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

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

**Coaches: Feyten Anne**

**Coaches: Bierinckx Kris HEADCOACH**

**Coaches: Verbeek Mats**

**Coaches: Wouters Maxim**

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

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## Event number: 26: 100M BACKSTROKE WOMEN 15-16 — Heat:2, starttime: 10:22

**Heat: 2/5 Lane : 3 Athlete: JANSSENS ELISABETH** — **Q-time: 01:11:23**

**PB (50m pool): 01:13.51 Wezenberg 03/01/2026** **PB (25m pool):** 01:11.23 **SB:** 01:13.51 Wezenberg 03/01/2026

| | 50M | 100M | |
|---|---|---|---|
| PB | 00:35.72 | 01:13.51 | |
| | *00:35.72* | *00:37.79* | |
| | . . : . . : . . | . . : . . : . . | |

Coach feedback:

## Event number: 26: 100M BACKSTROKE WOMEN 15-16 — Heat:2, starttime: 10:22

**Heat: 2/5 Lane : 4 Athlete: BOVEN AXELLE** — **Q-time: 01:11:06**

**PB (50m pool): 01:14.95 Wezenberg Antwerpen 07/01/2024** **PB (25m pool):** 01:11.06 **SB:** no time

| | 50M | 100M | |
|---|---|---|---|
| PB | 00:36.58 | 01:14.95 | |
| | *00:36.58* | *00:38.37* | |
| | . . : . . : . . | . . : . . : . . | |

Coach feedback:

## Event number: 26: 100M BACKSTROKE WOMEN 15-16 — Heat:5, starttime: 10:29

**Heat: 5/5 Lane : 2 Athlete: MERTENS FEMKE** — **Q-time: 01:08:39**

**PB (50m pool): 01:10.67 SportinGenk Park 11/11/2025** **PB (25m pool):** 01:08.39 **SB:** 01:10.67 SportinGenk Park 11/11/2025

| | 50M | 100M | |
|---|---|---|---|
| PB | no time | 01:10.67 | |
| | *no time* | | |
| | . . : . . : . . | . . : . . : . . | |

Coach feedback:

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## Event number: 27: 200M MEDLEY MEN 11-12 — Heat:7, starttime: 10:53

**Heat: 7/7 Lane : 2 Athlete: MERTENS DIETER** — **Q-time: 02:42:24**

**PB (50m pool):** 02:45.86 Wezenberg 04/01/2026 **PB (25m pool):** 02:42.24 **SB:** 02:45.86 Wezenberg 04/01/2026

| | 50M | 100M | 150M | 200M | |
|---|---|---|---|---|---|
| PB | 00:35.97 | 01:19.12 | 02:10.07 | 02:45.86 | |
| | *00:35.97* | *00:43.15* | *00:50.95* | *00:35.79* | |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | |

Coach feedback:

## Event number: 30: 50M BREASTSTROKE WOMEN 13-14 — Heat:3, starttime: 11:28

**Heat: 3/3 Lane : 2 Athlete: BIERINCKX MIE** — **Q-time: 00:37:23**

**PB (50m pool):** 00:39.79 Antwerpen 20/04/2025 **PB (25m pool):** 00:37.23 **SB:** 00:39.90 Wezenberg 04/01/2026

| | 50M | |
|---|---|---|
| PB | 00:39.79 | |
| | *00:39.79* | |
| | . . : . . : . . | |

Coach feedback:

## Event number: 32: 50M FREESTYLE WOMEN 15-16 — Heat:1, starttime: 11:36

**Heat: 1/6 Lane : 4 Athlete: JANSSENS ELISABETH** — **Q-time: 00:29:59**

**PB (50m pool):** 00:29.59 Wezenberg 01/02/2026 **PB (25m pool):** 00:29.66 **SB:** 00:29.59 Wezenberg 01/02/2026

| | 50M | |
|---|---|---|
| PB | 00:29.59 | |
| | *00:29.59* | |
| | . . : . . : . . | |

Coach feedback:

## Event number: 32: 50M FREESTYLE WOMEN 15-16 — Heat:3, starttime: 11:38

**Heat: 3/6 Lane : 6 Athlete: MERTENS FEMKE** — **Q-time: 00:28:66**

**PB (50m pool):** 00:29.10 Wezenberg 03/01/2026 **PB (25m pool):** 00:28.66 **SB:** 00:29.10 Wezenberg 03/01/2026

| | 50M | |
|---|---|---|
| PB | 00:29.10 | |
| | *00:29.10* | |
| | . . : . . : . . | |

Coach feedback:

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

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

**Heat: 4/6 Lane : 6 Athlete: BOVEN AXELLE** — **Q-time: 00:27:82**

**PB (50m pool): 00:28.60 Wezenberg 01/02/2026** **PB (25m pool):** 00:27.82 **SB:** 00:28.60 Wezenberg 01/02/2026

| | 5 0 M | |
|---|---|---|
| PB | 00:28.60 | |
| | *00:28.60* | |
| | . . : . . : . . | |

Coach feedback:

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

**Heat: 7/7 Lane : 5 Athlete: BIERINCKX MIE** — **Q-time: 01:01:77**

**PB (50m pool): 01:04.15 Wezenberg 04/01/2026** **PB (25m pool):** 01:01.77 **SB:** 01:04.15 Wezenberg 04/01/2026

| | 5 0 M | 1 0 0 M | |
|---|---|---|---|
| PB | 00:30.27 | 01:04.15 | |
| | *00:30.27* | *00:33.88* | |
| | . . : . . : . . | . . : . . : . . | |

Coach feedback:

## Event number: 35: 100M FREESTYLE MEN 11-12 — Heat:7, starttime: 12:15

**Heat: 7/7 Lane : 7 Athlete: MERTENS DIETER** — **Q-time: 01:06:29**

**PB (50m pool): 01:06.72 Wezenberg 01/02/2026** **PB (25m pool):** 01:06.29 **SB:** 01:06.72 Wezenberg 01/02/2026

| | 5 0 M | 1 0 0 M | |
|---|---|---|---|
| PB | 00:32.34 | 01:06.72 | |
| | *00:32.34* | *00:34.38* | |
| | . . : . . : . . | . . : . . : . . | |

Coach feedback: