

ZC 2026: Session: 4: 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: 31: 200M FREESTYLE MEN 13-14					Heat:4, starttime: 14:54
Heat: 4/11 Lane : 1 Athlete: VERSLUYS JULES					Q-time: 02:52:75
PB (50m pool): 02:52.75 Antwerpen 13/07/2025					PB (25m pool): 02:37.39 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:38.79	01:24.11	02:09.88	02:52.75	
	00:38.79	00:45.32	00:45.77	00:42.87	
					

Coach feedback:

Event number: 33: 100M FREESTYLE MEN 11-12					Heat:1, starttime: 15:35
Heat: 1/11 Lane : 8 Athlete: PUTTEMANS JULES					Q-time: 01:53:23
PB (50m pool): 01:52.05 Mol 28/06/2026					PB (25m pool): no time SB: 01:52.05 Mol 28/06/2026
	5 0 M	1 0 0 M			
PB	00:51.94	01:52.05			
	00:51.94	01:00.11			
					

Coach feedback:

Event number: 35: 200M FREESTYLE MEN 15+					Heat:4, starttime: 16:35
Heat: 4/13 Lane : 1 Athlete: WERY MILAN					Q-time: 02:32:14
PB (50m pool): 02:32.14 Genk 01/02/2026					PB (25m pool): 02:29.28 SB: 02:32.14 Genk 01/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.15	01:12.57	01:53.05	02:32.14	
	00:34.15	00:38.42	00:40.48	00:39.09	
					

Coach feedback:

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Event number: 37: 50M FREESTYLE MEN 13-14										Heat:3, starttime: 17:34																			
Heat: 3/11 Lane : 2 Athlete: VERSLUYS JULES																				Q-time: 00:35:96									
PB (50m pool): 00:33.04 Mol 28/06/2026										PB (25m pool): 00:34.41 SB: 00:33.04 Mol 28/06/2026																			
		5 0 M																											
PB		00:33.04																											
		00:33.04																											
																													

Coach feedback:

Event number: 37: 50M FREESTYLE MEN 13-14							Heat:4, starttime: 17:35		
Heat: 4/11 Lane : 8 Athlete: VRANKEN IAN							Q-time: 00:34:67		
PB (50m pool): 00:34.55 Mol 28/06/2026							PB (25m pool): 00:34.67SB: 00:34.55 Mol 28/06/2026		
	5 0 M								
PB	00:34.55								
	00:34.55								
									

Coach feedback: