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

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

Coaches: Lammens Tim

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

Event number: 34: 100M FREESTYLE WOMEN 13-14 Heat:3, starttime: 11:56

Heat: 3/7 Lane : 6 Athlete: LAMMENS ALIX **Q-time: 01:05:70**

PB (50m pool): 01:07.44 Gent 08/02/2026 **PB (25m pool):** 01:05.70 **SB:** 01:07.44 Gent 08/02/2026

	50 M	100 M	
PB	00:32.57	01:07.44	
	00:32.57	*00:34.87*	
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Coach feedback: