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

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

Coaches: Van Looy Wendy HEADCOACH

Coaches: Dillen Toon

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

Event number: 1: 200M MEDLEY MEN 15-16 — Heat:2, starttime: 09:33

Heat: 2/5 Lane : 6 Athlete: BEGUE MILANN — **Q-time: 02:27:11**

PB (50m pool): 02:29.82 Antwerpen 20/07/2025 **PB (25m pool):** 02:27.11 **SB:** 02:29.87 Wezenberg 01/02/2026

	50M	100M	150M	200M	
PB	00:32.37	01:10.91	01:54.98	02:29.82	
	00:32.37	*00:38.54*	*00:44.07*	*00:34.84*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 1: 200M MEDLEY MEN 15-16 — Heat:3, starttime: 09:36

Heat: 3/5 Lane : 5 Athlete: HUFKENS ILIAN — **Q-time: 02:24:76**

PB (50m pool): 02:24.76 Wezenberg 01/02/2026 **PB (25m pool):** 02:26.08 **SB:** 02:24.76 Wezenberg 01/02/2026

	50M	100M	150M	200M	
PB	00:31.06	01:09.28	01:50.96	02:24.76	
	00:31.06	*00:38.22*	*00:41.68*	*00:33.80*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 4: 100M BREASTSTROKE MEN 13-14 — Heat:4, starttime: 10:23

Heat: 4/4 Lane : 4 Athlete: DILLEN FINN — **Q-time: 01:12:88**

PB (50m pool): 01:15.70 Wezenberg 01/02/2026 **PB (25m pool):** 01:12.88 **SB:** 01:15.70 Wezenberg 01/02/2026

	50M	100M	
PB	00:35.04	01:15.70	
	00:35.04	*00:40.66*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 6: 100M BUTTERFLY MEN 15-16 — Heat:3, starttime: 10:37

Heat: 3/4 Lane : 3 Athlete: ZRIRAK WAEL — **Q-time: 01:01:70**

PB (50m pool): 01:03.96 Wezenberg 01/02/2026 **PB (25m pool):** 01:01.70 **SB:** 01:03.96 Wezenberg 01/02/2026

	5 0 M	1 0 0 M	
PB	00:29.31	01:03.96	
	00:29.31	*00:34.65*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 6: 100M BUTTERFLY MEN 15-16 — Heat:3, starttime: 10:37

Heat: 3/4 Lane : 8 Athlete: BEGUE MILANN — **Q-time: 01:05:97**

PB (50m pool): 01:08.59 Wezenberg 01/02/2026 **PB (25m pool):** 01:05.97 **SB:** 01:08.59 Wezenberg 01/02/2026

	5 0 M	1 0 0 M	
PB	00:31.34	01:08.59	
	00:31.34	*00:37.25*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 9: 50M BACKSTROKE WOMEN 13-14 — Heat:3, starttime: 10:56

Heat: 3/5 Lane : 4 Athlete: BOOGERS NOOR — **Q-time: 00:34:39**

PB (50m pool): 00:37.74 Antwerpen 20/04/2025 **PB (25m pool):** 00:34.39 **SB:** no time

	5 0 M	
PB	00:37.74	
	00:37.74	
	. . : . . : . .	

Coach feedback:

Event number: 9: 50M BACKSTROKE WOMEN 13-14 — Heat:4, starttime: 10:58

Heat: 4/5 Lane : 2 Athlete: VAN TILBURG FRAUKE — **Q-time: 00:34:17**

PB (50m pool): 00:38.45 Antwerpen 20/04/2025 **PB (25m pool):** 00:34.17 **SB:** no time

	5 0 M	
PB	00:38.45	
	00:38.45	
	. . : . . : . .	

Coach feedback: