

SCZ Recordpoging: Session: 1: COACH evaluation sheet for TEAM: ZCT

Coachinfo: Warming up from: 17:00 untill . Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Horemans Nathalie HEADCOACH

PB => Personal Best time

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

Event number: 5: 100M BUTTERFLY MEN 11+					Heat:3, starttime: 19:02
Heat: 3/5 Lane : 3 Athlete: ROCKELé LOWIE					Q-time: 01:15:21
PB (25m pool): 01:15.21 Herentals 09/05/2026					PB (50m pool): 01:18.81 SB: 01:15.21 Herentals 09/05/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.41		01:15.21	
		00:34.41		00:40.80	
					

Coach feedback:

Event number: 5: 100M BUTTERFLY MEN 11+					Heat:3, starttime: 19:02
Heat: 3/5 Lane : 5 Athlete: SCHEPENS TOOR					Q-time: 01:18:35
PB (25m pool): 01:18.35 Aarschot 26/04/2026					PB (50m pool): 01:21.38 SB: 01:18.35 Aarschot 26/04/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.91		01:18.35	
		00:35.91		00:42.44	
					

Coach feedback:

Event number: 9: 200M FREESTYLE MEN 11+							Heat:3, starttime: 19:56	
Heat: 3/3 Lane : 1 Athlete: ROCKELé LOWIE							Q-time: 02:21:78	
PB (25m pool): 02:21.78 Tremelo 24/05/2026				PB (50m pool): 02:35.25SB: 02:21:78 Tremelo 24/05/2026				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:31.98		01:08.66		no time		02:21.78
	00:31.98		00:36.68					
								

Coach feedback:

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Event number: 15: 100M FREESTYLE MEN 11+					Heat:4, starttime: 20:44	
Heat: 4/8 Lane : 4 Athlete: SCHEPENS TOOR					Q-time: 01:05:61	
PB (25m pool): 01:05.61 Aarschot 26/04/2026					PB (50m pool): 01:08.51 SB: 01:05.61 Aarschot 26/04/2026	
	2 5 M	5 0 M	7 5 M	1 0 0 M		
PB		00:31.57		01:05.61		
	00:31.57		00:34.04			
						

Coach feedback: