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

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

Coaches: Lasoen Sam HEADCOACH

Coaches: Vlamijnck Robin

Coaches: Buyck Tine

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

Event number: 1: 200M MEDLEY MEN 15-16 — Heat:2, starttime: 09:33

Heat: 2/5 Lane : 8 Athlete: VROMAN WOUT — **Q-time: 02:27:64**

PB (50m pool): 02:27.64 Gent 08/02/2026 **PB (25m pool):** 02:33.43 **SB:** 02:27.64 Gent 08/02/2026

	50 M	100 M	150 M	200 M	
PB	00:30.72	01:07.88	01:55.56	02:27.64	
	00:30.72	*00:37.16*	*00:47.68*	*00:32.08*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 2/4 Lane : 6 Athlete: LONCKE JUTTA — **Q-time: 01:23:03**

PB (50m pool): 01:23.70 Antwerpen 20/07/2025 **PB (25m pool):** 01:23.03 **SB:** 01:30.30 Wezenberg 04/01/2026

	50 M	100 M	
PB	00:39.61	01:23.70	
	00:39.61	*00:44.09*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 5: 100M BREASTSTROKE WOMEN 13-14 — Heat:3, starttime: 10:30

Heat: 3/4 Lane : 3 Athlete: BERKEIN ALESSIA — **Q-time: 01:21:12**

PB (50m pool): 01:24.26 Lochristi 01/02/2026 **PB (25m pool):** 01:21.12 **SB:** 01:24.26 Lochristi 01/02/2026

	50 M	100 M	
PB	no time	01:24.26	
	no time		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 9: 50M BACKSTROKE WOMEN 13-14 — Heat:3, starttime: 10:56

Heat: 3/5 Lane : 2 Athlete: LONCKE JUTTA — **Q-time: 00:34:82**

PB (50m pool): 00:36.87 Aalst 28/06/2025 **PB (25m pool):** 00:34.82 **SB:** 00:38.00 Lochristi 01/02/2026

	5 0 M	
PB	00:36.87	
	00:36.87	
	. . : . . : . .	

Coach feedback:

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

Heat: 5/5 Lane : 2 Athlete: BUYLE GEIKE — **Q-time: 00:32:81**

PB (50m pool): 00:35.57 Lochristi 01/02/2026 **PB (25m pool):** 00:32.81 **SB:** 00:35.57 Lochristi 01/02/2026

	5 0 M	
PB	00:35.57	
	00:35.57	
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Coach feedback: