# VJTC 2026: Session: 3: COACH evaluation sheet for TEAM: ZCK

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

**Coaches: Martens Jelle**

**Coaches: Van Den Broeck Michaël HEADCOACH**

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

## Event number: 27: 200M MEDLEY MEN 11-12 Heat:2, starttime: 10:35

**Heat: 2/7 Lane : 8 Athlete: LAUWENS FINN** **Q-time: 03:11:46**

**PB (50m pool): 03:11.46 Aalst 11/05/2025** **PB (25m pool):** 03:04.86 **SB:** 03:11.53 Aalst 20/12/2025

| | 50M | 100M | 150M | 200M | |
|---|---|---|---|---|---|
| PB | 00:44.64 | 01:33.04 | 02:31.35 | 03:11.46 | |
| | *00:44.64* | *00:48.40* | *00:58.31* | *00:40.11* | |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | |

Coach feedback:

## Event number: 27: 200M MEDLEY MEN 11-12 Heat:6, starttime: 10:49

**Heat: 6/7 Lane : 2 Athlete: DE ROOS KASPER** **Q-time: 02:52:70**

**PB (50m pool): 02:52.70 Wezenberg 04/01/2026** **PB (25m pool):** 02:49.41 **SB:** 02:52.70 Wezenberg 04/01/2026

| | 50M | 100M | 150M | 200M | |
|---|---|---|---|---|---|
| PB | 00:36.90 | 01:23.64 | 02:13.98 | 02:52.70 | |
| | *00:36.90* | *00:46.74* | *00:50.34* | *00:38.72* | |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | |

Coach feedback:

## Event number: 28: 200M MEDLEY WOMEN 11-12 Heat:4, starttime: 11:08

**Heat: 4/7 Lane : 8 Athlete: SEGHERS MILLA** **Q-time: 03:00:42**

**PB (50m pool): 03:00.42 Gent 08/02/2026** **PB (25m pool):** 03:07.98 **SB:** 03:00.42 Gent 08/02/2026

| | 50M | 100M | 150M | 200M | |
|---|---|---|---|---|---|
| PB | 00:40.77 | 01:27.15 | 02:22.39 | 03:00.42 | |
| | *00:40.77* | *00:46.38* | *00:55.24* | *00:38.03* | |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | |

Coach feedback:

# VJTC 2026: Session: 3: COACH evaluation sheet for TEAM: ZCK

## Event number: 31: 50M FREESTYLE MEN 15-16 — Heat:1, starttime: 11:30

**Heat: 1/6 Lane : 4 Athlete: BAKX WARRE** — **Q-time: 00:27:35**

**PB (50m pool): 00:27.35 Wezenberg 03/01/2026** **PB (25m pool):** 00:26.14 **SB:** 00:27.35 Wezenberg 03/01/2026

| | 5 0 M |
|---|---|
| PB | 00:27.35 |
| | *00:27.35* |
| | . . : . . : . . |

Coach feedback:

## Event number: 35: 100M FREESTYLE MEN 11-12 — Heat:3, starttime: 12:08

**Heat: 3/7 Lane : 5 Athlete: DE ROOS KASPER** — **Q-time: 01:12:76**

**PB (50m pool): 01:12.76 Molenbeek 01/02/2026** **PB (25m pool):** 01:10.96 **SB:** 01:12.76 Molenbeek 01/02/2026

| | 5 0 M | 1 0 0 M |
|---|---|---|
| PB | no time | 01:12.76 |
| | *no time* | |
| | . . : . . : . . | . . : . . : . . |

Coach feedback:

## Event number: 35: 100M FREESTYLE MEN 11-12 — Heat:3, starttime: 12:08

**Heat: 3/7 Lane : 8 Athlete: LAUWENS FINN** — **Q-time: 01:13:87**

**PB (50m pool): 01:13.87 Gent 08/02/2026** **PB (25m pool):** 01:11.79 **SB:** 01:13.87 Gent 08/02/2026

| | 5 0 M | 1 0 0 M |
|---|---|---|
| PB | 00:35.05 | 01:13.87 |
| | *00:35.05* | *00:38.82* |
| | . . : . . : . . | . . : . . : . . |

Coach feedback:

## Event number: 36: 100M FREESTYLE WOMEN 11-12 — Heat:3, starttime: 12:20

**Heat: 3/7 Lane : 2 Athlete: SEGHERS MILLA** — **Q-time: 01:12:74**

**PB (50m pool): 01:12.74 Molenbeek 01/02/2026** **PB (25m pool):** 01:12.91 **SB:** 01:12.74 Molenbeek 01/02/2026

| | 5 0 M | 1 0 0 M |
|---|---|---|
| PB | no time | 01:12.74 |
| | *no time* | |
| | . . : . . : . . | . . : . . : . . |

Coach feedback: