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

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

Coaches: Mentens Nele HEADCOACH

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

Event number: 23: 200M MEDLEY MEN 13-14 Heat:3, starttime: 09:37

Heat: 3/5 Lane : 5 Athlete: PROUVé VIKTOR **Q-time: 02:36:96**

PB (50m pool): 02:44.53 Antwerpen 20/07/2025 **PB (25m pool):** 02:36.96 **SB:** 02:44.54 Molenbeek 01/02/2026

	50M	100M	150M	200M	
PB	00:34.89	01:17.62	02:07.14	02:44.53	
	00:34.89	*00:42.73*	*00:49.52*	*00:37.39*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 3/5 Lane : 7 Athlete: VANDERLINDEN PAULIEN **Q-time: 01:09:08**

PB (50m pool): 01:11.15 Antwerpen 20/07/2025 **PB (25m pool):** 01:09.08 **SB:** 01:12.59 SportinGenk Park 11/11/2025

	50M	100M	
PB	00:34.21	01:11.15	
	00:34.21	*00:36.94*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 28: 200M MEDLEY WOMEN 11-12 Heat:5, starttime: 11:11

Heat: 5/7 Lane : 2 Athlete: GHOOS KATO **Q-time: 02:57:57**

PB (50m pool): 03:04.87 Antwerpen 20/07/2025 **PB (25m pool):** 02:57.57 **SB:** no time

	50M	100M	150M	200M	
PB	00:43.53	01:30.86	02:25.61	03:04.87	
	00:43.53	*00:47.33*	*00:54.75*	*00:39.26*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 31: 50M FREESTYLE MEN 15-16 — Heat:2, starttime: 11:31

Heat: 2/6 Lane : 3 Athlete: VAN HOOF COBE — **Q-time: 00:26:99**

PB (50m pool): 00:28.14 Antwerpen 13/07/2025 **PB (25m pool):** 00:26.99 **SB:** no time

	50 M
PB	00:28.14
	00:28.14
	. . : . . : . .

Coach feedback:

Event number: 36: 100M FREESTYLE WOMEN 11-12 — Heat:5, starttime: 12:24

Heat: 5/7 Lane : 6 Athlete: GHOOS KATO — **Q-time: 01:10:13**

PB (50m pool): 01:11.91 Wezenberg 04/01/2026 **PB (25m pool):** 01:10.13 **SB:** 01:11.91 Wezenberg 04/01/2026

	50 M	100 M
PB	00:36.16	01:11.91
	00:36.16	*00:35.75*
	. . : . . : . .	. . : . . : . .

Coach feedback: