

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

Coachinfo: Warming up from: 07:15 untill 08:15. 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: 20: 50M BREASTSTROKE MEN 13-14			Heat:4, starttime: 09:00
Heat: 4/6 Lane : 4 Athlete: VERNAILLEN SIEBE			Q-time: 00:42:86
PB (50m pool): 00:42.86 Aalst 26/04/2026			PB (25m pool): no time SB: 00:42.86 Aalst 26/04/2026
	5 0 M		
PB	00:42.86		
	00:42.86		
			

Coach feedback:

Event number: 23: 100M FREESTYLE WOMEN 11-12			Heat:12, starttime: 10:29
Heat: 12/12 Lane : 3 Athlete: BAYENS FEMKE			Q-time: 01:13:20
PB (50m pool): no time			PB (25m pool): 01:13.20 SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
			

Coach feedback:

Event number: 26: 100M BACKSTROKE MEN 13-14			Heat:4, starttime: 11:43
Heat: 4/10 Lane : 3 Athlete: VERNAILLEN SIEBE			Q-time: 01:25:92
PB (50m pool): 01:25.92 Aalst 26/04/2026			PB (25m pool): no time SB: 01:25.92 Aalst 26/04/2026
	5 0 M	1 0 0 M	
PB	00:42.26	01:25.92	
	00:42.26	00:43.66	
			

Coach feedback:

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Event number: 27: 50M FREESTYLE WOMEN 13-14										Heat:4, starttime: 12:03																																							
Heat: 4/12										Lane : 3										Athlete: DE RIDDER EMMY										Q-time: 00:35:42																			
PB (50m pool): 00:35.42										Aalst 26/04/2026										PB (25m pool): 00:37.93										SB: 00:35.42										Aalst 26/04/2026									
		5 0 M																																															
PB		00:35.42																																															
		00:35.42																																															
																																																	

Coach feedback:

Event number: 27: 50M FREESTYLE WOMEN 13-14										Heat:6, starttime: 12:05																																							
Heat: 6/12										Lane : 6										Athlete: CHRISTIAENS YENNA										Q-time: 00:33:80																			
PB (50m pool): 00:33.80										Aalst 26/04/2026										PB (25m pool): 00:33.90										SB: 00:33.80										Aalst 26/04/2026									
		5 0 M																																															
PB		00:33.80																																															
		00:33.80																																															
																																																	

Coach feedback: