VJTC 2026: Session: 4: COACH evaluation sheet for TEAM: ZCK

Coachinfo: Warming up from: 13:15 untill 14:15. 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: 37: 100M BREASTSTROKE WOMEN 11-12 — Heat:3, starttime: 14:34

Heat: 3/7 Lane : 6 Athlete: SEGHERS MILLA — **Q-time: 01:36:76**

PB (50m pool): 01:36.76 Gent 08/02/2026 **PB (25m pool):** 01:41.62 **SB:** 01:36.76 Gent 08/02/2026

	5 0 M	1 0 0 M	
PB	00:48.92	01:36.76	
	00:48.92	*00:47.84*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 38: 100M BREASTSTROKE MEN 11-12 — Heat:2, starttime: 14:48

Heat: 2/7 Lane : 1 Athlete: LAUWENS FINN — **Q-time: 01:45:07**

PB (50m pool): 01:45.07 Gent 08/02/2026 **PB (25m pool):** 01:48.32 **SB:** 01:45.07 Gent 08/02/2026

	5 0 M	1 0 0 M	
PB	00:49.57	01:45.07	
	00:49.57	*00:55.50*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 38: 100M BREASTSTROKE MEN 11-12 — Heat:6, starttime: 14:56

Heat: 6/7 Lane : 7 Athlete: DE ROOS KASPER — **Q-time: 01:30:35**

PB (50m pool): 01:30.35 Molenbeek 01/02/2026 **PB (25m pool):** 01:29.22 **SB:** 01:30.35 Molenbeek 01/02/2026

	5 0 M	1 0 0 M	
PB	no time	01:30.35	
	no time		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

VJTC 2026: Session: 4: COACH evaluation sheet for TEAM: ZCK

Event number: 42: 50M BUTTERFLY MEN 15-16 — Heat:3, starttime: 15:39

Heat: 3/4 Lane : 7 Athlete: BAKX WARRE — **Q-time: 00:28:37**

PB (50m pool): 00:28.37 Antwerpen 27/07/2025 **PB (25m pool):** 00:28.24 **SB:** 00:28.68 Wezenberg 03/01/2026

	50 M
PB	00:28.37
	00:28.37
	. . : . . : . .

Coach feedback:

Event number: 43: 50M BUTTERFLY WOMEN 11-12 — Heat:5, starttime: 15:46

Heat: 5/7 Lane : 7 Athlete: SEGHERS MILLA — **Q-time: 00:36:45**

PB (50m pool): 00:36.45 Molenbeek 01/02/2026 **PB (25m pool):** 00:36.06 **SB:** 00:36.45 Molenbeek 01/02/2026

	50 M
PB	00:36.45
	00:36.45
	. . : . . : . .

Coach feedback:

Event number: 44: 50M BUTTERFLY MEN 11-12 — Heat:2, starttime: 15:51

Heat: 2/7 Lane : 1 Athlete: LAUWENS FINN — **Q-time: 00:41:84**

PB (50m pool): 00:41.84 Molenbeek 01/02/2026 **PB (25m pool):** 00:42.61 **SB:** 00:41.84 Molenbeek 01/02/2026

	50 M
PB	00:41.84
	00:41.84
	. . : . . : . .

Coach feedback:

Event number: 44: 50M BUTTERFLY MEN 11-12 — Heat:6, starttime: 15:55

Heat: 6/7 Lane : 8 Athlete: DE ROOS KASPER — **Q-time: 00:35:83**

PB (50m pool): 00:35.83 Molenbeek 01/02/2026 **PB (25m pool):** 00:36.01 **SB:** 00:35.83 Molenbeek 01/02/2026

	50 M
PB	00:35.83
	00:35.83
	. . : . . : . .

Coach feedback:

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Event number: 49: 100M BACKSTROKE WOMEN 11-12 — Heat:2, starttime: 16:48

Heat: 2/7 Lane : 6 Athlete: SEGHERS MILLA — **Q-time: 01:26:02**

PB (50m pool): 01:26.02 Gent 08/02/2026 — **PB (25m pool):** 01:24.69 **SB:** 01:26.02 Gent 08/02/2026

	5 0 M	1 0 0 M	
PB	00:42.14	01:26.02	
	00:42.14	*00:43.88*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 50: 100M BACKSTROKE MEN 11-12 — Heat:2, starttime: 17:05

Heat: 2/7 Lane : 7 Athlete: LAUWENS FINN — **Q-time: 01:27:34**

PB (50m pool): 01:27.34 Molenbeek 01/02/2026 — **PB (25m pool):** 01:24.49 **SB:** 01:27.34 Molenbeek 01/02/2026

	5 0 M	1 0 0 M	
PB	no time	01:27.34	
	no time		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 50: 100M BACKSTROKE MEN 11-12 — Heat:3, starttime: 17:08

Heat: 3/7 Lane : 3 Athlete: DE ROOS KASPER — **Q-time: 01:24:64**

PB (50m pool): 01:24.64 Gent 08/02/2026 — **PB (25m pool):** 01:20.59 **SB:** 01:24.64 Gent 08/02/2026

	5 0 M	1 0 0 M	
PB	00:41.18	01:24.64	
	00:41.18	*00:43.46*	
	. . : . . : . .	. . : . . : . .	

Coach feedback: