

# VLC 2026: Session: 3: COACH evaluation sheet for TEAM: AZV

Coachinfo: Warming up from: 07:15 until 08:15. Teamleadmeeting @ The listed starttimes are indicative!

PB => Personal Best time

SB => Seasons Best time: Season starting point: first of September.

**Event number: 17: 100M BREASTSTROKE MEN 13+ Heat:21, starttime: 10:02**

**Heat: 21/26 Lane : 6 Athlete: LEMMENS NOAH Q-time: 01:16:75**

**PB (50m pool): 01:21.68 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 01:16.75 SB: 01:22.68 Wezenberg 03/01/2026**

|           | <b>5 0 M</b> | <b>1 0 0 M</b> |
|-----------|--------------|----------------|
| <b>PB</b> | 00:38.13     | 01:21.68       |
|           | 00:38.13     | 00:43.55       |
|           | .....        | .....          |

Coach feedback:

**Event number: 21: 50M BACKSTROKE MEN 13+ Heat:13, starttime: 11:16**

**Heat: 13/27 Lane : 2 Athlete: LEMMENS NOAH Q-time: 00:35:47**

**PB (50m pool): 00:35.47 Antwerpen 13/07/2025 PB (25m pool): 00:35.19 SB: 00:35.94 Wezenberg 03/01/2026**

|           | <b>5 0 M</b> |
|-----------|--------------|
| <b>PB</b> | 00:35.47     |
|           | 00:35.47     |
|           | .....        |

Coach feedback: