VJTC 2026: Session: 6: COACH evaluation sheet for TEAM: ZGEEL

Coachinfo: Warming up from: 13:15 untill 14:15. 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: 64: 200M BREASTSTROKE MEN 13-14 — Heat:3, starttime: 15:03

Heat: 3/3 Lane : 2 Athlete: DILLEN FINN — **Q-time: 02:46:37**

PB (50m pool): 02:46.37 Antwerpen 20/07/2025 **PB (25m pool):** 02:46.63 **SB:** 02:50.13 Wezenberg 01/02/2026

	50M	100M	150M	200M	
PB	00:37.46	01:20.41	02:04.10	02:46.37	
	00:37.46	*00:42.95*	*00:43.69*	*00:42.27*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 66: 100M FREESTYLE MEN 15-16 — Heat:2, starttime: 15:18

Heat: 2/6 Lane : 7 Athlete: HUFKENS ILIAN — **Q-time: 00:58:32**

PB (50m pool): 00:58.37 Wezenberg 01/02/2026 **PB (25m pool):** 00:58.32 **SB:** 00:58.37 Wezenberg 01/02/2026

	50M	100M	
PB	00:27.84	00:58.37	
	00:27.84	*00:30.53*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 66: 100M FREESTYLE MEN 15-16 — Heat:4, starttime: 15:21

Heat: 4/6 Lane : 1 Athlete: BEGUE MILANN — **Q-time: 00:56:41**

PB (50m pool): 00:57.39 Wezenberg 01/02/2026 **PB (25m pool):** 00:56.41 **SB:** 00:57.39 Wezenberg 01/02/2026

	50M	100M	
PB	00:27.85	00:57.39	
	00:27.85	*00:29.54*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

VJTC 2026: Session: 6: COACH evaluation sheet for TEAM: ZGEEL

Event number: 66: 100M FREESTYLE MEN 15-16 — Heat:4, starttime: 15:21

Heat: 4/6 Lane : 6 Athlete: ZRIRAK WAEL — **Q-time: 00:55:29**

PB (50m pool): 00:56.93 Wezenberg 01/02/2026 **PB (25m pool):** 00:55.29 **SB:** 00:56.93 Wezenberg 01/02/2026

	5 0 M	1 0 0 M	
PB	00:26.82	00:56.93	
	00:26.82	*00:30.11*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 67: 50M FREESTYLE WOMEN 13-14 — Heat:2, starttime: 15:27

Heat: 2/6 Lane : 4 Athlete: BOOGERS NOOR — **Q-time: 00:30:77**

PB (50m pool): 00:31.70 Wezenberg 01/02/2026 **PB (25m pool):** 00:30.77 **SB:** 00:31.70 Wezenberg 01/02/2026

	5 0 M	
PB	00:31.70	
	00:31.70	
	. . : . . : . .	

Coach feedback:

Event number: 67: 50M FREESTYLE WOMEN 13-14 — Heat:6, starttime: 15:31

Heat: 6/6 Lane : 6 Athlete: VAN TILBURG FRAUKE — **Q-time: 00:28:78**

PB (50m pool): 00:29.86 Wezenberg 04/01/2026 **PB (25m pool):** 00:28.78 **SB:** 00:29.86 Wezenberg 04/01/2026

	5 0 M	
PB	00:29.86	
	00:29.86	
	. . : . . : . .	

Coach feedback:

Event number: 70: 100M BREASTSTROKE MEN 15-16 — Heat:1, starttime: 15:43

Heat: 1/3 Lane : 3 Athlete: HUFKENS ILIAN — **Q-time: 01:11:79**

PB (50m pool): 01:14.49 Wezenberg 01/02/2026 **PB (25m pool):** 01:11.79 **SB:** 01:14.49 Wezenberg 01/02/2026

	5 0 M	1 0 0 M	
PB	00:35.26	01:14.49	
	00:35.26	*00:39.23*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

VJTC 2026: Session: 6: COACH evaluation sheet for TEAM: ZGEEL

Event number: 71: 200M BACKSTROKE WOMEN 13-14 — Heat:3, starttime: 15:57

Heat: 3/5 Lane : 3 Athlete: VAN TILBURG FRAUKE — **Q-time: 02:38:73**

PB (50m pool): 02:57.83 Antwerpen 20/04/2025 **PB (25m pool):** 02:38.73 **SB:** no time

	50M	100M	150M	200M	
PB	00:41.18	01:26.70	02:13.14	02:57.83	
	00:41.18	*00:45.52*	*00:46.44*	*00:44.69*	
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Coach feedback:

Event number: 71: 200M BACKSTROKE WOMEN 13-14 — Heat:4, starttime: 16:00

Heat: 4/5 Lane : 6 Athlete: BOOGERS NOOR — **Q-time: 02:35:54**

PB (50m pool): 02:46.66 Antwerpen 13/07/2025 **PB (25m pool):** 02:35.54 **SB:** no time

	50M	100M	150M	200M	
PB	00:40.21	01:23.78	02:06.50	02:46.66	
	00:40.21	*00:43.57*	*00:42.72*	*00:40.16*	
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Coach feedback: