

ZC 2026: Session: 3: COACH evaluation sheet for TEAM: AZV

Coachinfo: Warming up from: 07:15 untill 08:15. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Verachttert Elke

Coaches: Torfs Agnes

Coaches: Claassen Benny HEADCOACH

PB => Personal Best time

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

Event number: 22: 50M FREESTYLE MEN 15+				Heat:11, starttime: 10:02
Heat: 11/15 Lane : 5 Athlete: LEMMENS NOAH				Q-time: 00:27:87
PB (50m pool): 00:28.64 Antwerpen 19/04/2026		PB (25m pool): 00:27.87 SB: 00:28.64 Antwerpen 19/04/2026		
	5 0 M			
PB	00:28.64			
	00:28.64			
				

Coach feedback:

Event number: 25: 200M FREESTYLE WOMEN 15+					Heat:11, starttime: 11:29
Heat: 11/12 Lane : 1 Athlete: LAMBRECHTS LOES					Q-time: 02:23:95
PB (50m pool): 02:26.91 Antwerpen 19/04/2026		PB (25m pool): 02:23.95 SB: 02:26.91 Antwerpen 19/04/2026			
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.34	01:12.78	01:51.51	02:26.91	
	00:34.34	00:38.44	00:38.73	00:35.40	
					

Coach feedback: