

ALZV SPRINT CUP 2026: Session: 1: Startlist per athlete for TEAM: ZCK

Coachinfo: Warming up from: 13:00 untill 13:50. Teamleadmeeting @

The listed starttimes are indicative!

Coaches: Brugghemans Suzanne

Coaches: Van Den Broeck Michaël

Coaches: Van den Brande Liesbeth HEADCOACH

PB => Personal Best time

Athlete: CARLIER LOBKE

Style	Event	Heat	Lane	PB 25m pool	PB 50m pool	Starttime
50M BACKSTROKE WOMEN 11+	5	2	2	no time	no time	14:44 00:55
50M BREASTSTROKE WOMEN 11+	8	2	5	no time	no time	15:39 00:43
50M FREESTYLE WOMEN 11+	11	2	1	no time	no time	16:22

Athlete: DALEMANS LYN

Style	Event	Heat	Lane	PB 25m pool	PB 50m pool	Starttime
50M BUTTERFLY WOMEN 11+	2	14	3	00:28.98	00:28.90	14:18 00:46
50M BACKSTROKE WOMEN 11+	5	14	3	00:30.52	00:31.26	15:04 00:50
50M BREASTSTROKE WOMEN 11+	8	14	2	00:35.24	00:37.58	15:54 00:41
50M FREESTYLE WOMEN 11+	11	14	4	00:26.76	00:27.13	16:35

Athlete: DE ROOS KASPER

Style	Event	Heat	Lane	PB 25m pool	PB 50m pool	Starttime
50M BUTTERFLY MEN 11+	3	10	2	00:36.01	00:35.83	14:31 00:54
50M BACKSTROKE MEN 11+	6	12	5	00:37.60	00:38.81	15:25 00:43
50M BREASTSTROKE MEN 11+	9	11	3	00:40.32	00:42.19	16:08 00:37
50M FREESTYLE MEN 11+	12	9	5	00:32.44	00:32.04	16:45

Athlete: DE SITTER KIRA

Style	Event	Heat	Lane	PB 25m pool	PB 50m pool	Starttime
50M BUTTERFLY WOMEN 11+	2	5	2	00:38.83	00:40.36	14:08 00:40
50M BACKSTROKE WOMEN 11+	5	4	3	00:42.00	00:41.63	14:48 01:05
50M BREASTSTROKE WOMEN 11+	8	13	5	00:37.04	00:38.72	15:53 00:36
50M FREESTYLE WOMEN 11+	11	8	4	00:33.44	00:32.19	16:29

Athlete: DE TOLLENAERE LAURA

Style	Event	Heat	Lane	PB 25m pool	PB 50m pool	Starttime
50M BUTTERFLY WOMEN 11+	2	6	4	00:40.44	00:38.09	14:09 00:42
50M BACKSTROKE WOMEN 11+	5	6	5	00:40.99	00:39.62	14:51 00:57
50M BREASTSTROKE WOMEN 11+	8	9	1	00:43.24	00:42.26	15:48 00:37
50M FREESTYLE WOMEN 11+	11	5	1	00:33.89	00:33.74	16:25

Athlete: KENNES KYLIAN

Style	Event	Heat	Lane	PB 25m pool	PB 50m pool	Starttime
50M BUTTERFLY MEN 11+	3	16	3	00:30.03	00:29.60	14:37

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50M BACKSTROKE MEN 11+	6	16	3	00:32.40	00:32.82	15:31	00:42
50M BREASTSTROKE MEN 11+	9	15	3	00:34.83	00:36.32	16:13	00:39
50M FREESTYLE MEN 11+	12	16	4	00:27.22	00:27.98	16:52	

Athlete: KENNES KYNOA

Style	Event	Heat	Lane	PB 25m pool	PB 50m pool	Starttime	
50M BUTTERFLY MEN 11+	3	11	5	00:35.06	no time	14:32	00:35
50M BACKSTROKE MEN 11+	6	2	5	no time	no time	15:07	00:59
50M BREASTSTROKE MEN 11+	9	9	1	00:43.75	no time	16:06	00:42
50M FREESTYLE MEN 11+	12	12	4	00:29.60	no time	16:48	

Athlete: NUYTKENS MARIE

Style	Event	Heat	Lane	PB 25m pool	PB 50m pool	Starttime	
50M BUTTERFLY WOMEN 11+	2	11	2	00:33.22	00:33.93	14:15	00:43
50M BACKSTROKE WOMEN 11+	5	10	3	00:35.87	00:36.29	14:58	00:51
50M BREASTSTROKE WOMEN 11+	8	10	1	00:40.89	00:42.00	15:49	00:43
50M FREESTYLE WOMEN 11+	11	11	5	00:30.31	00:31.16	16:32	

Athlete: PODBIELSKI JAN

Style	Event	Heat	Lane	PB 25m pool	PB 50m pool	Starttime	
50M BUTTERFLY MEN 11+	3	2	2	00:52.71	no time	14:21	00:54
50M BACKSTROKE MEN 11+	6	6	3	00:42.93	no time	15:15	00:47
50M BREASTSTROKE MEN 11+	9	6	3	00:46.65	no time	16:02	00:38
50M FREESTYLE MEN 11+	12	4	1	00:36.50	no time	16:40	

Athlete: PODBIELSKI KAMIEL

Style	Event	Heat	Lane	PB 25m pool	PB 50m pool	Starttime	
50M BACKSTROKE MIXED 10-9	4	1	2	no time	no time	14:41	01:38
50M FREESTYLE MIXED 10-9	10	2	5	no time	no time	16:19	

Athlete: REYNIERS FIEN

Style	Event	Heat	Lane	PB 25m pool	PB 50m pool	Starttime	
50M BUTTERFLY WOMEN 11+	2	6	3	00:37.77	00:38.39	14:09	00:46
50M BACKSTROKE WOMEN 11+	5	8	2	00:37.26	00:38.80	14:55	00:48
50M BREASTSTROKE WOMEN 11+	8	5	2	00:46.62	00:46.11	15:43	00:43
50M FREESTYLE WOMEN 11+	11	6	4	00:33.03	00:34.00	16:26	

Athlete: REYNIERS SINNE

Style	Event	Heat	Lane	PB 25m pool	PB 50m pool	Starttime	
50M BUTTERFLY WOMEN 11+	2	2	5	00:48.61	00:51.17	14:05	

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50M BACKSTROKE WOMEN 11+	5	3	2	00:46.49	00:49.18	14:46	00:54
50M BREASTSTROKE WOMEN 11+	8	3	4	00:49.46	00:56.45	15:40	00:42
50M FREESTYLE WOMEN 11+	11	2	4	00:40.94	00:39.61	16:22	

Athlete: SEGHERS MILLA

Style	Event	Heat	Lane	PB 25m pool	PB 50m pool	Starttime	
50M BUTTERFLY WOMEN 11+	2	7	2	00:36.06	00:36.45	14:11	00:42
50M BACKSTROKE WOMEN 11+	5	7	4	00:38.17	00:39.40	14:53	00:52
50M BREASTSTROKE WOMEN 11+	8	7	3	00:43.52	00:45.18	15:45	00:40
50M FREESTYLE WOMEN 11+	11	5	4	00:33.44	00:33.48	16:25	

Athlete: TEAM ZCK 1

Style	Event	Heat	Lane	PB 25m pool	PB 50m pool	Starttime	
4x50M MEDLEY WOMEN	13	2	3			16:59	00:06
4x50M MEDLEY MEN	14	2	2			17:05	

Athlete: TEAM ZCK 2

Style	Event	Heat	Lane	PB 25m pool	PB 50m pool	Starttime	
4x50M MEDLEY WOMEN	13	2	1			16:59	

Athlete: VAN DEN BRANDE JASPER

Style	Event	Heat	Lane	PB 25m pool	PB 50m pool	Starttime	
50M BUTTERFLY MEN 11+	3	3	4	00:47.50	00:47.27	14:23	00:50
50M BACKSTROKE MEN 11+	6	5	4	00:46.47	00:46.00	15:13	00:45
50M BREASTSTROKE MEN 11+	9	3	4	00:52.93	00:58.71	15:58	00:40
50M FREESTYLE MEN 11+	12	3	2	00:40.12	00:39.11	16:38	

Athlete: VAN DEN BRANDE LUCAS

Style	Event	Heat	Lane	PB 25m pool	PB 50m pool	Starttime	
50M BUTTERFLY MEN 11+	3	12	3	00:33.33	00:33.73	14:33	00:54
50M BACKSTROKE MEN 11+	6	13	4	00:35.30	00:35.95	15:27	00:48
50M BREASTSTROKE MEN 11+	9	17	2	00:34.72	00:34.28	16:15	00:34
50M FREESTYLE MEN 11+	12	13	3	00:29.68	00:29.38	16:49	

Athlete: VAN DEN BROECK TIEBE

Style	Event	Heat	Lane	PB 25m pool	PB 50m pool	Starttime	
50M BUTTERFLY MEN 11+	3	13	1	00:33.28	00:33.24	14:34	00:53
50M BACKSTROKE MEN 11+	6	13	1	00:36.31	00:37.50	15:27	00:44
50M BREASTSTROKE MEN 11+	9	13	3	00:38.17	00:41.36	16:11	00:35
50M FREESTYLE MEN 11+	12	10	3	00:31.54	00:32.38	16:46	

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Athlete: VAN DEN EEDE OLIVIA

Style	Event	Heat	Lane	PB 25m pool	PB 50m pool	Starttime
50M BUTTERFLY WOMEN 11+	2	13	5	00:31.72	00:32.56	14:17 00:46
50M BACKSTROKE WOMEN 11+	5	13	5	00:33.64	00:35.13	15:03 00:51
50M BREASTSTROKE WOMEN 11+	8	14	4	00:34.92	00:36.15	15:54 00:40
50M FREESTYLE WOMEN 11+	11	13	3	00:28.82	00:29.70	16:34

Athlete: VAN DEN EYNDE PAULIEN

Style	Event	Heat	Lane	PB 25m pool	PB 50m pool	Starttime
50M BUTTERFLY WOMEN 11+	2	1	3	00:51.07	no time	14:03 00:43
50M BACKSTROKE WOMEN 11+	5	3	4	00:46.21	no time	14:46 00:53
50M BREASTSTROKE WOMEN 11+	8	2	4	00:52.72	no time	15:39 00:44
50M FREESTYLE WOMEN 11+	11	3	5	00:37.31	no time	16:23

Athlete: VAN HOOMISSEN CHELSEA

Style	Event	Heat	Lane	PB 25m pool	PB 50m pool	Starttime
50M BUTTERFLY WOMEN 11+	2	10	5	00:33.81	00:34.60	14:14 00:42
50M BACKSTROKE WOMEN 11+	5	9	4	00:36.99	00:36.63	14:56 00:53
50M BREASTSTROKE WOMEN 11+	8	10	2	00:40.63	00:44.12	15:49 00:42
50M FREESTYLE WOMEN 11+	11	10	2	00:30.80	00:31.62	16:31

Athlete: VERMEIR SENNE

Style	Event	Heat	Lane	PB 25m pool	PB 50m pool	Starttime
50M BACKSTROKE MIXED 10-9	4	1	4	no time	no time	14:41 01:38
50M FREESTYLE MIXED 10-9	10	2	2	00:43.88	no time	16:19

Athlete: VERSPECHT KAAAT

Style	Event	Heat	Lane	PB 25m pool	PB 50m pool	Starttime
50M BUTTERFLY WOMEN 11+	2	9	1	00:35.66	00:35.40	14:13 00:46
50M BACKSTROKE WOMEN 11+	5	11	4	00:34.99	00:36.22	14:59 00:51
50M BREASTSTROKE WOMEN 11+	8	11	5	00:39.98	00:41.41	15:50 00:37
50M FREESTYLE WOMEN 11+	11	7	4	00:32.28	00:32.30	16:27