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

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

Coaches: Terryn Julien

Coaches: Wallemacq Justine

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

Event number: 23: 200M MEDLEY MEN 13-14 — Heat:2, starttime: 09:33

Heat: 2/5 Lane : 5 Athlete: DE VLIEGER ELIOTT — **Q-time: 02:40:74**

PB (50m pool): 02:43.33 La Louvière 29/11/2025 **PB (25m pool):** 02:40.74 **SB:** 02:43.33 La Louvière 29/11/2025

	50M	100M	150M	200M	
PB	00:37.69	01:20.25	02:08.27	02:43.33	
	00:37.69	*00:42.56*	*00:48.02*	*00:35.06*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 3/5 Lane : 3 Athlete: VAN DAELE NAND — **Q-time: 02:37:91**

PB (50m pool): 02:49.49 Kortrijk 26/12/2025 **PB (25m pool):** 02:37.91 **SB:** 02:49.49 Kortrijk 26/12/2025

	50M	100M	150M	200M	
PB	00:35.83	01:20.81	02:09.92	02:49.49	
	00:35.83	*00:44.98*	*00:49.11*	*00:39.57*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 3/5 Lane : 4 Athlete: BEIJNSBERGER MARE — **Q-time: 01:05:84**

PB (50m pool): 01:05.84 Antwerpen 27/07/2025 **PB (25m pool):** 01:06.45 **SB:** 01:08.65 Lochristi 01/02/2026

	50M	100M	
PB	00:31.27	01:05.84	
	00:31.27	*00:34.57*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 4/5 Lane : 1 Athlete: MALFAIT LIZANNA (LIZI) — **Q-time: 01:10:33**

PB (50m pool): 01:13.30 Lochristi 01/02/2026 **PB (25m pool):** 01:10.33 **SB:** 01:13.30 Lochristi 01/02/2026

	5 0 M	1 0 0 M	
PB	no time	01:13.30	
	no time		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 29: 50M BREASTSTROKE MEN 13-14 — Heat:2, starttime: 11:23

Heat: 2/3 Lane : 5 Athlete: VAN DAELE NAND — **Q-time: 00:35:99**

PB (50m pool): 00:36.06 Lochristi 01/02/2026 **PB (25m pool):** 00:35.99 **SB:** 00:36.06 Lochristi 01/02/2026

	5 0 M	
PB	00:36.06	
	00:36.06	
	. . : . . : . .	

Coach feedback:

Event number: 29: 50M BREASTSTROKE MEN 13-14 — Heat:2, starttime: 11:23

Heat: 2/3 Lane : 8 Athlete: DE VLIEGER ELIOTT — **Q-time: 00:37:37**

PB (50m pool): 00:37.37 Gent 08/02/2026 **PB (25m pool):** 00:37.92 **SB:** 00:37.37 Gent 08/02/2026

	5 0 M	
PB	00:37.37	
	00:37.37	
	. . : . . : . .	

Coach feedback:

Event number: 32: 50M FREESTYLE WOMEN 15-16 — Heat:4, starttime: 11:39

Heat: 4/6 Lane : 7 Athlete: MALFAIT LIZANNA (LIZI) — **Q-time: 00:28:04**

PB (50m pool): 00:28.70 Lochristi 01/02/2026 **PB (25m pool):** 00:28.04 **SB:** 00:28.70 Lochristi 01/02/2026

	5 0 M	
PB	00:28.70	
	00:28.70	
	. . : . . : . .	

Coach feedback:

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

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

Heat: 5/6 Lane : 5 Athlete: BEIJNSBERGER MARE — **Q-time: 00:27:21**

PB (50m pool): 00:27.21 Antwerpen 27/07/2025 **PB (25m pool):** 00:29.56 **SB:** 00:28.11 Lochristi 01/02/2026

	50 M
PB	00:27.21
	00:27.21
	. . : . . : . .

Coach feedback:

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

Heat: 6/6 Lane : 7 Athlete: VAN DAELE NAND — **Q-time: 01:03:20**

PB (50m pool): 01:06.38 Lochristi 01/02/2026 **PB (25m pool):** 01:03.20 **SB:** 01:06.38 Lochristi 01/02/2026

	50 M	100 M	
PB	no time	01:06.38	
	no time		
	. . : . . : . .	. . : . . : . .	

Coach feedback: