

ZC 2026: Session: 6: 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: 48: 100M FREESTYLE MEN 13-14				Heat:3, starttime: 14:04	
Heat: 3/12 Lane : 3 Athlete: VRANKEN IAN				Q-time: 01:18:12	
PB (50m pool): 01:18.12 SportinGenk Park 24/05/2026				PB (25m pool): no time SB: 01:18.12 SportinGenk Park 24/05/2026	
	5 0 M	1 0 0 M			
PB	00:37.85	01:18.12			
	00:37.85	00:40.27			
					

Coach feedback:

Event number: 52: 200M BACKSTROKE MEN 15+				Heat:1, starttime: 15:07	
Heat: 1/4 Lane : 8 Athlete: WERY MILAN				Q-time: 02:52:40	
PB (50m pool): 02:52.40 Antwerpen 13/07/2025				PB (25m pool): 02:46.62 SB: 02:53.31 SportinGenk Park 24/05/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:39.78	01:23.88	02:09.58	02:52.40	
	00:39.78	00:44.10	00:45.70	00:42.82	
					

Coach feedback: