

# ZC 2026: Session: 1: COACH evaluation sheet for TEAM: STZC

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

Coaches: Appeltans Ruth

Coaches: Defoin Steven

PB => Personal Best time

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

| Event number: 1: 100M BUTTERFLY MEN 13-14           |           |           |  | Heat:2, starttime: 09:03                                        |  |
|-----------------------------------------------------|-----------|-----------|--|-----------------------------------------------------------------|--|
| Heat: 2/4 Lane : 1 Athlete: VANSTRAELEN JULIAN      |           |           |  | Q-time: 01:34:77                                                |  |
| PB (50m pool): 01:34.77 SportinGenk Park 24/05/2026 |           |           |  | PB (25m pool): no time SB: 01:34.77 SportinGenk Park 24/05/2026 |  |
|                                                     | 5 0 M     | 1 0 0 M   |  |                                                                 |  |
| PB                                                  | 00:47.85  | 01:34.77  |  |                                                                 |  |
|                                                     | 00:47.85  | 00:46.92  |  |                                                                 |  |
|                                                     | . . . . . | . . . . . |  |                                                                 |  |

Coach feedback:

| Event number: 1: 100M BUTTERFLY MEN 13-14           |           |           |  | Heat:2, starttime: 09:03                                        |  |
|-----------------------------------------------------|-----------|-----------|--|-----------------------------------------------------------------|--|
| Heat: 2/4 Lane : 3 Athlete: VRANKEN IAN             |           |           |  | Q-time: 01:32:29                                                |  |
| PB (50m pool): 01:32.29 SportinGenk Park 24/05/2026 |           |           |  | PB (25m pool): no time SB: 01:32.29 SportinGenk Park 24/05/2026 |  |
|                                                     | 5 0 M     | 1 0 0 M   |  |                                                                 |  |
| PB                                                  | 00:42.32  | 01:32.29  |  |                                                                 |  |
|                                                     | 00:42.32  | 00:49.97  |  |                                                                 |  |
|                                                     | . . . . . | . . . . . |  |                                                                 |  |

Coach feedback:

| Event number: 2: 100M BREASTSTROKE MEN 15+                |           |           |  | Heat:2, starttime: 09:11                                               |  |
|-----------------------------------------------------------|-----------|-----------|--|------------------------------------------------------------------------|--|
| Heat: 2/9 Lane : 2 Athlete: WERY MILAN                    |           |           |  | Q-time: 01:35:67                                                       |  |
| PB (50m pool): 01:35.67 Zwembad Brigitte Becue 30/05/2025 |           |           |  | PB (25m pool): 01:32.34 SB: 01:38.02 Zwembad Brigitte Becue 26/04/2026 |  |
|                                                           | 5 0 M     | 1 0 0 M   |  |                                                                        |  |
| PB                                                        | 00:43.37  | 01:35.67  |  |                                                                        |  |
|                                                           | 00:43.37  | 00:52.30  |  |                                                                        |  |
|                                                           | . . . . . | . . . . . |  |                                                                        |  |

Coach feedback:

# ZC 2026: Session: 1: COACH evaluation sheet for TEAM: STZC

| Event number: 3: 100M FREESTYLE WOMEN 15+    |           |           | Heat:5, starttime: 09:34                            |
|----------------------------------------------|-----------|-----------|-----------------------------------------------------|
| Heat: 5/15 Lane : 3 Athlete: VERLINDEN ALINA |           |           | Q-time: 01:11:19                                    |
| PB (50m pool): 01:10.05 Mol 28/06/2026       |           |           | PB (25m pool): 01:09.29 SB: 01:10.05 Mol 28/06/2026 |
|                                              | 5 0 M     | 1 0 0 M   |                                                     |
| PB                                           | 00:33.62  | 01:10.05  |                                                     |
|                                              | 00:33.62  | 00:36.43  |                                                     |
|                                              | . . . . . | . . . . . |                                                     |

Coach feedback:

| Event number: 3: 100M FREESTYLE WOMEN 15+    |           |           | Heat:14, starttime: 09:49                                        |
|----------------------------------------------|-----------|-----------|------------------------------------------------------------------|
| Heat: 14/15 Lane : 3 Athlete: MERGEAY OLIVIA |           |           | Q-time: 01:05:04                                                 |
| PB (50m pool): 01:05.04 Wezenberg 05/01/2025 |           |           | PB (25m pool): 01:04.60 SB: 01:07.72 SportinGenk Park 24/05/2026 |
|                                              | 5 0 M     | 1 0 0 M   |                                                                  |
| PB                                           | 00:30.69  | 01:05.04  |                                                                  |
|                                              | 00:30.69  | 00:34.35  |                                                                  |
|                                              | . . . . . | . . . . . |                                                                  |

Coach feedback:

| Event number: 5: 50M BACKSTROKE MEN 13-14      |           |  | Heat:1, starttime: 10:29            |
|------------------------------------------------|-----------|--|-------------------------------------|
| Heat: 1/7 Lane : 4 Athlete: VANSTRAELEN JULIAN |           |  | Q-time: 00:44:93                    |
| PB (50m pool): no time                         |           |  | PB (25m pool): 00:44.93 SB: no time |
|                                                | 5 0 M     |  |                                     |
| PB                                             | no time   |  |                                     |
|                                                | no time   |  |                                     |
|                                                | . . . . . |  |                                     |

Coach feedback:

| Event number: 5: 50M BACKSTROKE MEN 13-14           |           |  | Heat:1, starttime: 10:29                                         |
|-----------------------------------------------------|-----------|--|------------------------------------------------------------------|
| Heat: 1/7 Lane : 7 Athlete: DELSIENE STAN           |           |  | Q-time: 00:51:20                                                 |
| PB (50m pool): 00:51.20 SportinGenk Park 06/04/2026 |           |  | PB (25m pool): 00:47.48 SB: 00:51.20 SportinGenk Park 06/04/2026 |
|                                                     | 5 0 M     |  |                                                                  |
| PB                                                  | 00:51.20  |  |                                                                  |
|                                                     | 00:51.20  |  |                                                                  |
|                                                     | . . . . . |  |                                                                  |

Coach feedback:

# ZC 2026: Session: 1: COACH evaluation sheet for TEAM: STZC

| Event number: 5: 50M BACKSTROKE MEN 13-14           |           |  | Heat:3, starttime: 10:33                                         |
|-----------------------------------------------------|-----------|--|------------------------------------------------------------------|
| Heat: 3/7 Lane : 5 Athlete: VRANKEN IAN             |           |  | Q-time: 00:40:39                                                 |
| PB (50m pool): 00:40.39 SportinGenk Park 06/04/2026 |           |  | PB (25m pool): 00:41.03 SB: 00:40.39 SportinGenk Park 06/04/2026 |
|                                                     | 5 0 M     |  |                                                                  |
| PB                                                  | 00:40.39  |  |                                                                  |
|                                                     | 00:40.39  |  |                                                                  |
|                                                     | . . . . . |  |                                                                  |

Coach feedback:

| Event number: 8: 100M BACKSTROKE WOMEN 15+   |           |           | Heat:5, starttime: 11:28                                  |
|----------------------------------------------|-----------|-----------|-----------------------------------------------------------|
| Heat: 5/10 Lane : 1 Athlete: VERLINDEN ALINA |           |           | Q-time: 01:20:54                                          |
| PB (50m pool): 01:20.54 Wezenberg 03/01/2026 |           |           | PB (25m pool): 01:17.68 SB: 01:20.54 Wezenberg 03/01/2026 |
|                                              | 5 0 M     | 1 0 0 M   |                                                           |
| PB                                           | 00:39.70  | 01:20.54  |                                                           |
|                                              | 00:39.70  | 00:40.84  |                                                           |
|                                              | . . . . . | . . . . . |                                                           |

Coach feedback:

| Event number: 8: 100M BACKSTROKE WOMEN 15+   |           |           | Heat:7, starttime: 11:32                                  |
|----------------------------------------------|-----------|-----------|-----------------------------------------------------------|
| Heat: 7/10 Lane : 3 Athlete: MERGEAY OLIVIA  |           |           | Q-time: 01:17:54                                          |
| PB (50m pool): 01:17.54 Wezenberg 03/01/2026 |           |           | PB (25m pool): 01:13.61 SB: 01:17.54 Wezenberg 03/01/2026 |
|                                              | 5 0 M     | 1 0 0 M   |                                                           |
| PB                                           | 00:37.37  | 01:17.54  |                                                           |
|                                              | 00:37.37  | 00:40.17  |                                                           |
|                                              | . . . . . | . . . . . |                                                           |

Coach feedback: