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

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

Coaches: Mentens Nele HEADCOACH

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

Event number: 1: 200M MEDLEY MEN 15-16 Heat:4, starttime: 09:39

Heat: 4/5 Lane : 7 Athlete: VAN HOOF COBE **Q-time: 02:22:82**

PB (50m pool): 02:26.31 Antwerpen 27/07/2025 **PB (25m pool):** 02:22.82 **SB:** no time

	50M	100M	150M	200M	
PB	00:32.00	01:10.39	01:52.46	02:26.31	
	00:32.00	*00:38.39*	*00:42.07*	*00:33.85*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 3/4 Lane : 2 Athlete: VANDERLINDEN PAULIEN **Q-time: 02:31:74**

PB (50m pool): 02:34.74 Antwerpen 20/07/2025 **PB (25m pool):** 02:31.74 **SB:** 02:36.17 SportinGenk Park 11/11/2025

	50M	100M	150M	200M	
PB	00:32.47	01:12.72	01:58.78	02:34.74	
	00:32.47	*00:40.25*	*00:46.06*	*00:35.96*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 7: 100M BUTTERFLY WOMEN 15-16 Heat:3, starttime: 10:45

Heat: 3/3 Lane : 7 Athlete: VANDERLINDEN PAULIEN **Q-time: 01:09:16**

PB (50m pool): 01:11.15 Antwerpen 20/07/2025 **PB (25m pool):** 01:09.16 **SB:** no time

	50M	100M	
PB	00:32.96	01:11.15	
	00:32.96	*00:38.19*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 8: 50M BACKSTROKE MEN 13-14	Heat:3, starttime: 10:50
Heat: 3/4 Lane : 6 Athlete: PROUVé VIKTOR	**Q-time: 00:33:63**

PB (50m pool): 00:34.74 Molenbeek 01/02/2026 **PB (25m pool):** 00:33.63 **SB:** 00:34.74 Molenbeek 01/02/2026

	5 0 M	
PB	00:34.74	
	00:34.74	
	. . : . . : . .	

Coach feedback: