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

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

Coaches: Lasoen Sam HEADCOACH

Coaches: Vlamijnck Robin

Coaches: Buyck Tine

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

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

Heat: 3/5 Lane : 4 Athlete: VROMAN FINN — **Q-time: 02:36:59**

PB (50m pool): 02:38.12 Antwerpen 20/07/2025 **PB (25m pool):** 02:36.59 **SB:** 02:39.82 Gent 08/02/2026

	50 M	100 M	150 M	200 M	
PB	00:35.02	01:16.50	02:02.65	02:38.12	
	00:35.02	*00:41.48*	*00:46.15*	*00:35.47*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 24: 200M MEDLEY WOMEN 13-14 — Heat:4, starttime: 09:56

Heat: 4/7 Lane : 1 Athlete: BUYLE GEIKE — **Q-time: 02:44:50**

PB (50m pool): 02:51.79 Gent 08/02/2026 **PB (25m pool):** 02:44.50 **SB:** 02:51.79 Gent 08/02/2026

	50 M	100 M	150 M	200 M	
PB	00:39.17	01:19.83	02:14.52	02:51.79	
	00:39.17	*00:40.66*	*00:54.69*	*00:37.27*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 24: 200M MEDLEY WOMEN 13-14 — Heat:5, starttime: 09:59

Heat: 5/7 Lane : 6 Athlete: BERKEIN ALESSIA — **Q-time: 02:41:34**

PB (50m pool): 02:44.30 Lochristi 01/02/2026 **PB (25m pool):** 02:41.34 **SB:** 02:44.30 Lochristi 01/02/2026

	50 M	100 M	150 M	200 M	
PB	no time	no time	no time	02:44.30	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 24: 200M MEDLEY WOMEN 13-14 — Heat:5, starttime: 09:59

Heat: 5/7 Lane : 8 Athlete: LONCKE JUTTA — **Q-time: 02:42:41**

PB (50m pool): 02:43.83 Gent 08/02/2026 **PB (25m pool):** 02:42.41 **SB:** 02:43.83 Gent 08/02/2026

	50 M	100 M	150 M	200 M	
PB	00:36.97	01:18.24	02:07.18	02:43.83	
	00:36.97	*00:41.27*	*00:48.94*	*00:36.65*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 24: 200M MEDLEY WOMEN 13-14 — Heat:7, starttime: 10:06

Heat: 7/7 Lane : 1 Athlete: RUTSAERT EMILY — **Q-time: 02:35:54**

PB (50m pool): 02:37.47 Gent 08/02/2026 **PB (25m pool):** 02:35.54 **SB:** 02:37.47 Gent 08/02/2026

	50 M	100 M	150 M	200 M	
PB	00:33.20	01:14.97	02:02.59	02:37.47	
	00:33.20	*00:41.77*	*00:47.62*	*00:34.88*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 25: 100M BACKSTROKE MEN 15-16 — Heat:5, starttime: 10:18

Heat: 5/5 Lane : 7 Athlete: VROMAN WOUT — **Q-time: 01:04:81**

PB (50m pool): 01:08.43 Lochristi 01/02/2026 **PB (25m pool):** 01:04.81 **SB:** 01:08.43 Lochristi 01/02/2026

	50 M	100 M	
PB	no time	01:08.43	
	no time		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 28: 200M MEDLEY WOMEN 11-12 — Heat:3, starttime: 11:04

Heat: 3/7 Lane : 4 Athlete: DE MULDER MAïTHé — **Q-time: 03:00:59**

PB (50m pool): 03:00.59 Gent 08/02/2026 **PB (25m pool):** 03:25.45 **SB:** 03:00.59 Gent 08/02/2026

	50 M	100 M	150 M	200 M	
PB	00:39.65	01:26.26	02:18.61	03:00.59	
	00:39.65	*00:46.61*	*00:52.35*	*00:41.98*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 3/3 Lane : 8 Athlete: BERKEIN ALESSIA — **Q-time: 00:37:85**

PB (50m pool): 00:38.24 Lochristi 01/02/2026 — **PB (25m pool):** 00:37.85 **SB:** 00:38.24 Lochristi 01/02/2026

	5 0 M
PB	00:38.24
	00:38.24
	. . : . . : . .

Coach feedback:

Event number: 33: 100M FREESTYLE MEN 13-14 — Heat:4, starttime: 11:47

Heat: 4/6 Lane : 3 Athlete: VROMAN FINN — **Q-time: 01:02:00**

PB (50m pool): 01:04.65 Aalst 28/06/2025 — **PB (25m pool):** 01:02.00 **SB:** 01:04.71 Gent 08/02/2026

	5 0 M	1 0 0 M
PB	00:31.13	01:04.65
	00:31.13	*00:33.52*
	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 34: 100M FREESTYLE WOMEN 13-14 — Heat:4, starttime: 11:57

Heat: 4/7 Lane : 1 Athlete: BERKEIN ALESSIA — **Q-time: 01:05:62**

PB (50m pool): 01:07.31 Antwerpen 20/07/2025 — **PB (25m pool):** 01:05.62 **SB:** 01:07.37 Wezenberg 04/01/2026

	5 0 M	1 0 0 M
PB	no time	01:07.31
	no time	
	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 34: 100M FREESTYLE WOMEN 13-14 — Heat:4, starttime: 11:57

Heat: 4/7 Lane : 3 Athlete: BUYLE GEIKE — **Q-time: 01:05:20**

PB (50m pool): 01:07.19 Wezenberg 04/01/2026 — **PB (25m pool):** 01:05.20 **SB:** 01:07.19 Wezenberg 04/01/2026

	5 0 M	1 0 0 M
PB	00:32.28	01:07.19
	00:32.28	*00:34.91*
	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Event number: 34: 100M FREESTYLE WOMEN 13-14 — Heat:4, starttime: 11:57

Heat: 4/7 Lane : 4 Athlete: LONCKE JUTTA — **Q-time: 01:04:94**

PB (50m pool): 01:05.37 Antwerpen 20/07/2025 **PB (25m pool):** 01:04.63 **SB:** 01:06.58 Gent 08/02/2026

	5 0 M	1 0 0 M	
PB	00:31.65	01:05.37	
	00:31.65	*00:33.72*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 34: 100M FREESTYLE WOMEN 13-14 — Heat:6, starttime: 12:01

Heat: 6/7 Lane : 5 Athlete: RUTSAERT EMILY — **Q-time: 01:01:81**

PB (50m pool): 01:04.10 Luxembourg 01/02/2026 **PB (25m pool):** 01:01.81 **SB:** 01:04.10 Luxembourg 01/02/2026

	5 0 M	1 0 0 M	
PB	00:30.87	01:04.10	
	00:30.87	*00:33.23*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 2/7 Lane : 8 Athlete: DE MULDER MAïTHé — **Q-time: 01:14:99**

PB (50m pool): 01:16.10 Wezenberg 04/01/2026 **PB (25m pool):** 01:14.99 **SB:** 01:16.10 Wezenberg 04/01/2026

	5 0 M	1 0 0 M	
PB	00:36.33	01:16.10	
	00:36.33	*00:39.77*	
	. . : . . : . .	. . : . . : . .	

Coach feedback: