

ZC 2026: Session: 2: COACH evaluation sheet for TEAM: STZC

Coachinfo: Warming up from: 13:00 untill 13:45. 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: 11: 100M BREASTSTROKE WOMEN 15+ Heat:3, starttime: 14:13

Heat: 3/9 Lane : 8 Athlete: VERLINDEN ALINA Q-time: 01:35:73

PB (50m pool): 01:35.73 Wezenberg 03/01/2026 PB (25m pool): 01:47.13 SB: 01:35.73 Wezenberg 03/01/2026

	5 0 M	1 0 0 M	
PB	00:45.14	01:35.73	
	00:45.14	00:50.59	
			

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 15+ Heat:5, starttime: 14:35

Heat: 5/15 Lane : 7 Athlete: WERY MILAN Q-time: 01:05:12

PB (50m pool): 01:05.12 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 01:06.26 SB: 01:05.12 Zwembad Brigitte Becue 26/04/2026

	5 0 M	1 0 0 M	
PB	00:31.56	01:05.12	
	00:31.56	00:33.56	
			

Coach feedback:

Event number: 15: 200M BREASTSTROKE MEN 13-14 Heat:1, starttime: 15:38

Heat: 1/4 Lane : 1 Athlete: DELSIENE STAN Q-time: 04:00:87

PB (50m pool): 04:00.87 SportinGenk Park 24/05/2026 PB (25m pool): no time SB: 04:00.87 SportinGenk Park 24/05/2026

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:55.02	01:57.71	03:01.28	04:00.87	
	00:55.02	01:02.69	01:03.57	00:59.59	
					

Coach feedback: