

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

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

Coaches: Scheveneels Judith

Coaches: Meyers Sepp HEADCOACH

PB => Personal Best time

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

**Event number: 6: 100M FREESTYLE WOMEN 13+ Heat:4, starttime: 08:35**

<b>Heat: 4/31 Lane : 3 Athlete: THEUNISSEN JOLIEN</b>		<b>Q-time: 01:15:27</b>
PB (50m pool): 01:15.27 Wezenberg 01/02/2026		PB (25m pool): 01:15.95 SB: 01:15.27 Wezenberg 01/02/2026
	<b>50 M</b>	<b>100 M</b>
PB	00:36.96	01:15.27
	00:36.96	00:38.31
	.....	.....

Coach feedback:

**Event number: 6: 100M FREESTYLE WOMEN 13+ Heat:9, starttime: 08:44**

<b>Heat: 9/31 Lane : 4 Athlete: LESSELIERS EMILY</b>		<b>Q-time: 01:11:26</b>
PB (50m pool): 01:11.92 Wezenberg 01/02/2026		PB (25m pool): 01:11.26 SB: 01:11.92 Wezenberg 01/02/2026
	<b>50 M</b>	<b>100 M</b>
PB	00:34.19	01:11.92
	00:34.19	00:37.73
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Coach feedback:

**Event number: 6: 100M FREESTYLE WOMEN 13+ Heat:18, starttime: 08:59**

<b>Heat: 18/31 Lane : 8 Athlete: DE VOCHT ANNE-JULIE</b>		<b>Q-time: 01:07:83</b>
PB (50m pool): 01:08.21 Lago Gent Rozebroeken 04/05/2025		PB (25m pool): 01:06.86 SB: 01:10.69 Wezenberg 03/01/2026
	<b>50 M</b>	<b>100 M</b>
PB	00:32.25	01:08.21
	00:32.25	00:35.96
	.....	.....

Coach feedback:

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<b>Event number: 6: 100M FREESTYLE WOMEN 13+</b>		<b>Heat:23, starttime: 09:07</b>	
<b>Heat: 23/31 Lane : 3 Athlete: VAN HOOFF SARA</b>		<b>Q-time: 01:05:69</b>	
PB (50m pool): 01:06.43 Antwerp 02/02/2025		PB (25m pool): 01:05.69 SB: 01:06.94 Wezenberg 01/02/2026	
	<b>5 0 M</b>	<b>1 0 0 M</b>	
PB	00:31.46	01:06.43	
	00:31.46	00:34.97	
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Coach feedback:

<b>Event number: 6: 100M FREESTYLE WOMEN 13+</b>		<b>Heat:23, starttime: 09:07</b>	
<b>Heat: 23/31 Lane : 6 Athlete: VAN DEN BERGH ANNA</b>		<b>Q-time: 01:05:70</b>	
PB (50m pool): 01:07.60 Wezenberg 01/02/2026		PB (25m pool): 01:05.70 SB: 01:07.60 Wezenberg 01/02/2026	
	<b>5 0 M</b>	<b>1 0 0 M</b>	
PB	00:31.82	01:07.60	
	00:31.82	00:35.78	
	.....	.....	

Coach feedback:

<b>Event number: 6: 100M FREESTYLE WOMEN 13+</b>		<b>Heat:28, starttime: 09:15</b>	
<b>Heat: 28/31 Lane : 2 Athlete: DE RIDDER STERRE</b>		<b>Q-time: 01:03:91</b>	
PB (50m pool): 01:04.93 Wezenberg 01/02/2026		PB (25m pool): 01:03.38 SB: 01:04.93 Wezenberg 01/02/2026	
	<b>5 0 M</b>	<b>1 0 0 M</b>	
PB	00:31.66	01:04.93	
	00:31.66	00:33.27	
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Coach feedback:

<b>Event number: 6: 100M FREESTYLE WOMEN 13+</b>		<b>Heat:28, starttime: 09:15</b>	
<b>Heat: 28/31 Lane : 3 Athlete: VERNIERS NIME</b>		<b>Q-time: 01:03:75</b>	
PB (50m pool): 01:05.37 Wezenberg 03/01/2026		PB (25m pool): 01:03.75 SB: 01:05.37 Wezenberg 03/01/2026	
	<b>5 0 M</b>	<b>1 0 0 M</b>	
PB	00:31.92	01:05.37	
	00:31.92	00:33.45	
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Coach feedback:

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

<b>Event number: 19: 50M FREESTYLE WOMEN 13+</b>		<b>Heat:2, starttime: 10:18</b>
<b>Heat: 2/33 Lane : 7 Athlete: THEUNISSEN JOLIEN</b>		<b>Q-time: 00:35:01</b>
PB (50m pool): 00:35.01 Wezenberg 01/02/2026		PB (25m pool): 00:36.04 SB: 00:35.01 Wezenberg 01/02/2026
	<b>5 0 M</b>	
PB	00:35.01	
	00:35.01	
	.....	

Coach feedback:

<b>Event number: 19: 50M FREESTYLE WOMEN 13+</b>		<b>Heat:6, starttime: 10:22</b>
<b>Heat: 6/33 Lane : 5 Athlete: LESSELIERS EMILY</b>		<b>Q-time: 00:33:10</b>
PB (50m pool): 00:33.16 Wezenberg 01/02/2026		PB (25m pool): 00:33.10 SB: 00:33.16 Wezenberg 01/02/2026
	<b>5 0 M</b>	
PB	00:33.16	
	00:33.16	
	.....	

Coach feedback:

<b>Event number: 19: 50M FREESTYLE WOMEN 13+</b>		<b>Heat:18, starttime: 10:34</b>
<b>Heat: 18/33 Lane : 7 Athlete: DE VOCHT ANNE-JULIE</b>		<b>Q-time: 00:31:19</b>
PB (50m pool): 00:31.43 Antwerpen 20/04/2025		PB (25m pool): 00:31.19 SB: 00:32.29 Wezenberg 01/02/2026
	<b>5 0 M</b>	
PB	00:31.43	
	00:31.43	
	.....	

Coach feedback:

<b>Event number: 19: 50M FREESTYLE WOMEN 13+</b>		<b>Heat:20, starttime: 10:36</b>
<b>Heat: 20/33 Lane : 4 Athlete: VERNIERS NIME</b>		<b>Q-time: 00:30:80</b>
PB (50m pool): 00:31.20 Antwerpen 20/04/2025		PB (25m pool): 00:30.80 SB: no time
	<b>5 0 M</b>	
PB	00:31.20	
	00:31.20	
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Coach feedback:

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<b>Event number: 19: 50M FREESTYLE WOMEN 13+</b>		<b>Heat:21, starttime: 10:37</b>
<b>Heat: 21/33 Lane : 5 Athlete: DE RIDDER STERRE</b>		<b>Q-time: 00:30:64</b>
PB (50m pool): 00:30.64 Wezenberg 01/02/2026		PB (25m pool): 00:30.15 SB: 00:30.64 Wezenberg 01/02/2026
	<b>5 0 M</b>	
PB	00:30.64	
	00:30.64	
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Coach feedback:

<b>Event number: 19: 50M FREESTYLE WOMEN 13+</b>		<b>Heat:25, starttime: 10:41</b>
<b>Heat: 25/33 Lane : 8 Athlete: VAN HOOFF SARA</b>		<b>Q-time: 00:30:22</b>
PB (50m pool): 00:30.54 Antwerp 02/02/2025		PB (25m pool): 00:30.22 SB: 00:30.90 Wezenberg 01/02/2026
	<b>5 0 M</b>	
PB	00:30.54	
	00:30.54	
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Coach feedback:

<b>Event number: 19: 50M FREESTYLE WOMEN 13+</b>		<b>Heat:27, starttime: 10:43</b>
<b>Heat: 27/33 Lane : 2 Athlete: VAN DEN BERGH ANNA</b>		<b>Q-time: 00:29:90</b>
PB (50m pool): 00:30.19 Wezenberg 03/01/2026		PB (25m pool): 00:29.90 SB: 00:30.19 Wezenberg 03/01/2026
	<b>5 0 M</b>	
PB	00:30.19	
	00:30.19	
	.....	

Coach feedback:

<b>Event number: 23: 100M BUTTERFLY WOMEN 13+</b>		<b>Heat:5, starttime: 11:50</b>
<b>Heat: 5/23 Lane : 2 Athlete: LESSELIERS EMILY</b>		<b>Q-time: 01:28:92</b>
PB (50m pool): 01:29.45 Antwerpen 20/07/2025		PB (25m pool): 01:28.92 SB: no time
	<b>5 0 M</b>	<b>1 0 0 M</b>
PB	00:40.82	01:29.45
	00:40.82	00:48.63
	.....	.....

Coach feedback:

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

<b>Event number: 23: 100M BUTTERFLY WOMEN 13+</b>		<b>Heat:11, starttime: 12:02</b>	
<b>Heat: 11/23 Lane : 4 Athlete: VERNIERS NIME</b>		<b>Q-time: 01:22:17</b>	
PB (50m pool): 01:22.17 Olympic Pool Wezenberg, Antwer 30/03/25 PB (25m pool): no time SB: no time			
	<b>5 0 M</b>	<b>1 0 0 M</b>	
PB	00:36.42	01:22.17	
	00:36.42	00:45.75	
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Coach feedback:

<b>Event number: 23: 100M BUTTERFLY WOMEN 13+</b>		<b>Heat:15, starttime: 12:09</b>	
<b>Heat: 15/23 Lane : 4 Athlete: DE VOCHT ANNE-JULIE</b>		<b>Q-time: 01:18:19</b>	
PB (50m pool): 01:21.15 Wezenberg 05/01/2025 PB (25m pool): 01:18.19 SB: 01:21.26 Aalst 20/12/2025			
	<b>5 0 M</b>	<b>1 0 0 M</b>	
PB	00:36.04	01:21.15	
	00:36.04	00:45.11	
	.....	.....	

Coach feedback:

<b>Event number: 23: 100M BUTTERFLY WOMEN 13+</b>		<b>Heat:20, starttime: 12:18</b>	
<b>Heat: 20/23 Lane : 3 Athlete: DE RIDDER STERRE</b>		<b>Q-time: 01:14:45</b>	
PB (50m pool): 01:19.38 Olympic Pool Wezenberg, Antwer 24/03/25 PB (25m pool): 01:12.27 SB: no time			
	<b>5 0 M</b>	<b>1 0 0 M</b>	
PB	no time	01:19.38	
	no time		
	.....	.....	

Coach feedback: