VJTC 2026: Session: 3: 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: 23: 200M MEDLEY MEN 13-14 — Heat:4, starttime: 09:40

Heat: 4/5 Lane : 4 Athlete: DILLEN FINN — **Q-time: 02:29:89**

PB (50m pool): 02:31.36 Antwerpen 20/07/2025 **PB (25m pool):** 02:29.89 **SB:** 02:32.15 Wezenberg 01/02/2026

	50M	100M	150M	200M	
PB	00:33.57	01:13.58	01:55.76	02:31.36	
	00:33.57	*00:40.01*	*00:42.18*	*00:35.60*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 24: 200M MEDLEY WOMEN 13-14 — Heat:2, starttime: 09:50

Heat: 2/7 Lane : 6 Athlete: VAN TILBURG FRAUKE — **Q-time: 02:48:02**

PB (50m pool): 02:51.28 Wezenberg 01/02/2026 **PB (25m pool):** 02:48.02 **SB:** 02:51.28 Wezenberg 01/02/2026

	50M	100M	150M	200M	
PB	00:33.88	01:18.30	02:11.76	02:51.28	
	00:33.88	*00:44.42*	*00:53.46*	*00:39.52*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 25: 100M BACKSTROKE MEN 15-16 — Heat:2, starttime: 10:12

Heat: 2/5 Lane : 6 Athlete: BEGUE MILANN — **Q-time: 01:07:03**

PB (50m pool): 01:11.91 Wezenberg 03/01/2026 **PB (25m pool):** 01:07.03 **SB:** 01:11.91 Wezenberg 03/01/2026

	50M	100M	
PB	00:34.60	01:11.91	
	00:34.60	*00:37.31*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 25: 100M BACKSTROKE MEN 15-16 — Heat:4, starttime: 10:16

Heat: 4/5 Lane : 2 Athlete: HUFKENS ILIAN — **Q-time: 01:03:92**

PB (50m pool): 01:08.32 Wezenberg 03/01/2026 — **PB (25m pool):** 01:03.92 **SB:** 01:08.32 Wezenberg 03/01/2026

	50 M	100 M	
PB	00:33.48	01:08.32	
	00:33.48	*00:34.84*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 25: 100M BACKSTROKE MEN 15-16 — Heat:4, starttime: 10:16

Heat: 4/5 Lane : 6 Athlete: ZRIRAK WAEL — **Q-time: 01:03:29**

PB (50m pool): 01:08.66 Wezenberg 01/02/2026 — **PB (25m pool):** 01:03.29 **SB:** 01:08.66 Wezenberg 01/02/2026

	50 M	100 M	
PB	00:33.17	01:08.66	
	00:33.17	*00:35.49*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 6/7 Lane : 4 Athlete: MAES MATHIJS — **Q-time: 02:47:85**

PB (50m pool): 02:48.35 Wezenberg 04/01/2026 — **PB (25m pool):** 02:47.85 **SB:** 02:48.35 Wezenberg 04/01/2026

	50 M	100 M	150 M	200 M	
PB	00:38.45	01:21.55	02:09.47	02:48.35	
	00:38.45	*00:43.10*	*00:47.92*	*00:38.88*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 28: 200M MEDLEY WOMEN 11-12 — Heat:5, starttime: 11:11

Heat: 5/7 Lane : 1 Athlete: DE RIDDER ROXANE — **Q-time: 02:58:16**

PB (50m pool): 03:06.11 Antwerpen 20/07/2025 — **PB (25m pool):** 02:58.16 **SB:** no time

	50 M	100 M	150 M	200 M	
PB	00:42.18	01:30.84	02:25.53	03:06.11	
	00:42.18	*00:48.66*	*00:54.69*	*00:40.58*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 29: 50M BREASTSTROKE MEN 13-14 — Heat:3, starttime: 11:24

Heat: 3/3 Lane : 6 Athlete: DILLEN FINN — **Q-time: 00:34:32**

PB (50m pool): 00:34.71 Wezenberg 01/02/2026 — **PB (25m pool):** 00:34.32 **SB:** 00:34.71 Wezenberg 01/02/2026

	5 0 M
PB	00:34.71
	00:34.71
	. . : . . : . .

Coach feedback:

Event number: 31: 50M FREESTYLE MEN 15-16 — Heat:4, starttime: 11:33

Heat: 4/6 Lane : 3 Athlete: ZRIRAK WAEL — **Q-time: 00:25:18**

PB (50m pool): 00:26.05 Wezenberg 01/02/2026 — **PB (25m pool):** 00:25.18 **SB:** 00:26.05 Wezenberg 01/02/2026

	5 0 M
PB	00:26.05
	00:26.05
	. . : . . : . .

Coach feedback:

Event number: 31: 50M FREESTYLE MEN 15-16 — Heat:5, starttime: 11:34

Heat: 5/6 Lane : 6 Athlete: BEGUE MILANN — **Q-time: 00:25:41**

PB (50m pool): 00:26.33 Wezenberg 01/02/2026 — **PB (25m pool):** 00:25.41 **SB:** 00:26.33 Wezenberg 01/02/2026

	5 0 M
PB	00:26.33
	00:26.33
	. . : . . : . .

Coach feedback:

Event number: 34: 100M FREESTYLE WOMEN 13-14 — Heat:3, starttime: 11:56

Heat: 3/7 Lane : 7 Athlete: BOOGERS NOOR — **Q-time: 01:05:76**

PB (50m pool): 01:08.41 Wezenberg 04/01/2026 — **PB (25m pool):** 01:05.76 **SB:** 01:08.41 Wezenberg 04/01/2026

	5 0 M	1 0 0 M
PB	00:32.75	01:08.41
	00:32.75	*00:35.66*
	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Event number: 34: 100M FREESTYLE WOMEN 13-14 — Heat:5, starttime: 11:59

Heat: 5/7 Lane : 3 Athlete: VAN TILBURG FRAUKE — **Q-time: 01:02:99**

PB (50m pool): 01:07.28 Antwerpen 20/07/2025 **PB (25m pool):** 01:02.99 **SB:** 01:07.59 Wezenberg 01/02/2026

	50 M	100 M	
PB	00:32.36	01:07.28	
	00:32.36	*00:34.92*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 35: 100M FREESTYLE MEN 11-12 — Heat:6, starttime: 12:13

Heat: 6/7 Lane : 4 Athlete: MAES MATHIJS — **Q-time: 01:07:51**

PB (50m pool): 01:09.37 Wezenberg 01/02/2026 **PB (25m pool):** 01:07.51 **SB:** 01:09.37 Wezenberg 01/02/2026

	50 M	100 M	
PB	00:33.30	01:09.37	
	00:33.30	*00:36.07*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 36: 100M FREESTYLE WOMEN 11-12 — Heat:4, starttime: 12:22

Heat: 4/7 Lane : 3 Athlete: DE RIDDER ROXANE — **Q-time: 01:11:30**

PB (50m pool): 01:12.99 Wezenberg 01/02/2026 **PB (25m pool):** 01:11.30 **SB:** 01:12.99 Wezenberg 01/02/2026

	50 M	100 M	
PB	00:35.07	01:12.99	
	00:35.07	*00:37.92*	
	. . : . . : . .	. . : . . : . .	

Coach feedback: