

ZC 2026: Session: 5: COACH evaluation sheet for TEAM: ZGEEL

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

Coaches: Nieuwenhuis Sven HEADCOACH

Coaches: Dillen Toon

Coaches: Vereecken Sven

PB => Personal Best time

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

Event number: 39: 100M FREESTYLE WOMEN 13-14		Heat:2, starttime: 09:32
Heat: 2/12 Lane : 1 Athlete: SEGERS EMMA		Q-time: 01:23:32
PB (50m pool): 01:23.91 Mol 28/06/2026		PB (25m pool): 01:23.32 SB: 01:23.91 Mol 28/06/2026
	50 M	100 M
PB	00:41.28	01:23.91
	00:41.28	00:42.63

Coach feedback:

Event number: 39: 100M FREESTYLE WOMEN 13-14		Heat:7, starttime: 09:41
Heat: 7/12 Lane : 3 Athlete: DJONOU IMBA ITZANA		Q-time: 01:13:37
PB (50m pool): 01:14.76 Antwerpen 19/04/2026		PB (25m pool): 01:13.37 SB: 01:14.76 Antwerpen 19/04/2026
	50 M	100 M
PB	00:35.99	01:14.76
	00:35.99	00:38.77

Coach feedback:

Event number: 39: 100M FREESTYLE WOMEN 13-14		Heat:7, starttime: 09:41
Heat: 7/12 Lane : 8 Athlete: GOOSSENS MARTHE		Q-time: 01:13:62
PB (50m pool): 01:15.65 Mol 28/06/2026		PB (25m pool): 01:13.62 SB: 01:15.65 Mol 28/06/2026
	50 M	100 M
PB	00:37.29	01:15.65
	00:37.29	00:38.36

Coach feedback:

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Event number: 39: 100M FREESTYLE WOMEN 13-14 Heat:10, starttime: 09:46

Heat: 10/12 Lane : 1 Athlete: HUFKENS ELINA Q-time: 01:11:40

PB (50m pool): 01:14.37 Antwerpen 15/03/2026 **PB (25m pool): 01:11.40 SB: 01:14.37 Antwerpen 15/03/2026**

	50 M	100 M	
PB	00:35.15	01:14.37	
	00:35.15	00:39.22	
	

Coach feedback:

Event number: 39: 100M FREESTYLE WOMEN 13-14 Heat:11, starttime: 09:48

Heat: 11/12 Lane : 1 Athlete: MOERKENS FIEN Q-time: 01:10:49

PB (50m pool): 01:13.01 Mol 28/06/2026 **PB (25m pool): 01:10.49 SB: 01:13.01 Mol 28/06/2026**

	50 M	100 M	
PB	00:36.51	01:13.01	
	00:36.51	00:36.50	
	

Coach feedback:

Event number: 39: 100M FREESTYLE WOMEN 13-14 Heat:12, starttime: 09:50

Heat: 12/12 Lane : 2 Athlete: VAN ASTEN RENÉE Q-time: 01:08:83

PB (50m pool): 01:11.24 Mol 28/06/2026 **PB (25m pool): 01:08.83 SB: 01:11.24 Mol 28/06/2026**

	50 M	100 M	
PB	00:35.40	01:11.24	
	00:35.40	00:35.84	
	

Coach feedback:

Event number: 40: 200M BACKSTROKE MEN 13-14 Heat:5, starttime: 10:09

Heat: 5/5 Lane : 5 Athlete: AGTEN VALERIO ÁLVARO Q-time: 02:38:93

PB (50m pool): 02:45.84 Lago Gent Rozebroeken 03/05/2026 **PB (25m pool): 02:38.93 SB: 02:45.84 Lago Gent Rozebroeken 03/05/2026**

	50 M	100 M	150 M	200 M	
PB	00:39.34	01:21.74	02:05.33	02:45.84	
	00:39.34	00:42.40	00:43.59	00:40.51	
	

Coach feedback:

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Event number: 41: 50M BREASTSTROKE WOMEN 15+		Heat:6, starttime: 10:19	
Heat: 6/8 Lane : 3 Athlete: COOLS YELENA		Q-time: 00:39:93	
PB (50m pool): 00:40.84 Antwerpen 15/03/2026		PB (25m pool): 00:39.93 SB: 00:40.84 Antwerpen 15/03/2026	
	50 M		
PB	00:40.84		
	00:40.84		
		

Coach feedback:

Event number: 41: 50M BREASTSTROKE WOMEN 15+		Heat:6, starttime: 10:19	
Heat: 6/8 Lane : 7 Athlete: LEYSEN IMKE		Q-time: 00:40:31	
PB (50m pool): 00:43.57 Antwerpen 20/04/2025		PB (25m pool): 00:40.31 SB: 00:43.98 Wezenberg 01/02/2026	
	50 M		
PB	00:43.57		
	00:43.57		
		

Coach feedback:

Event number: 45: 50M BUTTERFLY WOMEN 13-14		Heat:7, starttime: 11:14	
Heat: 7/7 Lane : 8 Athlete: MOERKENS FIEN		Q-time: 00:36:59	
PB (50m pool): 00:47.45 Wezenberg 05/01/2025		PB (25m pool): 00:36.59 SB: no time	
	50 M		
PB	00:47.45		
	00:47.45		
		

Coach feedback:

Event number: 47: 200M BREASTSTROKE WOMEN 15+				Heat:5, starttime: 11:45	
Heat: 5/5 Lane : 8 Athlete: COOLS YELENA				Q-time: 03:04:88	
PB (50m pool): 03:14.95 Eindhoven 22/03/2026				PB (25m pool): 03:04.88 SB: 03:14.95 Eindhoven 22/03/2026	
	50 M	100 M	150 M	200 M	
PB	00:43.20	01:31.90	02:23.00	03:14.95	
	00:43.20	00:48.70	00:51.10	00:51.95	
	

Coach feedback: