# VJTC 2026: Session: 3: COACH evaluation sheet for TEAM: GZVN

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

**Coaches: Broux Yves**

**Coaches: Smeets Mirthe**

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

## Event number: 23: 200M MEDLEY MEN 13-14 — Heat:4, starttime: 09:40

**Heat: 4/5 Lane : 7 Athlete: TORDEUR KILIAN** — **Q-time: 02:34:60**

**PB (50m pool): 02:41.68 Genk 01/02/2026** **PB (25m pool):** 02:34.60 **SB:** 02:41.68 Genk 01/02/2026

| | 50 M | 100 M | 150 M | 200 M | |
|---|---|---|---|---|---|
| PB | 00:35.35 | 01:17.50 | 02:05.44 | 02:41.68 | |
| | *00:35.35* | *00:42.15* | *00:47.94* | *00:36.24* | |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | |

Coach feedback:

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

**Heat: 5/7 Lane : 5 Athlete: JANSSEN LAUREN** — **Q-time: 02:41:14**

**PB (50m pool): 02:41.75 Antwerpen 20/07/2025** **PB (25m pool):** 02:41.14 **SB:** no time

| | 50 M | 100 M | 150 M | 200 M | |
|---|---|---|---|---|---|
| PB | 00:35.55 | 01:19.54 | 02:06.66 | 02:41.75 | |
| | *00:35.55* | *00:43.99* | *00:47.12* | *00:35.09* | |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | |

Coach feedback:

## Event number: 26: 100M BACKSTROKE WOMEN 15-16 — Heat:4, starttime: 10:27

**Heat: 4/5 Lane : 2 Athlete: VERVLOET ZOé** — **Q-time: 01:08:44**

**PB (50m pool): 01:08.44 Zwembad Brigitte Becue 30/05/2025** **PB (25m pool):** 01:07.40 **SB:** 01:10.89 Luxembourg 01/02/2026

| | 50 M | 100 M | |
|---|---|---|---|
| PB | 00:33.16 | 01:08.44 | |
| | *00:33.16* | *00:35.28* | |
| | . . : . . : . . | . . : . . : . . | |

Coach feedback:

# VJTC 2026: Session: 3: COACH evaluation sheet for TEAM: GZVN

## Event number: 27: 200M MEDLEY MEN 11-12 — Heat:3, starttime: 10:39

**Heat: 3/7 Lane : 1 Athlete: VANRUSSELT RAFAëL** — **Q-time: 03:05:43**

**PB (50m pool):** 03:12.06 Antwerpen 20/07/2025 **PB (25m pool):** 03:05.43 **SB:** 03:14.30 Düsseldorf 14/12/2025

| | 50M | 100M | 150M | 200M | |
|---|---|---|---|---|---|
| PB | 00:43.12 | 01:31.51 | 02:27.83 | 03:12.06 | |
| | *00:43.12* | *00:48.39* | *00:56.32* | *00:44.23* | |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | |

Coach feedback:

## Event number: 28: 200M MEDLEY WOMEN 11-12 — Heat:6, starttime: 11:15

**Heat: 6/7 Lane : 6 Athlete: VANHEES HANNAH** — **Q-time: 02:53:80**

**PB (50m pool):** 02:53.80 Düsseldorf 14/12/2025 **PB (25m pool):** 02:54.39 **SB:** 02:53.80 Düsseldorf 14/12/2025

| | 50M | 100M | 150M | 200M | |
|---|---|---|---|---|---|
| PB | no time | no time | no time | 02:53.80 | |
| | *no time* | | | | |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | |

Coach feedback:

## Event number: 32: 50M FREESTYLE WOMEN 15-16 — Heat:5, starttime: 11:40

**Heat: 5/6 Lane : 3 Athlete: VERVLOET ZOé** — **Q-time: 00:27:41**

**PB (50m pool):** 00:27.86 Antwerpen 27/07/2025 **PB (25m pool):** 00:27.41 **SB:** 00:28.02 Luxembourg 01/02/2026

| | 50M | |
|---|---|---|
| PB | 00:27.86 | |
| | *00:27.86* | |
| | . . : . . : . . | |

Coach feedback:

## Event number: 33: 100M FREESTYLE MEN 13-14 — Heat:6, starttime: 11:50

**Heat: 6/6 Lane : 2 Athlete: TORDEUR KILIAN** — **Q-time: 01:02:65**

**PB (50m pool):** 01:04.46 Genk 01/02/2026 **PB (25m pool):** 01:02.65 **SB:** 01:04.46 Genk 01/02/2026

| | 50M | 100M | |
|---|---|---|---|
| PB | 00:30.97 | 01:04.46 | |
| | *00:30.97* | *00:33.49* | |
| | . . : . . : . . | . . : . . : . . | |

Coach feedback:

# VJTC 2026: Session: 3: COACH evaluation sheet for TEAM: GZVN

## Event number: 34: 100M FREESTYLE WOMEN 13-14 — Heat:7, starttime: 12:02

**Heat: 7/7 Lane : 1 Athlete: JANSSEN LAUREN** — **Q-time: 01:03:99**

**PB (50m pool): 01:04.51 Antwerpen 20/07/2025** — **PB (25m pool):** 01:03.99 **SB:** 01:06.42 Genk 01/02/2026

| | 50 M | 100 M | |
|---|---|---|---|
| PB | 00:31.43 | 01:04.51 | |
| | *00:31.43* | *00:33.08* | |
| | . . : . . : . . | . . : . . : . . | |

Coach feedback:

## Event number: 35: 100M FREESTYLE MEN 11-12 — Heat:1, starttime: 12:04

**Heat: 1/7 Lane : 6 Athlete: VANRUSSELT RAFAëL** — **Q-time: 01:16:39**

**PB (50m pool): 01:18.39 Antwerpen 20/07/2025** — **PB (25m pool):** 01:16.39 **SB:** 01:22.82 Düsseldorf 14/12/2025

| | 50 M | 100 M | |
|---|---|---|---|
| PB | 00:37.43 | 01:18.39 | |
| | *00:37.43* | *00:40.96* | |
| | . . : . . : . . | . . : . . : . . | |

Coach feedback:

## Event number: 36: 100M FREESTYLE WOMEN 11-12 — Heat:6, starttime: 12:25

**Heat: 6/7 Lane : 6 Athlete: VANHEES HANNAH** — **Q-time: 01:09:29**

**PB (50m pool): 01:11.16 Genk 01/02/2026** — **PB (25m pool):** 01:09.29 **SB:** 01:11.16 Genk 01/02/2026

| | 50 M | 100 M | |
|---|---|---|---|
| PB | 00:34.63 | 01:11.16 | |
| | *00:34.63* | *00:36.53* | |
| | . . : . . : . . | . . : . . : . . | |

Coach feedback: