

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

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

Coaches: Dehenau Anneleen

Coaches: Janssens Sofie HEADCOACH

PB => Personal Best time

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

Event number: 4: 200M MEDLEY WOMEN 11-12

Heat:7, starttime: 10:17

Heat: 7/9 Lane : 6 Athlete: BAYENS FEMKE

Q-time: 03:16:78

PB (50m pool): 03:16.78 Aalst 26/04/2026

PB (25m pool): no time SB: 03:16.78 Aalst 26/04/2026

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:44.66	01:35.01	02:35.21	03:16.78	
	00:44.66	00:50.35	01:00.20	00:41.57	
					

Coach feedback:

Event number: 6: 200M BREASTSTROKE WOMEN 13-14

Heat:4, starttime: 10:54

Heat: 4/7 Lane : 8 Athlete: DE RIDDER EMMY

Q-time: 03:31:92

PB (50m pool): 03:40.63 Aalst 26/04/2026

PB (25m pool): 03:31.92 SB: 03:40.63 Aalst 26/04/2026

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:49.52	01:46.41	02:43.55	03:40.63	
	00:49.52	00:56.89	00:57.14	00:57.08	
					

Coach feedback: