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

Coachinfo: Warming up from: 13:15 untill 14:15. 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: 37: 100M BREASTSTROKE WOMEN 11-12 — Heat:5, starttime: 14:39

Heat: 5/7 Lane : 2 Athlete: BELIAEV EMILY — **Q-time: 01:32:84**

PB (50m pool): 01:38.66 Molenbeek 01/02/2026 **PB (25m pool):** 01:32.84 **SB:** 01:38.66 Molenbeek 01/02/2026

	50M	100M	
PB	no time	01:38.66	
	no time		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 38: 100M BREASTSTROKE MEN 11-12 — Heat:4, starttime: 14:52

Heat: 4/7 Lane : 8 Athlete: SOENS JACK — **Q-time: 01:37:50**

PB (50m pool): 01:40.74 Molenbeek 01/02/2026 **PB (25m pool):** 01:37.50 **SB:** 01:40.74 Molenbeek 01/02/2026

	50M	100M	
PB	no time	01:40.74	
	no time		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 41: 50M BUTTERFLY WOMEN 15-16 — Heat:3, starttime: 15:32

Heat: 3/6 Lane : 8 Athlete: VERELST LAURA — **Q-time: 00:31:55**

PB (50m pool): 00:31.55 Zwembad Brigitte Becue 30/05/2025 **PB (25m pool):** 00:30.75 **SB:** no time

	50M	
PB	00:31.55	
	00:31.55	
	. . : . . : . .	

Coach feedback:

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

Event number: 41: 50M BUTTERFLY WOMEN 15-16 — Heat:5, starttime: 15:34

Heat: 5/6 Lane : 8 Athlete: THIJS MAAIKE — **Q-time: 00:31:02**

PB (50m pool): 00:31.02 Gent 08/02/2026 **PB (25m pool):** 00:30.73 **SB:** 00:31.02 Gent 08/02/2026

	50 M
PB	00:31.02
	00:31.02
	. . : . . : . .

Coach feedback:

Event number: 43: 50M BUTTERFLY WOMEN 11-12 — Heat:1, starttime: 15:41

Heat: 1/7 Lane : 4 Athlete: BOND MAYA — **Q-time: 00:40:59**

PB (50m pool): 00:41.52 Antwerp 26/01/2025 **PB (25m pool):** 00:38.04 **SB:** no time

	50 M
PB	00:41.52
	00:41.52
	. . : . . : . .

Coach feedback:

Event number: 43: 50M BUTTERFLY WOMEN 11-12 — Heat:2, starttime: 15:42

Heat: 2/7 Lane : 7 Athlete: BELIAEV EMILY — **Q-time: 00:40:06**

PB (50m pool): 00:40.06 Molenbeek 01/02/2026 **PB (25m pool):** 00:46.25 **SB:** 00:40.06 Molenbeek 01/02/2026

	50 M
PB	00:40.06
	00:40.06
	. . : . . : . .

Coach feedback:

Event number: 44: 50M BUTTERFLY MEN 11-12 — Heat:4, starttime: 15:53

Heat: 4/7 Lane : 6 Athlete: SOENS JACK — **Q-time: 00:37:35**

PB (50m pool): 00:38.44 Molenbeek 01/02/2026 **PB (25m pool):** 00:37.35 **SB:** 00:38.44 Molenbeek 01/02/2026

	50 M
PB	00:38.44
	00:38.44
	. . : . . : . .

Coach feedback:

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Event number: 47: 400M MEDLEY WOMEN 15-16 — Heat:2, starttime: 16:21

Heat: 2/3 Lane : 5 Athlete: BOHMER JANNE — **Q-time: 05:25:58**

PB (50m pool): no time **PB (25m pool):** 05:25.58 **SB:** no time

	50M	100M	150M	200M	250M	300M	350M	400M
PB	no time	no time	no time	no time	no time	no time	no time	no time
	no time							
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 49: 100M BACKSTROKE WOMEN 11-12 — Heat:4, starttime: 16:53

Heat: 4/7 Lane : 4 Athlete: BELIAEV EMILY — **Q-time: 01:23:24**

PB (50m pool): 01:26.56 Molenbeek 01/02/2026 **PB (25m pool):** 01:23.24 **SB:** 01:26.56 Molenbeek 01/02/2026

	50M	100M
PB	no time	01:26.56
	no time	
	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 49: 100M BACKSTROKE WOMEN 11-12 — Heat:4, starttime: 16:53

Heat: 4/7 Lane : 8 Athlete: BOND MAYA — **Q-time: 01:24:40**

PB (50m pool): 01:25.18 Antwerpen 20/07/2025 **PB (25m pool):** 01:24.40 **SB:** 01:28.03 SportinGenk Park 11/11/2025

	50M	100M
PB	00:42.52	01:25.18
	00:42.52	*00:42.66*
	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 50: 100M BACKSTROKE MEN 11-12 — Heat:5, starttime: 17:13

Heat: 5/7 Lane : 1 Athlete: SOENS JACK — **Q-time: 01:22:19**

PB (50m pool): 01:22.19 Molenbeek 01/02/2026 **PB (25m pool):** 01:22.43 **SB:** 01:22.19 Molenbeek 01/02/2026

	50M	100M
PB	no time	01:22.19
	no time	
	. . : . . : . .	. . : . . : . .

Coach feedback: