VJTC 2026: Session: 1: COACH evaluation sheet for TEAM: ZCT

Coachinfo: Warming up from: 08:15 untill 09:15. Teamleadmeeting @ **The listed starttimes are indicative!**

Coaches: Van Opstal Wendy HEADCOACH

Coaches: Callebaut Joris

Coaches: Wauters Tine

Coaches: Verbinnen Nadine

Coaches: Claes Lieselotte

Coaches: Loeman Efjennia

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

Event number: 2: 200M MEDLEY WOMEN 15-16 — Heat:2, starttime: 09:48

Heat: 2/4 Lane : 4 Athlete: VERELST LAURA — **Q-time: 02:32:75**

PB (50m pool): 02:32.75 Molenbeek 01/02/2026 **PB (25m pool):** 02:32.53 **SB:** 02:32.75 Molenbeek 01/02/2026

	50M	100M	150M	200M	
PB	no time	no time	no time	02:32.75	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 5: 100M BREASTSTROKE WOMEN 13-14 — Heat:2, starttime: 10:28

Heat: 2/4 Lane : 2 Athlete: UYTTERHOEVEN FIEBE — **Q-time: 01:23:55**

PB (50m pool): 01:23.55 Antwerpen 20/07/2025 **PB (25m pool):** 01:19.19 **SB:** 01:24.51 Molenbeek 01/02/2026

	50M	100M	
PB	00:37.41	01:23.55	
	00:37.41	*00:46.14*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 7: 100M BUTTERFLY WOMEN 15-16 — Heat:1, starttime: 10:41

Heat: 1/3 Lane : 6 Athlete: THIJS MAAIKE — **Q-time: 01:08:85**

PB (50m pool): 01:08.85 Gent 08/02/2026 **PB (25m pool):** 01:08.40 **SB:** 01:08.85 Gent 08/02/2026

	50M	100M	
PB	00:33.30	01:08.85	
	00:33.30	*00:35.55*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

VJTC 2026: Session: 1: COACH evaluation sheet for TEAM: ZCT

Event number: 10: 800M FREESTYLE WOMEN 15-16 **Heat:1, starttime: 11:01**

Heat: 1/1 Lane : 3 Athlete: BOHMER JANNE **Q-time: 09:41:66**

PB (50m pool): no time **PB (25m pool):** 09:41.66 **SB:** no time

	50M	100M	150M	200M	250M	300M	350M	400M
PB	no time	no time	no time	no time	no time	no time	no time	no time
	no time							
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .
	450M	**500M**	**550M**	**600M**	**650M**	**700M**	**750M**	**800M**
PB	no time	no time	no time	no time	no time	no time	no time	no time
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback: