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

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

Coaches: Terryn Julien

Coaches: Wallemacq Justine

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

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

Heat: 1/4 Lane : 5 Athlete: MALFAIT LIZANNA (LIZI) — **Q-time: 02:36:56**

PB (50m pool): 02:41.28 Antwerpen 20/07/2025 **PB (25m pool):** 02:36.56 **SB:** no time

	50 M	100 M	150 M	200 M	
PB	00:34.09	01:16.04	02:05.83	02:41.28	
	00:34.09	*00:41.95*	*00:49.79*	*00:35.45*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 4: 100M BREASTSTROKE MEN 13-14 — Heat:2, starttime: 10:20

Heat: 2/4 Lane : 6 Athlete: VAN DAELE NAND — **Q-time: 01:18:52**

PB (50m pool): 01:21.32 Lochristi 01/02/2026 **PB (25m pool):** 01:18.52 **SB:** 01:21.32 Lochristi 01/02/2026

	50 M	100 M	
PB	no time	01:21.32	
	no time		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 4: 100M BREASTSTROKE MEN 13-14 — Heat:4, starttime: 10:23

Heat: 4/4 Lane : 6 Athlete: DE VLIEGER ELIOTT — **Q-time: 01:18:45**

PB (50m pool): 01:23.94 Lochristi 01/02/2026 **PB (25m pool):** 01:18.45 **SB:** 01:23.94 Lochristi 01/02/2026

	50 M	100 M	
PB	no time	01:23.94	
	no time		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 8: 50M BACKSTROKE MEN 13-14 — Heat:1, starttime: 10:47

Heat: 1/4 Lane : 7 Athlete: VAN DAELE NAND — **Q-time: 00:38:78**

PB (50m pool): 00:38.78 MOUSCRON 29/05/2025 **PB (25m pool):** 00:41.15 **SB:** no time

	50M
PB	00:38.78
	00:38.78
	. . : . . : . .

Coach feedback:

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

Heat: 3/4 Lane : 8 Athlete: DE VLIEGER ELIOTT — **Q-time: 00:34:17**

PB (50m pool): 00:37.53 MOUSCRON 29/05/2025 **PB (25m pool):** 00:34.17 **SB:** no time

	50M
PB	00:37.53
	00:37.53
	. . : . . : . .

Coach feedback:

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

Heat: 1/1 Lane : 2 Athlete: MALFAIT LIZANNA (LIZI) — **Q-time: 09:48:21**

PB (50m pool): 10:06.60 Antwerpen 20/07/2025 **PB (25m pool):** 09:48.21 **SB:** no time

	50M	100M	150M	200M	250M	300M	350M	400M
PB	00:33.23	01:10.81	01:49.31	02:27.89	03:05.65	03:44.67	04:23.28	05:01.58
	00:33.23	*00:37.58*	*00:38.50*	*00:38.58*	*00:37.76*	*00:39.02*	*00:38.61*	*00:38.30*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .
	450M	**500M**	**550M**	**600M**	**650M**	**700M**	**750M**	**800M**
PB	05:40.36	06:19.12	06:57.06	07:35.90	08:14.59	08:52.59	09:30.41	10:06.60
	00:38.78	*00:38.76*	*00:37.94*	*00:38.84*	*00:38.69*	*00:38.00*	*00:37.82*	*00:36.19*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback: