VJTC 2026: Session: 3: COACH evaluation sheet for TEAM: AZL

Coachinfo: Warming up from: 08:15 untill 09:15. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Bijloos Annie

Coaches: Van den Broeck Els HEADCOACH

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

Event number: 24: 200M MEDLEY WOMEN 13-14 — Heat:5, starttime: 09:59

Heat: 5/7 Lane : 7 Athlete: VAN DE WINKEL LOLA — **Q-time: 02:41:98**

PB (50m pool): 02:45.03 Antwerpen 20/07/2025 **PB (25m pool):** 02:41.98 **SB:** 02:45.50 Aalst 20/12/2025

	50 M	100 M	150 M	200 M	
PB	00:35.64	01:19.39	02:06.53	02:45.03	
	00:35.64	*00:43.75*	*00:47.14*	*00:38.50*	
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Coach feedback:

Event number: 26: 100M BACKSTROKE WOMEN 15-16 — Heat:3, starttime: 10:25

Heat: 3/5 Lane : 2 Athlete: VAN DEN BREMT SARAH — **Q-time: 01:08:49**

PB (50m pool): 01:12.19 Charleroi 11/01/2026 **PB (25m pool):** 01:08.49 **SB:** 01:12.19 Charleroi 11/01/2026

	50 M	100 M	
PB	00:34.89	01:12.19	
	00:34.89	*00:37.30*	
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Coach feedback:

Event number: 30: 50M BREASTSTROKE WOMEN 13-14 — Heat:2, starttime: 11:27

Heat: 2/3 Lane : 4 Athlete: VAN DE WINKEL LOLA — **Q-time: 00:37:88**

PB (50m pool): 00:39.08 Lochristi 01/02/2026 **PB (25m pool):** 00:37.88 **SB:** 00:39.08 Lochristi 01/02/2026

	50 M	
PB	00:39.08	
	00:39.08	
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Coach feedback:

VJTC 2026: Session: 3: COACH evaluation sheet for TEAM: AZL

Event number: 31: 50M FREESTYLE MEN 15-16			Heat:2, starttime: 11:31
Heat: 2/6 Lane : 1 Athlete: VERHULST MEINDERT			Q-time: 00:27:25
PB (50m pool): 00:27.69 Charleroi 11/01/2026		PB (25m pool): 00:27.25 SB: 00:27.69 Charleroi 11/01/2026	

	5 0 M	
PB	00:27.69	
	00:27.69	
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Coach feedback: