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

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

Coaches: Lejeune Melanie

Coaches: Lejeune Yves 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 : 2 Athlete: LASCARACHE CHRISTIAN — **Q-time: 02:22:69**

PB (50m pool): 02:29.54 Geneva 08/02/2026 **PB (25m pool):** 02:22.69 **SB:** 02:29.54 Geneva 08/02/2026

	50 M	100 M	150 M	200 M	
PB	00:29.75	01:07.95	01:53.96	02:29.54	
	00:29.75	*00:38.20*	*00:46.01*	*00:35.58*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 5/5 Lane : 2 Athlete: VAN SINTEJAN ROMAIN — **Q-time: 02:17:16**

PB (50m pool): 02:17.16 Antwerpen 27/07/2025 **PB (25m pool):** 02:18.69 **SB:** 02:18.78 Molenbeek 01/02/2026

	50 M	100 M	150 M	200 M	
PB	00:29.17	01:06.72	01:46.45	02:17.16	
	00:29.17	*00:37.55*	*00:39.73*	*00:30.71*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 4/4 Lane : 1 Athlete: GANSEMANS KESSY — **Q-time: 02:28:47**

PB (50m pool): 02:29.86 Geneva 08/02/2026 **PB (25m pool):** 02:28.47 **SB:** 02:29.86 Geneva 08/02/2026

	50 M	100 M	150 M	200 M	
PB	00:32.55	01:11.42	01:54.11	02:29.86	
	00:32.55	*00:38.87*	*00:42.69*	*00:35.75*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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Event number: 6: 100M BUTTERFLY MEN 15-16 — Heat:2, starttime: 10:36

Heat: 2/4 Lane : 2 Athlete: LASCARACHE CHRISTIAN — **Q-time: 01:03:70**

PB (50m pool): 01:05.91 Molenbeek 01/02/2026 **PB (25m pool):** 01:03.70 **SB:** 01:05.91 Molenbeek 01/02/2026

	5 0 M	1 0 0 M	
PB	no time	01:05.91	
	no time		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 6: 100M BUTTERFLY MEN 15-16 — Heat:2, starttime: 10:36

Heat: 2/4 Lane : 4 Athlete: VAN SINTEJAN ROMAIN — **Q-time: 00:59:27**

PB (50m pool): 00:59.62 Geneva 08/02/2026 **PB (25m pool):** 00:59.27 **SB:** 00:59.62 Geneva 08/02/2026

	5 0 M	1 0 0 M	
PB	00:27.55	00:59.62	
	00:27.55	*00:32.07*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 2/3 Lane : 5 Athlete: VEDERNIKOVA VERA — **Q-time: 01:04:97**

PB (50m pool): 01:06.55 Geneva 08/02/2026 **PB (25m pool):** 01:04.97 **SB:** 01:06.55 Geneva 08/02/2026

	5 0 M	1 0 0 M	
PB	00:31.42	01:06.55	
	00:31.42	*00:35.13*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 9: 50M BACKSTROKE WOMEN 13-14 — Heat:2, starttime: 10:55

Heat: 2/5 Lane : 5 Athlete: MASAITE MILDA — **Q-time: 00:35:45**

PB (50m pool): 00:36.68 Molenbeek 01/02/2026 **PB (25m pool):** 00:35.45 **SB:** 00:36.68 Molenbeek 01/02/2026

	5 0 M	
PB	00:36.68	
	00:36.68	
	. . : . . : . .	

Coach feedback:

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

Heat: 1/1 Lane : 4 Athlete: VEDERNIKOVA VERA **Q-time: 09:11:78**

PB (50m pool): 09:18.96 Antwerpen 27/04/2025 **PB (25m pool):** 09:11.78 **SB:** 09:23.00 Geneva 08/02/2026

	50M	100M	150M	200M	250M	300M	350M	400M
PB	00:31.85	01:05.45	01:40.41	02:15.92	02:51.44	03:26.90	04:02.57	04:37.78
	00:31.85	*00:33.60*	*00:34.96*	*00:35.51*	*00:35.52*	*00:35.46*	*00:35.67*	*00:35.21*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .
	450M	**500M**	**550M**	**600M**	**650M**	**700M**	**750M**	**800M**
PB	05:13.58	05:48.94	06:25.19	07:01.04	07:36.39	08:11.74	08:46.29	09:18.96
	00:35.80	*00:35.36*	*00:36.25*	*00:35.85*	*00:35.35*	*00:35.35*	*00:34.55*	*00:32.67*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback: