VJTC 2026: Session: 3: 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: 24: 200M MEDLEY WOMEN 13-14 — Heat:2, starttime: 09:50

Heat: 2/7 Lane : 3 Athlete: UYTTERHOEVEN FIEBE — **Q-time: 02:47:39**

PB (50m pool): 02:47.39 Antwerpen 20/07/2025 **PB (25m pool):** 02:41.10 **SB:** 02:48.72 Molenbeek 01/02/2026

	50M	100M	150M	200M	
PB	00:36.06	01:20.01	02:06.66	02:47.39	
	00:36.06	*00:43.95*	*00:46.65*	*00:40.73*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 26: 100M BACKSTROKE WOMEN 15-16 — Heat:2, starttime: 10:22

Heat: 2/5 Lane : 2 Athlete: VERELST LAURA — **Q-time: 01:11:43**

PB (50m pool): 01:11.43 Molenbeek 01/02/2026 **PB (25m pool):** 01:08.17 **SB:** 01:11.43 Molenbeek 01/02/2026

	50M	100M	
PB	no time	01:11.43	
	no time		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 26: 100M BACKSTROKE WOMEN 15-16 — Heat:4, starttime: 10:27

Heat: 4/5 Lane : 8 Athlete: BOHMER JANNE — **Q-time: 01:10:75**

PB (50m pool): 01:13.72 Gent 08/02/2026 **PB (25m pool):** 01:10.41 **SB:** 01:13.72 Gent 08/02/2026

	50M	100M	
PB	00:35.17	01:13.72	
	00:35.17	*00:38.55*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

VJTC 2026: Session: 3: COACH evaluation sheet for TEAM: ZCT

Event number: 27: 200M MEDLEY MEN 11-12 — Heat:5, starttime: 10:46

Heat: 5/7 Lane : 2 Athlete: SOENS JACK — **Q-time: 02:56:43**

PB (50m pool): no time **PB (25m pool):** 02:56.43 **SB:** no time

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

Coach feedback:

Event number: 28: 200M MEDLEY WOMEN 11-12 — Heat:1, starttime: 10:57

Heat: 1/7 Lane : 1 Athlete: BELIAEV EMILY — **Q-time: 03:14:80**

PB (50m pool): 03:14.80 Antwerpen 13/07/2025 **PB (25m pool):** 03:15.93 **SB:** no time

	50 M	100 M	150 M	200 M	
PB	00:47.06	01:36.66	02:34.46	03:14.80	
	00:47.06	*00:49.60*	*00:57.80*	*00:40.34*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 4/7 Lane : 4 Athlete: BOND MAYA — **Q-time: 02:58:61**

PB (50m pool): 03:02.31 Antwerpen 20/07/2025 **PB (25m pool):** 02:58.61 **SB:** 03:05.72 SportinGenk Park 11/11/2025

	50 M	100 M	150 M	200 M	
PB	00:39.30	01:27.54	02:21.01	03:02.31	
	00:39.30	*00:48.24*	*00:53.47*	*00:41.30*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 30: 50M BREASTSTROKE WOMEN 13-14 — Heat:2, starttime: 11:27

Heat: 2/3 Lane : 6 Athlete: UYTTERHOEVEN FIEBE — **Q-time: 00:38:14**

PB (50m pool): 00:38.14 Molenbeek 01/02/2026 **PB (25m pool):** 00:36.52 **SB:** 00:38.14 Molenbeek 01/02/2026

	50 M	
PB	00:38.14	
	00:38.14	
	. . : . . : . .	

Coach feedback:

VJTC 2026: Session: 3: COACH evaluation sheet for TEAM: ZCT

Event number: 32: 50M FREESTYLE WOMEN 15-16 — Heat:2, starttime: 11:37

Heat: 2/6 Lane : 4 Athlete: VERELST LAURA — **Q-time: 00:28:92**

PB (50m pool): 00:28.92 Gent 08/02/2026 — **PB (25m pool):** 00:28.50 **SB:** 00:28.92 Gent 08/02/2026

	50 M
PB	00:28.92
	00:28.92
	. . : . . : . .

Coach feedback:

Event number: 32: 50M FREESTYLE WOMEN 15-16 — Heat:2, starttime: 11:37

Heat: 2/6 Lane : 8 Athlete: THIJS MAAIKE — **Q-time: 00:29:54**

PB (50m pool): 00:29.54 Molenbeek 01/02/2026 — **PB (25m pool):** 00:28.55 **SB:** 00:29.54 Molenbeek 01/02/2026

	50 M
PB	00:29.54
	00:29.54
	. . : . . : . .

Coach feedback:

Event number: 35: 100M FREESTYLE MEN 11-12 — Heat:4, starttime: 12:10

Heat: 4/7 Lane : 2 Athlete: SOENS JACK — **Q-time: 01:11:52**

PB (50m pool): 01:12.38 Molenbeek 01/02/2026 — **PB (25m pool):** 01:11.52 **SB:** 01:12.38 Molenbeek 01/02/2026

	50 M	100 M
PB	no time	01:12.38
	no time	
	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 36: 100M FREESTYLE WOMEN 11-12 — Heat:2, starttime: 12:18

Heat: 2/7 Lane : 5 Athlete: BELIAEV EMILY — **Q-time: 01:13:33**

PB (50m pool): 01:16.14 Molenbeek 01/02/2026 — **PB (25m pool):** 01:13.33 **SB:** 01:16.14 Molenbeek 01/02/2026

	50 M	100 M
PB	no time	01:16.14
	no time	
	. . : . . : . .	. . : . . : . .

Coach feedback:

VJTC 2026: Session: 3: COACH evaluation sheet for TEAM: ZCT

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

Heat: 3/7 Lane : 1 Athlete: BOND MAYA **Q-time: 01:12:92**

PB (50m pool): **01:12.97** **Antwerpen** **20/07/2025** **PB (25m pool):** 01:11.42 **SB:** no time

	50M	100M	
PB	00:34.96	01:12.97	
	00:34.96	*00:38.01*	
	. . : . . : . .	. . : . . : . .	

Coach feedback: