VJTC 2026: Session: 5: 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: 52: 400M FREESTYLE WOMEN 15-16 — Heat:1, starttime: 09:45

Heat: 1/2 Lane : 6 Athlete: BOHMER JANNE — **Q-time: 04:44:93**

PB (50m pool): 04:50.08 Gent 08/02/2026 **PB (25m pool):** 04:44.93 **SB:** 04:50.08 Gent 08/02/2026

	50M	100M	150M	200M	250M	300M	350M	400M
PB	00:33.41	01:10.22	01:47.10	02:24.55	03:01.58	03:38.78	04:15.46	04:50.08
	00:33.41	*00:36.81*	*00:36.88*	*00:37.45*	*00:37.03*	*00:37.20*	*00:36.68*	*00:34.62*
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Coach feedback:

Event number: 54: 200M BREASTSTROKE WOMEN 15-16 — Heat:1, starttime: 10:04

Heat: 1/2 Lane : 3 Athlete: VERELST LAURA — **Q-time: 02:52:22**

PB (50m pool): 02:52.22 Antwerpen 27/07/2025 **PB (25m pool):** 02:48.10 **SB:** 02:52.44 Gent 08/02/2026

	50M	100M	150M	200M	
PB	00:39.00	01:23.28	02:08.34	02:52.22	
	00:39.00	*00:44.28*	*00:45.06*	*00:43.88*	
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Coach feedback:

Event number: 58: 200M BACKSTROKE WOMEN 15-16 — Heat:2, starttime: 10:55

Heat: 2/3 Lane : 7 Athlete: BOHMER JANNE — **Q-time: 02:30:70**

PB (50m pool): 02:35.40 Gent 08/02/2026 **PB (25m pool):** 02:30.70 **SB:** 02:35.40 Gent 08/02/2026

	50M	100M	150M	200M	
PB	00:36.85	01:16.01	01:56.14	02:35.40	
	00:36.85	*00:39.16*	*00:40.13*	*00:39.26*	
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Coach feedback: