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

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

Coaches: Coenen Remco

Coaches: Appeltans Ruth

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 : 1 Athlete: DAS LOUISE — **Q-time: 01:12:87**

PB (50m pool): 01:12.87 Wezenberg 04/01/2026 **PB (25m pool):** 01:11.13 **SB:** 01:12.87 Wezenberg 04/01/2026

	50M	100M	
PB	00:35.17	01:12.87	
	00:35.17	*00:37.70*	
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Coach feedback:

Event number: 12: 100M BACKSTROKE MEN 13-14 — Heat:5, starttime: 14:53

Heat: 5/5 Lane : 7 Athlete: JAMAR KAMIEL — **Q-time: 01:12:83**

PB (50m pool): 01:12.83 Genk 01/02/2026 **PB (25m pool):** 01:10.66 **SB:** 01:12.83 Genk 01/02/2026

	50M	100M	
PB	00:35.49	01:12.83	
	00:35.49	*00:37.34*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 20: 200M FREESTYLE MEN 15-16 — Heat:3, starttime: 15:41

Heat: 3/5 Lane : 4 Athlete: VANDEPOEL QUINTEN — **Q-time: 02:04:50**

PB (50m pool): 02:04.50 Genk 01/02/2026 **PB (25m pool):** 02:01.25 **SB:** 02:04.50 Genk 01/02/2026

	50M	100M	150M	200M	
PB	00:29.38	01:00.90	01:33.22	02:04.50	
	00:29.38	*00:31.52*	*00:32.32*	*00:31.28*	
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Coach feedback: