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

Coachinfo: Warming up from: 13:15 untill 14:15. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Lammens Tim

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

Event number: 11: 100M BACKSTROKE WOMEN 13-14 Heat:5, starttime: 14:39

Heat: 5/6 Lane : 2 Athlete: LAMMENS ALIX **Q-time: 01:11:97**

PB (50m pool): 01:14.92 Gent 08/02/2026 **PB (25m pool):** 01:11.97 **SB:** 01:14.92 Gent 08/02/2026

	50 M	100 M	
PB	00:36.35	01:14.92	
	00:36.35	*00:38.57*	
	. . : . . : . .	. . : . . : . .	

Coach feedback: