ZC 2026: Session: 4: COACH evaluation sheet for TEAM: VZV

Coachinfo: Warming up from: 13:00 untill 13:45. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Vansteenland Annelies HEADCOACH

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

Event number: 29: 100M BACKSTROKE WOMEN 11-12 — Heat:9, starttime: 14:22

Heat: 9/12 Lane : 4 Athlete: WILS ESTELLE — **Q-time: 01:30:41**

PB (50m pool): 01:30.41 Antwerpen 15/03/2026 **PB (25m pool):** 01:34.32 **SB:** 01:30.41 Antwerpen 15/03/2026

	50M	100M	
PB	00:44.99	01:30.41	
	00:44.99	*00:45.42*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 29: 100M BACKSTROKE WOMEN 11-12 — Heat:9, starttime: 14:22

Heat: 9/12 Lane : 6 Athlete: NEYRINCK ELODY — **Q-time: 01:31:30**

PB (50m pool): 01:35.08 Antwerpen 15/03/2026 **PB (25m pool):** 01:31.30 **SB:** 01:35.08 Antwerpen 15/03/2026

	50M	100M	
PB	00:46.21	01:35.08	
	00:46.21	*00:48.87*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 29: 100M BACKSTROKE WOMEN 11-12 — Heat:10, starttime: 14:24

Heat: 10/12 Lane : 5 Athlete: JANSSEUNE LENA — **Q-time: 01:29:87**

PB (50m pool): 01:36.22 Brugge 01/02/2026 **PB (25m pool):** 01:29.87 **SB:** 01:36.22 Brugge 01/02/2026

	50M	100M	
PB	00:48.07	01:36.22	
	00:48.07	*00:48.15*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

ZC 2026: Session: 4: COACH evaluation sheet for TEAM: VZV

Event number: 33: 100M FREESTYLE MEN 11-12 — **Heat:4, starttime: 15:41**

Heat: 4/11 Lane : 7 Athlete: GOETHALS LOWIE — **Q-time: 01:26:79**

PB (50m pool): 01:26.79 Brugge 01/02/2026 **PB (25m pool):** no time **SB:** 01:26.79 Brugge 01/02/2026

	50 M	100 M	
PB	00:40.89	01:26.79	
	00:40.89	*00:45.90*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 33: 100M FREESTYLE MEN 11-12 — **Heat:8, starttime: 15:49**

Heat: 8/11 Lane : 7 Athlete: DEVOS BAS — **Q-time: 01:19:18**

PB (50m pool): 01:19.18 Antwerpen 15/03/2026 **PB (25m pool):** 01:19.18 **SB:** 01:19.18 Antwerpen 15/03/2026

	50 M	100 M	
PB	00:37.30	01:19.18	
	00:37.30	*00:41.88*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 34: 100M BREASTSTROKE WOMEN 11-12 — **Heat:7, starttime: 16:11**

Heat: 7/12 Lane : 1 Athlete: NEYRINCK ELODY — **Q-time: 01:50:13**

PB (50m pool): 01:50.13 Antwerpen 15/03/2026 **PB (25m pool):** no time **SB:** 01:50.13 Antwerpen 15/03/2026

	50 M	100 M	
PB	00:52.63	01:50.13	
	00:52.63	*00:57.50*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 34: 100M BREASTSTROKE WOMEN 11-12 — **Heat:8, starttime: 16:14**

Heat: 8/12 Lane : 6 Athlete: JANSSEUNE LENA — **Q-time: 01:47:78**

PB (50m pool): 01:47.78 Antwerpen 15/03/2026 **PB (25m pool):** 01:49.79 **SB:** 01:47.78 Antwerpen 15/03/2026

	50 M	100 M	
PB	00:51.18	01:47.78	
	00:51.18	*00:56.60*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

ZC 2026: Session: 4: COACH evaluation sheet for TEAM: VZV

Event number: 34: 100M BREASTSTROKE WOMEN 11-12 — **Heat:12, starttime: 16:23**

Heat: 12/12 Lane : 1 Athlete: WILS ESTELLE — **Q-time: 01:38:01**

PB (50m pool): 01:38.01 Antwerpen 15/03/2026 **PB (25m pool):** 01:41.27 **SB:** 01:38.01 Antwerpen 15/03/2026

	50M	100M
PB	00:47.37	01:38.01
	00:47.37	*00:50.64*
	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 35: 200M FREESTYLE MEN 15+ — **Heat:7, starttime: 16:44**

Heat: 7/13 Lane : 3 Athlete: GERMONPRé ACHIEL — **Q-time: 02:21:46**

PB (50m pool): 02:28.22 Brugge 01/02/2026 **PB (25m pool):** 02:21.46 **SB:** 02:28.22 Brugge 01/02/2026

	50M	100M	150M	200M
PB	00:33.70	01:12.31	01:52.36	02:28.22
	00:33.70	*00:38.61*	*00:40.05*	*00:35.86*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 35: 200M FREESTYLE MEN 15+ — **Heat:7, starttime: 16:44**

Heat: 7/13 Lane : 7 Athlete: THIEREN KASPER — **Q-time: 02:22:57**

PB (50m pool): 02:23.74 Brugge 01/02/2026 **PB (25m pool):** 02:22.57 **SB:** 02:23.74 Brugge 01/02/2026

	50M	100M	150M	200M
PB	00:33.92	01:10.64	01:47.40	02:23.74
	00:33.92	*00:36.72*	*00:36.76*	*00:36.34*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 35: 200M FREESTYLE MEN 15+ — **Heat:10, starttime: 16:53**

Heat: 10/13 Lane : 4 Athlete: NEYRINCK LOïCK — **Q-time: 02:13:87**

PB (50m pool): 02:17.92 Brugge 01/02/2026 **PB (25m pool):** 02:13.87 **SB:** 02:17.92 Brugge 01/02/2026

	50M	100M	150M	200M
PB	00:31.85	01:07.04	01:43.15	02:17.92
	00:31.85	*00:35.19*	*00:36.11*	*00:34.77*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback: