

# VZC 2025: Session: 5: COACH evaluation sheet for TEAM: ZCM

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

Teamleadmeeting @

The listed starttimes are indicative!

Coaches: Stakenborg Sonja

Coaches: Peeters Steven HEADCOACH

PB => Personal Best time

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

Event number: 42: 100M FREESTYLE MEN 15+

Heat:6, starttime: 09:00

Heat: 6/21 Lane : 7 Athlete: DRIJKONINGEN RUBE

Q-time: 01:06:24

PB (50m pool): 1:06.24 Oostende 9 May 2024

PB (25m pool): 1:03.05 SB: 01:07.06 SportinGenk Park 15/03/2025

	5 0 M	1 0 0 M	
PB	32.37	1:06.24	
	32.37	33.87	
	. . . . .	. . . . .	

Coach feedback:

Event number: 43: 100M BACKSTROKE MEN 11-12

Heat:2, starttime: 09:25

Heat: 2/11 Lane : 3 Athlete: ZEEUW MAX

Q-time: 01:44:12

PB (50m pool): 1:44.12 Mol 21 Jun 2025

PB (25m pool): 1:36.67 SB: 01:44.12 Mol 22/06/2025

	5 0 M	1 0 0 M	
PB	51.17	1:44.12	
	51.17	52.95	
	. . . . .	. . . . .	

Coach feedback:

Event number: 43: 100M BACKSTROKE MEN 11-12

Heat:2, starttime: 09:25

Heat: 2/11 Lane : 8 Athlete: PEETERS JOCHEN

Q-time: 01:46:80

PB (50m pool): 1:46.80 Wezenberg 5 Jan 2025

PB (25m pool): 1:37.32 SB: 01:46.80 Wezenberg 05/01/2025

	5 0 M	1 0 0 M	
PB	52.01	1:46.80	
	52.01	54.79	
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Coach feedback:

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Event number: 44: 200M FREESTYLE WOMEN 13-14					Heat:2, starttime: 09:49
Heat: 2/15 Lane : 1 Athlete: CLAES AMBER					Q-time: 03:10:44
PB (50m pool): 3:10.44 Genk 1 Mar 2025			PB (25m pool): 3:03.34 SB: 03:10.44 SportinGenk Park 01/03/2025		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB		1:30.95		3:10.44	
		1:30.95		1:39.49	
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Coach feedback:

Event number: 46: 50M BACKSTROKE MEN 15+					Heat:5, starttime: 11:08
Heat: 5/12 Lane : 2 Athlete: DRIJKONINGEN RUBE					Q-time: 00:35:88
PB (50m pool): 35.88 Oostende 8 May 2024			PB (25m pool): 32.99 SB: no time		
	5 0 M				
PB	35.88				
	35.88				
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Coach feedback:

Event number: 47: 100M BACKSTROKE WOMEN 13-14					Heat:1, starttime: 11:16
Heat: 1/14 Lane : 4 Athlete: CLAES AMBER					Q-time: 01:41:93
PB (50m pool): Genk 8 Mar 2025			PB (25m pool): 1:43.84 SB: 01:41.93 SportinGenk Park 08/03/2025		
	5 0 M	1 0 0 M			
PB					
	. . . . .	. . . . .			

Coach feedback:

Event number: 48: 100M BREASTSTROKE MEN 11-12					Heat:8, starttime: 11:59
Heat: 8/11 Lane : 5 Athlete: PEETERS JOCHEN					Q-time: 01:43:26
PB (50m pool): 1:43.26 Wezenberg 5 Jan 2025			PB (25m pool): 1:39.01 SB: 01:43.26 Wezenberg 05/01/2025		
	5 0 M	1 0 0 M			
PB	46.97	1:43.26			
	46.97	56.29			
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Coach feedback:

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Event number: 48: 100M BREASTSTROKE MEN 11-12			Heat:9, starttime: 12:01
Heat: 9/11 Lane : 3 Athlete: ZEEUW MAX			Q-time: 01:41:29
PB (50m pool): 1:41.29 Mol 21 Jun 2025			PB (25m pool): 1:40.72 SB: 01:41.29 Mol 22/06/2025
	5 0 M	1 0 0 M	
PB	48.40	1:41.29	
	48.40	52.89	
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Coach feedback: