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

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

Coaches: Konings Antoinette HEADCOACH

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

Event number: 25: 100M BACKSTROKE MEN 15-16 — Heat:4, starttime: 10:16

Heat: 4/5 Lane : 7 Athlete: TAYYEM ABDO-ALMALLEK — **Q-time: 01:05:04**

PB (50m pool): 01:08.40 Antwerp 26/01/2025 **PB (25m pool):** 01:05.04 **SB:** 01:09.29 Seraing 25/01/2026

	5 0 M	1 0 0 M	
PB	00:32.14	01:08.40	
	00:32.14	*00:36.26*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 26: 100M BACKSTROKE WOMEN 15-16 — Heat:1, starttime: 10:20

Heat: 1/5 Lane : 1 Athlete: SARGESJAN NALA — **Q-time: 01:17:26**

PB (50m pool): 01:17.26 Seraing 25/01/2026 **PB (25m pool):** 01:19.07 **SB:** 01:17.26 Seraing 25/01/2026

	5 0 M	1 0 0 M	
PB	00:37.57	01:17.26	
	00:37.57	*00:39.69*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 26: 100M BACKSTROKE WOMEN 15-16 — Heat:1, starttime: 10:20

Heat: 1/5 Lane : 2 Athlete: LUTS EMILIA — **Q-time: 01:13:67**

PB (50m pool): 01:13.67 Zwembad Brigitte Becue 30/05/2025 **PB (25m pool):** 01:10.87 **SB:** 01:15.97 Genk 01/02/2026

	5 0 M	1 0 0 M	
PB	00:35.48	01:13.67	
	00:35.48	*00:38.19*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 28: 200M MEDLEY WOMEN 11-12 — Heat:1, starttime: 10:57

Heat: 1/7 Lane : 5 Athlete: BEVERNAGE TRIX — **Q-time: 03:10:83**

PB (50m pool): 03:10.83 Seraing 25/01/2026 **PB (25m pool):** 02:57.54 **SB:** 03:10.83 Seraing 25/01/2026

	50 M	100 M	150 M	200 M	
PB	00:43.48	01:32.55	02:28.52	03:10.83	
	00:43.48	*00:49.07*	*00:55.97*	*00:42.31*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 5/7 Lane : 8 Athlete: CLAESSENS ISA-BEAU — **Q-time: 02:58:39**

PB (50m pool): 02:58.39 Seraing 25/01/2026 **PB (25m pool):** 03:04.97 **SB:** 02:58.39 Seraing 25/01/2026

	50 M	100 M	150 M	200 M	
PB	00:38.46	01:26.28	02:19.05	02:58.39	
	00:38.46	*00:47.82*	*00:52.77*	*00:39.34*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 31: 50M FREESTYLE MEN 15-16 — Heat:6, starttime: 11:35

Heat: 6/6 Lane : 4 Athlete: VANGROOTLOON JEF — **Q-time: 00:24:30**

PB (50m pool): 00:24.57 Antwerpen 27/07/2025 **PB (25m pool):** 00:24.30 **SB:** 00:24.72 Gent 08/02/2026

	50 M	
PB	00:24.57	
	00:24.57	
	. . : . . : . .	

Coach feedback:

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

Heat: 5/6 Lane : 7 Athlete: SARGESJAN NALA — **Q-time: 00:28:02**

PB (50m pool): 00:28.31 Gent 08/02/2026 **PB (25m pool):** 00:28.02 **SB:** 00:28.31 Gent 08/02/2026

	50 M	
PB	00:28.31	
	00:28.31	
	. . : . . : . .	

Coach feedback:

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

Event number: 36: 100M FREESTYLE WOMEN 11-12 — Heat:2, starttime: 12:18

Heat: 2/7 Lane : 6 Athlete: BEVERNAGE TRIX — **Q-time: 01:13:64**

PB (50m pool): 01:13.64 Genk 01/02/2026 — **PB (25m pool):** 01:17.97 **SB:** 01:13.64 Genk 01/02/2026

	50 M	100 M	
PB	00:35.84	01:13.64	
	00:35.84	*00:37.80*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 6/7 Lane : 8 Athlete: CLAESSENS ISA-BEAU — **Q-time: 01:09:68**

PB (50m pool): 01:10.76 Seraing 25/01/2026 — **PB (25m pool):** 01:09.68 **SB:** 01:10.76 Seraing 25/01/2026

	50 M	100 M	
PB	00:35.16	01:10.76	
	00:35.16	*00:35.60*	
	. . : . . : . .	. . : . . : . .	

Coach feedback: