

VZC 2025: Session: 3: COACH evaluation sheet for TEAM: HZS

Coachinfo: Warming up from: 07:15 untill 08:15.

Teamleadmeeting @

The listed starttimes are indicative!

Coaches: Vanhentenrijk Jolien HEADCOACH

PB => Personal Best time

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

Event number: 19: 100M BREASTSTROKE MEN 15+ Heat:11, starttime: 08:48

Heat: 11/11 Lane : 8 Athlete: VANOPPEN MATHIAS Q-time: 01:13:62

PB (50m pool): 1:16.10 Antwerpen 26 Jul 2024 PB (25m pool): 1:13.62 SB: 01:16.90 Antwerp 02/02/2025

	5 0 M	1 0 0 M	
PB	36.73	1:16.10	
	36.73	39.37	
	

Coach feedback:

Event number: 22: 200M BACKSTROKE MEN 13-14 Heat:1, starttime: 09:49

Heat: 1/9 Lane : 3 Athlete: SPREUWERS LEI Q-time: 03:51:91

PB (50m pool): PB (25m pool): No time SB: no time

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB					
	

Coach feedback:

Event number: 23: 100M FREESTYLE WOMEN 13-14 Heat:8, starttime: 10:34

Heat: 8/20 Lane : 3 Athlete: FRANSSEN LYNA Q-time: 01:15:63

PB (50m pool): 1:17.50 Antwerp 1 Feb 2025 PB (25m pool): 1:15.63 SB: 01:17.50 Antwerp 02/02/2025

	5 0 M	1 0 0 M	
PB	37.43	1:17.50	
	37.43	40.07	
	

Coach feedback:

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Event number: 23: 100M FREESTYLE WOMEN 13-14			Heat:11, starttime: 10:39
Heat: 11/20 Lane : 7 Athlete: GERETS ANNELIEN			Q-time: 01:13:75
PB (50m pool): 1:16.98 Genk 21 Apr 2025			PB (25m pool): 1:13.75 SB: 01:16.98 SportinGenk Park 21/04/2025
	5 0 M	1 0 0 M	
PB	37.79	1:16.98	
	37.79	39.19	
	

Coach feedback:

Event number: 23: 100M FREESTYLE WOMEN 13-14			Heat:16, starttime: 10:46
Heat: 16/20 Lane : 3 Athlete: VANIERSCHOT NORA			Q-time: 01:09:86
PB (50m pool): 1:11.32 Oostende 30 May 2025			PB (25m pool): 1:09.86 SB: 01:11.32 Zwembad Brigitte Becue 30/05/2025
	5 0 M	1 0 0 M	
PB	35.04	1:11.32	
	35.04	36.28	
	

Coach feedback:

Event number: 24: 100M BUTTERFLY MEN 15+			Heat:11, starttime: 11:11
Heat: 11/12 Lane : 3 Athlete: HAUBEN THOMAS			Q-time: 01:06:23
PB (50m pool): 1:06.71 Oostende 30 May 2025			PB (25m pool): 1:06.23 SB: 01:06.71 Zwembad Brigitte Becue 30/05/2025
	5 0 M	1 0 0 M	
PB	31.06	1:06.71	
	31.06	35.65	
	

Coach feedback:

Event number: 26: 100M BREASTSTROKE MEN 13-14			Heat:2, starttime: 11:37
Heat: 2/12 Lane : 2 Athlete: SPREUWERS LEI			Q-time: 01:46:67
PB (50m pool): Genk 21 Apr 2025			PB (25m pool): 1:46.67 SB: 01:48.21 SportinGenk Park 21/04/2025
	5 0 M	1 0 0 M	
PB			
	

Coach feedback:

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Event number: 27: 100M BUTTERFLY WOMEN 13-14			Heat:2, starttime: 12:01
Heat: 2/11 Lane : 4 Athlete: FRANSSEN LYNA			Q-time: 01:40:48
PB (50m pool):			PB (25m pool): No time SB: no time
	5 0 M	1 0 0 M	
PB			
	

Coach feedback:

Event number: 27: 100M BUTTERFLY WOMEN 13-14			Heat:3, starttime: 12:03
Heat: 3/11 Lane : 6 Athlete: GERETS ANNELIEN			Q-time: 01:38:02
PB (50m pool): 1:38.02 Oostende 29 May 2025			PB (25m pool): 1:38.66 SB: 01:38.02 Zwembad Brigitte Becue 30/05/2025
	5 0 M	1 0 0 M	
PB	46.35	1:38.02	
	46.35	51.67	
	

Coach feedback:

Event number: 28: 50M BUTTERFLY WOMEN 15+			Heat:10, starttime: 12:29
Heat: 10/13 Lane : 5 Athlete: JASPERS LIEN			Q-time: 00:33:54
PB (50m pool): 34.35 Antwerp 2 Feb 2025			PB (25m pool): 33.54 SB: 00:34.35 Antwerp 02/02/2025
	5 0 M		
PB	34.35		
	34.35		
		

Coach feedback:

Event number: 29: 50M FREESTYLE MEN 15+			Heat:14, starttime: 12:44
Heat: 14/20 Lane : 5 Athlete: HAUBEN THOMAS			Q-time: 00:27:68
PB (50m pool): 28.13 Oostende 28 May 2025			PB (25m pool): 27.68 SB: 00:28.13 Zwembad Brigitte Becue 30/05/2025
	5 0 M		
PB	28.13		
	28.13		
		

Coach feedback:

VZC 2025: Session: 3: COACH evaluation sheet for TEAM: HZS

Event number: 29: 50M FREESTYLE MEN 15+										Heat:17, starttime: 12:46																																																	
Heat: 17/20										Lane : 1										Athlete: VANOPPEN MATHIAS										Q-time: 00:27:12																													
PB (50m pool): 28.05										Oostende 28 May 2025										PB (25m pool): 27.12										SB: 00:28.05										Zwembad Brigitte Becue										30/05/2025									
		50 M																																																									
PB		28.05																																																									
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Coach feedback: