

ZC 2026: Session: 1: COACH evaluation sheet for TEAM: ZS

Coachinfo: Warming up from: 07:45 until 08:45. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Scheveneels Judith HEADCOACH

Coaches: Pluijm Saar

PB => Personal Best time

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

Event number: 3: 100M FREESTYLE WOMEN 15+ Heat:10, starttime: 09:42

Heat: 10/15 Lane : 1 Athlete: DE VOCHT ANNE-JULIE		Q-time: 01:08:21	
PB (50m pool): 01:08.21 Lago Gent Rozebroeken 04/05/2025		PB (25m pool): 01:06.86 SB: 01:09.34 Antwerpen 15/03/2026	
	50 M	100 M	
PB	00:32.25	01:08.21	
	00:32.25	00:35.96	
	

Coach feedback:

Event number: 3: 100M FREESTYLE WOMEN 15+ Heat:12, starttime: 09:46

Heat: 12/15 Lane : 6 Athlete: VAN HOOFF SARA		Q-time: 01:06:43	
PB (50m pool): 01:06.43 Antwerp 02/02/2025		PB (25m pool): 01:05.69 SB: 01:06.94 Wezenberg 01/02/2026	
	50 M	100 M	
PB	00:31.46	01:06.43	
	00:31.46	00:34.97	
	

Coach feedback:

Event number: 4: 200M MEDLEY WOMEN 11-12 Heat:4, starttime: 10:06

Heat: 4/9 Lane : 7 Athlete: FLEERACKERS LAURA		Q-time: 03:29:41		
PB (50m pool): 03:29.41 SportinGenk Park 24/05/2026		PB (25m pool): 03:31.74 SB: 03:29.41 SportinGenk Park 24/05/2026		
	50 M	100 M	150 M	200 M
PB	00:51.18	01:42.95	02:43.25	03:29.41
	00:51.18	00:51.77	01:00.30	00:46.16

Coach feedback:

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Event number: 6: 200M BREASTSTROKE WOMEN 13-14				Heat:6, starttime: 11:02	
Heat: 6/7 Lane : 8 Athlete: THEUNISSEN JOLIEN				Q-time: 03:19:90	
PB (50m pool): 03:19.90 Olympic Pool Wezenberg, Antwer 29/03/2026 PB (15m pool): 03:45.17 SB: 03:19.90 Olympic Pool Wezenberg, Antwer 29/03/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:47.47	01:38.86	02:30.62	03:19.90	
	00:47.47	00:51.39	00:51.76	00:49.28	
	

Coach feedback:

Event number: 8: 100M BACKSTROKE WOMEN 15+			Heat:6, starttime: 11:30		
Heat: 6/10 Lane : 3 Athlete: VAN HOOFF SARA			Q-time: 01:18:54		
PB (50m pool): 01:18.04 Wezenberg Antwerpen 07/01/2024 PB (25m pool): 01:16.50 SB: 01:18.54 Antwerpen 15/03/2026					
	5 0 M	1 0 0 M			
PB	00:37.53	01:18.04			
	00:37.53	00:40.51			
			

Coach feedback:

Event number: 9: 50M BUTTERFLY MEN 11-12		Heat:8, starttime: 11:51			
Heat: 8/9 Lane : 5 Athlete: VLEEMING BIAGIO		Q-time: 00:40:14			
PB (50m pool): 00:40.14 Wezenberg 01/02/2026 PB (25m pool): 00:47.65 SB: 00:40.14 Wezenberg 01/02/2026					
	5 0 M				
PB	00:40.14				
	00:40.14				
				

Coach feedback: