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

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

Coaches: Feyten Anne

Coaches: Bierinckx Kris HEADCOACH

Coaches: Verbeek Mats

Coaches: Wouters Maxim

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

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

Heat: 2/4 Lane : 2 Athlete: JANSSENS ELISABETH — **Q-time: 02:34:77**

PB (50m pool): 02:39.28 Wezenberg 01/02/2026 **PB (25m pool):** 02:34.77 **SB:** 02:39.28 Wezenberg 01/02/2026

	50M	100M	150M	200M	
PB	00:34.21	01:16.21	02:02.14	02:39.28	
	00:34.21	*00:42.00*	*00:45.93*	*00:37.14*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 3/4 Lane : 5 Athlete: MERTENS FEMKE — **Q-time: 02:30:63**

PB (50m pool): 02:35.16 Wezenberg 01/02/2026 **PB (25m pool):** 02:30.63 **SB:** 02:35.16 Wezenberg 01/02/2026

	50M	100M	150M	200M	
PB	00:33.81	01:13.10	01:59.20	02:35.16	
	00:33.81	*00:39.29*	*00:46.10*	*00:35.96*	
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Coach feedback:

Event number: 5: 100M BREASTSTROKE WOMEN 13-14 — Heat:4, starttime: 10:32

Heat: 4/4 Lane : 5 Athlete: BIERINCKX MIE — **Q-time: 01:20:38**

PB (50m pool): 01:24.26 Antwerpen 21/07/2024 **PB (25m pool):** 01:20.38 **SB:** no time

	50M	100M	
PB	no time	01:24.26	
	no time		
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Coach feedback:

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

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

Heat: 2/3 Lane : 3 Athlete: BOVEN AXELLE — **Q-time: 01:06:54**

PB (50m pool): 01:09.62 Wezenberg 03/01/2026 — **PB (25m pool):** 01:06.54 **SB:** 01:09.62 Wezenberg 03/01/2026

	50 M	100 M	
PB	00:32.01	01:09.62	
	00:32.01	*00:37.61*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 9: 50M BACKSTROKE WOMEN 13-14 — Heat:5, starttime: 10:59

Heat: 5/5 Lane : 6 Athlete: BIERINCKX MIE — **Q-time: 00:32:69**

PB (50m pool): 00:33.25 Wezenberg 01/02/2026 — **PB (25m pool):** 00:32.69 **SB:** 00:33.25 Wezenberg 01/02/2026

	50 M	
PB	00:33.25	
	00:33.25	
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Coach feedback: