VJTC 2026: Session: 2: COACH evaluation sheet for TEAM: HZS

Coachinfo: Warming up from: 13:15 untill 14:15. 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: 13: 50M BREASTSTROKE WOMEN 15-16 Heat:1, starttime: 14:55

Heat: 1/3 Lane : 1 Athlete: LUTS EMILIA | **Q-time: 00:37:93**

PB (50m pool): 00:40.95 SportinGenk Park 01/04/2024 **PB (25m pool):** 00:37.60 **SB:** no time

	50M
PB	00:40.95
	00:40.95
	. . : . . : . .

Coach feedback:

Event number: 13: 50M BREASTSTROKE WOMEN 15-16 Heat:2, starttime: 14:56

Heat: 2/3 Lane : 2 Athlete: SARGESJAN NALA | **Q-time: 00:36:75**

PB (50m pool): 00:38.52 Gent 08/02/2026 **PB (25m pool):** 00:36.75 **SB:** 00:38.52 Gent 08/02/2026

	50M
PB	00:38.52
	00:38.52
	. . : . . : . .

Coach feedback:

Event number: 14: 50M BREASTSTROKE MEN 15-16 Heat:3, starttime: 15:01

Heat: 3/3 Lane : 1 Athlete: TAYYEM ABDO-ALMALLEK | **Q-time: 00:35:11**

PB (50m pool): 00:35.11 Gent 08/02/2026 **PB (25m pool):** 00:36.53 **SB:** 00:35.11 Gent 08/02/2026

	50M
PB	00:35.11
	00:35.11
	. . : . . : . .

Coach feedback:

VJTC 2026: Session: 2: COACH evaluation sheet for TEAM: HZS

Event number: 19: 200M FREESTYLE WOMEN 15-16 — Heat:2, starttime: 15:27

Heat: 2/4 Lane : 7 Athlete: SARGESJAN NALA — **Q-time: 02:16:29**

PB (50m pool): 02:18.77 Antwerpen 20/07/2025 — **PB (25m pool):** 02:16.29 **SB:** 02:19.21 Gent 08/02/2026

	50M	100M	150M	200M	
PB	00:32.01	01:07.67	01:43.73	02:18.77	
	00:32.01	*00:35.66*	*00:36.06*	*00:35.04*	
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Coach feedback:

Event number: 20: 200M FREESTYLE MEN 15-16 — Heat:1, starttime: 15:35

Heat: 1/5 Lane : 4 Athlete: TAYYEM ABDO-ALMALLEK — **Q-time: 02:10:33**

PB (50m pool): 02:15.74 Genk 01/02/2026 — **PB (25m pool):** 02:10.33 **SB:** 02:15.74 Genk 01/02/2026

	50M	100M	150M	200M	
PB	00:30.61	01:03.28	01:39.08	02:15.74	
	00:30.61	*00:32.67*	*00:35.80*	*00:36.66*	
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Coach feedback:

Event number: 20: 200M FREESTYLE MEN 15-16 — Heat:5, starttime: 15:46

Heat: 5/5 Lane : 5 Athlete: VANGROOTLOON JEF — **Q-time: 01:53:71**

PB (50m pool): 01:57.79 Genk 01/02/2026 — **PB (25m pool):** 01:53.71 **SB:** 01:57.79 Genk 01/02/2026

	50M	100M	150M	200M	
PB	00:26.93	00:56.72	01:27.54	01:57.79	
	00:26.93	*00:29.79*	*00:30.82*	*00:30.25*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback: