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

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

Coaches: Konings Antoinette 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 : 3 Athlete: TAYYEM ABDO-ALMALLEK — **Q-time: 02:29:08**

PB (50m pool): 02:32.26 Genk 01/02/2026 **PB (25m pool):** 02:29.08 **SB:** 02:32.26 Genk 01/02/2026

	50M	100M	150M	200M	
PB	00:32.72	01:13.77	01:58.34	02:32.26	
	00:32.72	*00:41.05*	*00:44.57*	*00:33.92*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 2: 200M MEDLEY WOMEN 15-16 — Heat:1, starttime: 09:45

Heat: 1/4 Lane : 4 Athlete: SARGESJAN NALA — **Q-time: 02:36:33**

PB (50m pool): 02:42.93 Genk 01/02/2026 **PB (25m pool):** 02:36.33 **SB:** 02:42.93 Genk 01/02/2026

	50M	100M	150M	200M	
PB	00:34.02	01:18.07	02:09.04	02:42.93	
	00:34.02	*00:44.05*	*00:50.97*	*00:33.89*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 2: 200M MEDLEY WOMEN 15-16 — Heat:2, starttime: 09:48

Heat: 2/4 Lane : 3 Athlete: LUTS EMILIA — **Q-time: 02:33:25**

PB (50m pool): 02:36.06 Zwembad Brigitte Becue 30/05/2025 **PB (25m pool):** 02:32.18 **SB:** 02:42.70 Genk 01/02/2026

	50M	100M	150M	200M	
PB	00:33.59	01:13.22	01:59.18	02:36.06	
	00:33.59	*00:39.63*	*00:45.96*	*00:36.88*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 3/4 Lane : 2 Athlete: VANGROOTLOON JEF — **Q-time: 01:03:01**

PB (50m pool): 01:03.01 Genk 01/02/2026 — **PB (25m pool):** 01:04.79 **SB:** 01:03.01 Genk 01/02/2026

	50 M	100 M	
PB	00:28.86	01:03.01	
	00:28.86	*00:34.15*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 7: 100M BUTTERFLY WOMEN 15-16 — Heat:2, starttime: 10:43

Heat: 2/3 Lane : 1 Athlete: LUTS EMILIA — **Q-time: 01:10:59**

PB (50m pool): 01:12.34 Gent 08/02/2026 — **PB (25m pool):** 01:10.59 **SB:** 01:12.34 Gent 08/02/2026

	50 M	100 M	
PB	00:34.35	01:12.34	
	00:34.35	*00:37.99*	
	. . : . . : . .	. . : . . : . .	

Coach feedback: