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

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

Coaches: De Weerdt Koen

Coaches: Gijsemans Liesbet

Coaches: De Belder Nathalie HEADCOACH

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

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

Heat: 2/5 Lane : 2 Athlete: WIJSGEER VIKTOR — **Q-time: 01:07:51**

PB (50m pool): 01:10.61 Wezenberg 03/01/2026 **PB (25m pool):** 01:07.51 **SB:** 01:10.61 Wezenberg 03/01/2026

	50 M	100 M	
PB	00:34.54	01:10.61	
	00:34.54	*00:36.07*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 26: 100M BACKSTROKE WOMEN 15-16 — Heat:1, starttime: 10:20

Heat: 1/5 Lane : 6 Athlete: SCHELLEMANS CHARLOTTE — **Q-time: 01:13:06**

PB (50m pool): 01:14.07 Antwerpen 27/07/2025 **PB (25m pool):** 01:13.06 **SB:** 01:17.79 Aalst 20/12/2025

	50 M	100 M	
PB	00:36.29	01:14.07	
	00:36.29	*00:37.78*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 4/7 Lane : 1 Athlete: VAN BREEDAM LENA — **Q-time: 03:00:22**

PB (50m pool): no time **PB (25m pool):** 03:00.22 **SB:** no time

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

Coach feedback:

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

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

Heat: 1/6 Lane : 5 Athlete: WIJSGEER VIKTOR — **Q-time: 00:27:41**

PB (50m pool): 00:29.10 Antwerpen 13/07/2025 **PB (25m pool):** 00:27.41 **SB:** no time

	50 M
PB	00:29.10
	00:29.10
	. . : . . : . .

Coach feedback:

Event number: 36: 100M FREESTYLE WOMEN 11-12 — Heat:5, starttime: 12:24

Heat: 5/7 Lane : 3 Athlete: VAN BREEDAM LENA — **Q-time: 01:10:05**

PB (50m pool): 01:12.49 Wezenberg 01/02/2026 **PB (25m pool):** 01:10.05 **SB:** 01:12.49 Wezenberg 01/02/2026

	50 M	100 M
PB	00:34.47	01:12.49
	00:34.47	*00:38.02*
	. . : . . : . .	. . : . . : . .

Coach feedback: