VJTC 2026: Session: 5: 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: 53: 200M BREASTSTROKE MEN 15-16 — Heat:2, starttime: 10:00

Heat: 2/2 Lane : 1 Athlete: HUFKENS ILIAN — **Q-time: 02:35:41**

PB (50m pool): 02:40.60 Wezenberg 01/02/2026 **PB (25m pool):** 02:35.41 **SB:** 02:40.60 Wezenberg 01/02/2026

	50M	100M	150M	200M	
PB	00:35.70	01:17.35	01:59.05	02:40.60	
	00:35.70	*00:41.65*	*00:41.70*	*00:41.55*	
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Coach feedback:

Event number: 56: 200M FREESTYLE WOMEN 13-14 — Heat:2, starttime: 10:26

Heat: 2/6 Lane : 5 Athlete: VAN TILBURG FRAUKE — **Q-time: 02:29:28**

PB (50m pool): 02:29.28 Wezenberg 01/02/2026 **PB (25m pool):** 02:32.78 **SB:** 02:29.28 Wezenberg 01/02/2026

	50M	100M	150M	200M	
PB	00:33.74	01:12.14	01:51.80	02:29.28	
	00:33.74	*00:38.40*	*00:39.66*	*00:37.48*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 56: 200M FREESTYLE WOMEN 13-14 — Heat:4, starttime: 10:32

Heat: 4/6 Lane : 6 Athlete: BOOGERS NOOR — **Q-time: 02:21:98**

PB (50m pool): 02:29.04 Wezenberg 01/02/2026 **PB (25m pool):** 02:21.98 **SB:** 02:29.04 Wezenberg 01/02/2026

	50M	100M	150M	200M	
PB	00:33.99	01:11.58	01:50.84	02:29.04	
	00:33.99	*00:37.59*	*00:39.26*	*00:38.20*	
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Coach feedback:

VJTC 2026: Session: 5: COACH evaluation sheet for TEAM: ZGEEL

Event number: 57: 200M BACKSTROKE MEN 15-16 — Heat:1, starttime: 10:41

Heat: 1/3 Lane : 1 Athlete: HUFKENS ILIAN — **Q-time: 02:34:12**

PB (50m pool): 02:34.12 Antwerpen 20/07/2025 **PB (25m pool):** 02:32.48 **SB:** no time

	50 M	100 M	150 M	200 M	
PB	00:35.54	01:13.90	01:54.61	02:34.12	
	00:35.54	*00:38.36*	*00:40.71*	*00:39.51*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 57: 200M BACKSTROKE MEN 15-16 — Heat:2, starttime: 10:45

Heat: 2/3 Lane : 3 Athlete: ZRIRAK WAEL — **Q-time: 02:21:09**

PB (50m pool): 02:35.69 Antwerpen 20/04/2025 **PB (25m pool):** 02:21.09 **SB:** no time

	50 M	100 M	150 M	200 M	
PB	00:35.61	01:15.40	01:56.68	02:35.69	
	00:35.61	*00:39.79*	*00:41.28*	*00:39.01*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 59: 400M MEDLEY MEN 13-14 — Heat:3, starttime: 11:15

Heat: 3/3 Lane : 7 Athlete: DILLEN FINN — **Q-time: 05:23:41**

PB (50m pool): 05:26.55 Antwerpen 20/07/2025 **PB (25m pool):** 05:23.41 **SB:** 05:33.56 Wezenberg 01/02/2026

	50 M	100 M	150 M	200 M	250 M	300 M	350 M	400 M
PB	00:35.52	01:17.00	02:00.23	02:41.56	03:25.74	04:11.54	04:50.46	05:26.55
	00:35.52	*00:41.48*	*00:43.23*	*00:41.33*	*00:44.18*	*00:45.80*	*00:38.92*	*00:36.09*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 60: 400M MEDLEY WOMEN 13-14 — Heat:2, starttime: 11:28

Heat: 2/3 Lane : 7 Athlete: VAN TILBURG FRAUKE — **Q-time: 06:06:86**

PB (50m pool): 06:17.11 Wezenberg 01/02/2026 **PB (25m pool):** 06:06.86 **SB:** 06:17.11 Wezenberg 01/02/2026

	50 M	100 M	150 M	200 M	250 M	300 M	350 M	400 M
PB	00:37.10	01:21.83	02:09.18	02:55.19	03:51.12	04:51.09	05:34.97	06:17.11
	00:37.10	*00:44.73*	*00:47.35*	*00:46.01*	*00:55.93*	*00:59.97*	*00:43.88*	*00:42.14*
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Coach feedback: