

ZC 2026: Session: 5: COACH evaluation sheet for TEAM: PZC

Coachinfo: Warming up from: 08:15 untill 09:15. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Rommers Dien

Coaches: Van Looveren An HEADCOACH

Coaches: Emmers Kelly

Coaches: Dekoninck Nicole

Coaches: Tisson Fabienne

PB => Personal Best time

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

Event number: 40: 200M BACKSTROKE MEN 13-14					Heat:2, starttime: 09:57
Heat: 2/5 Lane : 4 Athlete: VAN DE POLDER KOBE					Q-time: 03:07:37
PB (50m pool): 03:07.37 Eindhoven 22/03/2026					PB (25m pool): 03:09.84 SB: 03:07.37 Eindhoven 22/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:43.40	01:30.69	02:19.11	03:07.37	
	00:43.40	00:47.29	00:48.42	00:48.26	
					

Coach feedback:

Event number: 43: 200M BACKSTROKE WOMEN 15+					Heat:5, starttime: 10:50
Heat: 5/5 Lane : 1 Athlete: VLASSAKS LENA					Q-time: 02:45:00
PB (50m pool): 02:45.00 Antwerpen 13/07/2025					PB (25m pool): 02:41.35 SB: 02:52.75 Eindhoven 22/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:38.66	01:20.46	02:03.55	02:45.00	
	00:38.66	00:41.80	00:43.09	00:41.45	
					

Coach feedback:

Event number: 44: 50M BUTTERFLY MEN 15+					Heat:8, starttime: 11:02
Heat: 8/11 Lane : 8 Athlete: DANILOV MICHAËL					Q-time: 00:31:14
PB (50m pool): 00:31.14 Antwerpen 20/04/2025					PB (25m pool): 00:30.92 SB: 00:31.99 Eindhoven 22/03/2026
	5 0 M				
PB	00:31.14				
	00:31.14				
					

Coach feedback:

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Event number: 46: 100M BREASTSTROKE MEN 13-14			Heat:2, starttime: 11:18
Heat: 2/6 Lane : 7 Athlete: FRANSEN LUCIANO			Q-time: 01:47:58
PB (50m pool): 01:47.58 Antwerpen 13/07/2025			PB (25m pool): 01:45.47 SB: 01:51.11 Mol 28/06/2026
	5 0 M	1 0 0 M	
PB	00:50.52	01:47.58	
	00:50.52	00:57.06	
			

Coach feedback: