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

Coachinfo: Warming up from: 13:15 untill 14:15. 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: 11: 100M BACKSTROKE WOMEN 13-14 — Heat:4, starttime: 14:37

Heat: 4/6 Lane : 8 Athlete: LONCKE JUTTA — **Q-time: 01:13:95**

PB (50m pool): 01:17.57 Antwerpen 20/07/2025 **PB (25m pool):** 01:13.95 **SB:** 01:18.53 Gent 08/02/2026

	50 M	100 M	
PB	00:37.50	01:17.57	
	00:37.50	*00:40.07*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 5/6 Lane : 5 Athlete: BUYLE GEIKE — **Q-time: 01:09:39**

PB (50m pool): 01:13.71 Wezenberg 04/01/2026 **PB (25m pool):** 01:09.39 **SB:** 01:13.71 Wezenberg 04/01/2026

	50 M	100 M	
PB	00:35.63	01:13.71	
	00:35.63	*00:38.08*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 11: 100M BACKSTROKE WOMEN 13-14 — Heat:6, starttime: 14:41

Heat: 6/6 Lane : 7 Athlete: RUTSAERT EMILY — **Q-time: 01:12:45**

PB (50m pool): 01:17.14 Antwerp 26/01/2025 **PB (25m pool):** 01:12.45 **SB:** 01:17.28 Wezenberg 04/01/2026

	50 M	100 M	
PB	00:37.29	01:17.14	
	00:37.29	*00:39.85*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 4/5 Lane : 3 Athlete: VROMAN FINN — **Q-time: 01:10:67**

PB (50m pool): 01:15.61 Lochristi 01/02/2026 **PB (25m pool):** 01:10.67 **SB:** 01:15.61 Lochristi 01/02/2026

	5 0 M	1 0 0 M	
PB	no time	01:15.61	
	no time		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 15: 50M BUTTERFLY WOMEN 13-14 — Heat:1, starttime: 15:03

Heat: 1/5 Lane : 4 Athlete: BERKEIN ALESSIA — **Q-time: 00:35:04**

PB (50m pool): 00:40.40 Wezenberg 05/01/2025 **PB (25m pool):** 00:35.04 **SB:** no time

	5 0 M	
PB	00:40.40	
	00:40.40	
	. . : . . : . .	

Coach feedback:

Event number: 15: 50M BUTTERFLY WOMEN 13-14 — Heat:4, starttime: 15:06

Heat: 4/5 Lane : 7 Athlete: RUTSAERT EMILY — **Q-time: 00:32:51**

PB (50m pool): 00:35.77 Kortrijk 04/05/2025 **PB (25m pool):** 00:32.15 **SB:** no time

	5 0 M	
PB	00:35.77	
	00:35.77	
	. . : . . : . .	

Coach feedback:

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

Heat: 3/5 Lane : 6 Athlete: VROMAN FINN — **Q-time: 00:32:57**

PB (50m pool): 00:34.33 MOUSCRON 29/05/2025 **PB (25m pool):** 00:32.57 **SB:** no time

	5 0 M	
PB	00:34.33	
	00:34.33	
	. . : . . : . .	

Coach feedback:

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

Event number: 18: 50M BACKSTROKE MEN 15-16 — Heat:1, starttime: 15:19

Heat: 1/3 Lane : 1 Athlete: VROMAN WOUT — **Q-time: 00:30:92**

PB (50m pool): 00:32.10 Lochristi 01/02/2026 — **PB (25m pool):** 00:30.31 **SB:** 00:32.10 Lochristi 01/02/2026

	50M	
PB	00:32.10	
	00:32.10	
	. . : . . : . .	

Coach feedback:

Event number: 20: 200M FREESTYLE MEN 15-16 — Heat:4, starttime: 15:43

Heat: 4/5 Lane : 3 Athlete: VROMAN WOUT — **Q-time: 02:02:99**

PB (50m pool): 02:06.17 Gent 08/02/2026 — **PB (25m pool):** 02:02.99 **SB:** 02:06.17 Gent 08/02/2026

	50M	100M	150M	200M	
PB	00:28.95	01:00.40	01:33.98	02:06.17	
	00:28.95	*00:31.45*	*00:33.58*	*00:32.19*	
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Coach feedback: