

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

Coachinfo: Warming up from: 08:15 untill 09:15. 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: 40: 200M BACKSTROKE MEN 13-14 Heat:1, starttime: 09:52

Heat: 1/5 Lane : 4 Athlete: VRANKEN IAN Q-time: 03:33:80

PB (50m pool): no time PB (25m pool): 03:33.80 SB: no time

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	no time	
	no time				
					

Coach feedback:

Event number: 44: 50M BUTTERFLY MEN 15+ Heat:4, starttime: 10:58

Heat: 4/11 Lane : 3 Athlete: WERY MILAN Q-time: 00:33:25

PB (50m pool): 00:33.25 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 00:45.98 SB: 00:33.25 Zwembad Brigitte Becue 26/04/2026

	5 0 M	
PB	00:33.25	
	00:33.25	
		

Coach feedback: