

# ZC 2026: Session: 5: COACH evaluation sheet for TEAM: WST

Coachinfo: Warming up from: 08:15 until 09:15. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Mertens Wenke

Coaches: Fobelets Jos

Coaches: Van de Weyer Rune

PB => Personal Best time

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

<b>Event number: 41: 50M BREASTSTROKE WOMEN 15+</b>		<b>Heat:3, starttime: 10:16</b>
<b>Heat: 3/8 Lane : 1 Athlete: FIQI ALEXIA</b>		<b>Q-time: 00:43:33</b>
PB (50m pool): 00:41.50 Mol 28/06/2026		PB (25m pool): 00:39.90 SB: 00:41.50 Mol 28/06/2026
	<b>5 0 M</b>	
PB	00:41.50	
	00:41.50	
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Coach feedback:

<b>Event number: 41: 50M BREASTSTROKE WOMEN 15+</b>		<b>Heat:7, starttime: 10:20</b>
<b>Heat: 7/8 Lane : 2 Athlete: VAN WAELDEREN HANNE</b>		<b>Q-time: 00:39:10</b>
PB (50m pool): 00:39.08 Antwerpen 14/07/2024		PB (25m pool): 00:37.58 SB: 00:39.33 Mol 28/06/2026
	<b>5 0 M</b>	
PB	00:39.08	
	00:39.08	
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Coach feedback:

<b>Event number: 42: 50M BACKSTROKE MEN 15+</b>		<b>Heat:2, starttime: 10:25</b>
<b>Heat: 2/7 Lane : 7 Athlete: LAUREYS MILAN</b>		<b>Q-time: 00:37:88</b>
PB (50m pool): 00:37.88 SportinGenk Park 06/04/2026		PB (25m pool): 00:36.29 SB: 00:37.88 SportinGenk Park 06/04/2026
	<b>5 0 M</b>	
PB	00:37.88	
	00:37.88	
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Coach feedback:

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<b>Event number: 44: 50M BUTTERFLY MEN 15+</b>		<b>Heat:2, starttime: 10:55</b>
<b>Heat: 2/11 Lane : 4 Athlete: LAUREYS MILAN</b>		<b>Q-time: 00:36:94</b>
PB (50m pool): 00:36.94 SportinGenk Park 06/04/2026		PB (25m pool): 00:41.29 SB: 00:36.94 SportinGenk Park 06/04/2026
	<b>5 0 M</b>	
PB	00:36.94	
	00:36.94	
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Coach feedback:

<b>Event number: 46: 100M BREASTSTROKE MEN 13-14</b>		<b>Heat:2, starttime: 11:18</b>
<b>Heat: 2/6 Lane : 4 Athlete: MERTENS GIJS</b>		<b>Q-time: 01:39:77</b>
PB (50m pool): 01:39.77 SportinGenk Park 06/04/2026		PB (25m pool): 01:36.18 SB: 01:39.77 SportinGenk Park 06/04/2026
	<b>5 0 M</b>	<b>1 0 0 M</b>
PB	00:46.82	01:39.77
	00:46.82	00:52.95
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Coach feedback:

<b>Event number: 47: 200M BREASTSTROKE WOMEN 15+</b>				<b>Heat:2, starttime: 11:33</b>
<b>Heat: 2/5 Lane : 3 Athlete: FIQI ALEXIA</b>				<b>Q-time: 03:16:55</b>
PB (50m pool): no time		PB (25m pool): 03:16.55 SB: no time		
	<b>5 0 M</b>	<b>1 0 0 M</b>	<b>1 5 0 M</b>	<b>2 0 0 M</b>
PB	no time	no time	no time	no time
	no time			
	.....	.....	.....	.....

Coach feedback:

<b>Event number: 47: 200M BREASTSTROKE WOMEN 15+</b>				<b>Heat:5, starttime: 11:45</b>
<b>Heat: 5/5 Lane : 5 Athlete: VAN WAELDEREN HANNE</b>				<b>Q-time: 02:58:39</b>
PB (50m pool): 02:58.39 Antwerpen 13/07/2025		PB (25m pool): 02:55.94 SB: no time		
	<b>5 0 M</b>	<b>1 0 0 M</b>	<b>1 5 0 M</b>	<b>2 0 0 M</b>
PB	00:42.55	01:28.83	02:13.81	02:58.39
	00:42.55	00:46.28	00:44.98	00:44.58
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Coach feedback: