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

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

Coaches: Terryn Julien

Coaches: Wallemacq Justine

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

Event number: 12: 100M BACKSTROKE MEN 13-14 — Heat:4, starttime: 14:51

Heat: 4/5 Lane : 7 Athlete: DE VLIEGER ELIOTT — **Q-time: 01:13:40**

PB (50m pool): 01:18.27 Antwerpen 20/07/2025 **PB (25m pool):** 01:13.40 **SB:** no time

	50 M	100 M	
PB	00:37.59	01:18.27	
	00:37.59	*00:40.68*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 16: 50M BUTTERFLY MEN 13-14 — Heat:3, starttime: 15:11

Heat: 3/5 Lane : 5 Athlete: VAN DAELE NAND — **Q-time: 00:32:23**

PB (50m pool): 00:34.95 Aalst 11/05/2025 **PB (25m pool):** 00:32.23 **SB:** no time

	50 M	
PB	00:34.95	
	00:34.95	
	. . : . . : . .	

Coach feedback:

Event number: 17: 50M BACKSTROKE WOMEN 15-16 — Heat:1, starttime: 15:14

Heat: 1/3 Lane : 4 Athlete: BEIJNSBERGER MARE — **Q-time: 00:30:63**

PB (50m pool): 00:30.63 Antwerpen 27/07/2025 **PB (25m pool):** 00:30.94 **SB:** 00:31.55 Gent 08/02/2026

	50 M	
PB	00:30.63	
	00:30.63	
	. . : . . : . .	

Coach feedback:

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

Event number: 19: 200M FREESTYLE WOMEN 15-16 **Heat:3, starttime: 15:29**

Heat: 3/4 Lane : 4 Athlete: MALFAIT LIZANNA (LIZI) **Q-time: 02:11:35**

PB (50m pool): 02:14.55 Antwerpen 20/07/2025 **PB (25m pool):** 02:11.35 **SB:** 02:15.57 Gent 08/02/2026

	50M	100M	150M	200M	
PB	00:30.91	01:04.88	01:40.06	02:14.55	
	00:30.91	*00:33.97*	*00:35.18*	*00:34.49*	
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Coach feedback: