VJTC 2026: Session: 1: COACH evaluation sheet for TEAM: AZL

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

Coaches: Bijloos Annie

Coaches: Van den Broeck Els HEADCOACH

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

Event number: 1: 200M MEDLEY MEN 15-16 — Heat:1, starttime: 09:30

Heat: 1/5 Lane : 6 Athlete: VERHULST MEINDERT — **Q-time: 02:30:19**

PB (50m pool): 02:30.19 Gent 08/02/2026 **PB (25m pool):** 02:36.94 **SB:** 02:30.19 Gent 08/02/2026

	50 M	100 M	150 M	200 M	
PB	00:32.15	01:13.30	01:55.23	02:30.19	
	00:32.15	*00:41.15*	*00:41.93*	*00:34.96*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 2: 200M MEDLEY WOMEN 15-16 — Heat:3, starttime: 09:51

Heat: 3/4 Lane : 1 Athlete: VAN DEN BREMT SARAH — **Q-time: 02:32:03**

PB (50m pool): 02:36.20 Antwerp 09/02/2025 **PB (25m pool):** 02:32.03 **SB:** 02:36.47 Lochristi 01/02/2026

	50 M	100 M	150 M	200 M	
PB	00:33.10	01:13.59	02:00.32	02:36.20	
	00:33.10	*00:40.49*	*00:46.73*	*00:35.88*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 5: 100M BREASTSTROKE WOMEN 13-14 — Heat:4, starttime: 10:32

Heat: 4/4 Lane : 7 Athlete: VAN DE WINKEL LOLA — **Q-time: 01:23:64**

PB (50m pool): 01:24.32 Gent 08/02/2026 **PB (25m pool):** 01:23.64 **SB:** 01:24.32 Gent 08/02/2026

	50 M	100 M	
PB	00:40.81	01:24.32	
	00:40.81	*00:43.51*	
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Coach feedback:

VJTC 2026: Session: 1: COACH evaluation sheet for TEAM: AZL

Event number: 6: 100M BUTTERFLY MEN 15-16 — Heat:1, starttime: 10:34

Heat: 1/4 Lane : 2 Athlete: VERHULST MEINDERT — **Q-time: 01:09:16**

PB (50m pool): 01:13.40 Charleroi 11/01/2026 **PB (25m pool):** 01:09.16 **SB:** 01:13.40 Charleroi 11/01/2026

	50M	100M	
PB	00:33.01	01:13.40	
	00:33.01	*00:40.39*	
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Coach feedback:

Event number: 10: 800M FREESTYLE WOMEN 15-16 — Heat:1, starttime: 11:01

Heat: 1/1 Lane : 6 Athlete: VAN DEN BREMT SARAH — **Q-time: 09:47:28**

PB (50m pool): 09:51.82 Kortrijk 15/02/2026 **PB (25m pool):** 09:47.28 **SB:** 09:51.82 Kortrijk 15/02/2026

	50M	100M	150M	200M	250M	300M	350M	400M
PB	00:32.70	01:08.46	01:45.39	02:22.14	02:59.48	03:36.94	04:14.95	04:52.27
	00:32.70	*00:35.76*	*00:36.93*	*00:36.75*	*00:37.34*	*00:37.46*	*00:38.01*	*00:37.32*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .
	450M	**500M**	**550M**	**600M**	**650M**	**700M**	**750M**	**800M**
PB	05:30.66	06:07.85	06:45.92	07:23.16	08:01.32	08:39.89	09:17.38	09:51.82
	00:38.39	*00:37.19*	*00:38.07*	*00:37.24*	*00:38.16*	*00:38.57*	*00:37.49*	*00:34.44*
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Coach feedback: