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

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

Coaches: Broux Yves

Coaches: Smeets Mirthe

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

Event number: 1: 200M MEDLEY MEN 15-16 — Heat:5, starttime: 09:42

Heat: 5/5 Lane : 7 Athlete: ONA CESAR — **Q-time: 02:18:80**

PB (50m pool): 02:22.75 Düsseldorf 14/12/2025 **PB (25m pool):** 02:18.80 **SB:** 02:22.75 Düsseldorf 14/12/2025

	50 M	100 M	150 M	200 M	
PB	no time	no time	no time	02:22.75	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 2: 200M MEDLEY WOMEN 15-16 — Heat:4, starttime: 09:54

Heat: 4/4 Lane : 5 Athlete: VERVLOET ZOé — **Q-time: 02:20:32**

PB (50m pool): 02:24.31 Antwerpen 27/07/2025 **PB (25m pool):** 02:20.32 **SB:** 02:28.96 Luxembourg 01/02/2026

	50 M	100 M	150 M	200 M	
PB	00:31.12	01:08.41	01:50.48	02:24.31	
	00:31.12	*00:37.29*	*00:42.07*	*00:33.83*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 5: 100M BREASTSTROKE WOMEN 13-14 — Heat:2, starttime: 10:28

Heat: 2/4 Lane : 5 Athlete: JANSSEN LAUREN — **Q-time: 01:20:97**

PB (50m pool): 01:25.62 Genk 01/02/2026 **PB (25m pool):** 01:20.97 **SB:** 01:25.62 Genk 01/02/2026

	50 M	100 M	
PB	00:39.89	01:25.62	
	00:39.89	*00:45.73*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 6: 100M BUTTERFLY MEN 15-16 — Heat:3, starttime: 10:37

Heat: 3/4 Lane : 6 Athlete: ONA CESAR — **Q-time: 01:02:71**

PB (50m pool): 01:04.76 Genk 01/02/2026 — **PB (25m pool):** 01:02.71 **SB:** 01:04.76 Genk 01/02/2026

	5 0 M	1 0 0 M	
PB	00:30.39	01:04.76	
	00:30.39	*00:34.37*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 8: 50M BACKSTROKE MEN 13-14 — Heat:3, starttime: 10:50

Heat: 3/4 Lane : 5 Athlete: TORDEUR KILIAN — **Q-time: 00:33:20**

PB (50m pool): 00:34.85 Düsseldorf 14/12/2025 — **PB (25m pool):** 00:33.20 **SB:** 00:34.85 Düsseldorf 14/12/2025

	5 0 M	
PB	00:34.85	
	00:34.85	
	. . : . . : . .	

Coach feedback: