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

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

Coaches: MOERMAN Helena

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

Event number: 28: 200M MEDLEY WOMEN 11-12 Heat:7, starttime: 11:18

Heat: 7/7 Lane : 8 Athlete: DECOMBLE LIZE **Q-time: 02:52:00**

PB (50m pool): 03:08.43 Kortrijk 04/05/2025 **PB (25m pool):** 02:52.00 **SB:** no time

	50M	100M	150M	200M	
PB	00:42.95	01:33.68	02:25.68	03:08.43	
	00:42.95	*00:50.73*	*00:52.00*	*00:42.75*	
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Coach feedback:

Event number: 36: 100M FREESTYLE WOMEN 11-12 Heat:3, starttime: 12:20

Heat: 3/7 Lane : 3 Athlete: DECOMBLE LIZE **Q-time: 01:12:56**

PB (50m pool): 01:12.56 Brugge 01/02/2026 **PB (25m pool):** 01:13.02 **SB:** 01:12.56 Brugge 01/02/2026

	50M	100M	
PB	no time	01:12.56	
	no time		
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Coach feedback: