

ZC 2026: Session: 4: COACH evaluation sheet for TEAM: AZV

Coachinfo: Warming up from: 13:00 untill 13:45. 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: 32: 50M FREESTYLE WOMEN 15+				Heat:12, starttime: 15:31	
Heat: 12/14 Lane : 8 Athlete: LAMBRECHTS LOES				Q-time: 00:30:29	
PB (50m pool): 00:31.59 Antwerpen 19/04/2026				PB (25m pool): 00:30.29 SB: 00:31.59 Antwerpen 19/04/2026	
PB	5 0 M				
	00:31.59				
	00:31.59				
					

Coach feedback:

Event number: 35: 200M FREESTYLE MEN 15+					Heat:9, starttime: 16:50	
Heat: 9/13 Lane : 4 Athlete: LEMMENS NOAH					Q-time: 02:15:90	
PB (50m pool): 02:24.66 Antwerpen 20/04/2026					PB (25m pool): 02:15.90 SB: no time	
PB	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
	00:33.66	01:11.27	01:48.29	02:24.66		
	00:33.66	00:37.61	00:37.02	00:36.37		
						

Coach feedback:

Event number: 38: 100M BUTTERFLY WOMEN 15+				Heat:5, starttime: 17:52	
Heat: 5/7 Lane : 1 Athlete: LAMBRECHTS LOES				Q-time: 01:19:83	
PB (50m pool): 01:22.01 Wezenberg 03/01/2026				PB (25m pool): 01:19.83 SB: 01:22.01 Wezenberg 03/01/2026	
PB	5 0 M	1 0 0 M			
	00:37.26	01:22.01			
	00:37.26	00:44.75			
					

Coach feedback: