no time</i>				
	

Coach feedback: