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

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

Coaches: Iannino David HEADCOACH

Coaches: Januarius Bart

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

Event number: 23: 200M MEDLEY MEN 13-14 Heat:5, starttime: 09:43

Heat: 5/5 Lane : 8 Athlete: VANOLANDE THIBAULT **Q-time: 02:29:51**

PB (50m pool): 02:34.87 Antwerpen 20/07/2025 **PB (25m pool):** 02:27.25 **SB:** no time

	50M	100M	150M	200M	
PB	00:31.20	01:11.32	01:59.45	02:34.87	
	00:31.20	*00:40.12*	*00:48.13*	*00:35.42*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 27: 200M MEDLEY MEN 11-12 Heat:4, starttime: 10:42

Heat: 4/7 Lane : 6 Athlete: LOUCKX TIM **Q-time: 03:00:00**

PB (50m pool): 03:02.96 Antwerpen 20/07/2025 **PB (25m pool):** 02:56.99 **SB:** no time

	50M	100M	150M	200M	
PB	00:39.68	01:26.77	02:20.91	03:02.96	
	00:39.68	*00:47.09*	*00:54.14*	*00:42.05*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 28: 200M MEDLEY WOMEN 11-12 Heat:2, starttime: 11:00

Heat: 2/7 Lane : 1 Athlete: MECHROUBI YASMINA **Q-time: 03:09:92**

PB (50m pool): 03:09.92 Gent 08/02/2026 **PB (25m pool):** 02:59.43 **SB:** 03:09.92 Gent 08/02/2026

	50M	100M	150M	200M	
PB	00:42.18	01:30.81	02:26.33	03:09.92	
	00:42.18	*00:48.63*	*00:55.52*	*00:43.59*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 29: 50M BREASTSTROKE MEN 13-14 — Heat:3, starttime: 11:24

Heat: 3/3 Lane : 5 Athlete: LESCRAUWAET MAX — **Q-time: 00:33:94**

PB (50m pool): 00:35.09 Gent 08/02/2026 **PB (25m pool):** 00:33.94 **SB:** 00:35.09 Gent 08/02/2026

	50 M
PB	00:35.09
	00:35.09
	. . : . . : . .

Coach feedback:

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

Heat: 3/3 Lane : 6 Athlete: IANNINO VALENTINA — **Q-time: 00:36:87**

PB (50m pool): 00:40.57 Gent 08/02/2026 **PB (25m pool):** 00:36.87 **SB:** 00:40.57 Gent 08/02/2026

	50 M
PB	00:40.57
	00:40.57
	. . : . . : . .

Coach feedback:

Event number: 33: 100M FREESTYLE MEN 13-14 — Heat:5, starttime: 11:49

Heat: 5/6 Lane : 5 Athlete: VANOLANDE THIBAULT — **Q-time: 00:58:47**

PB (50m pool): 00:59.84 Gent 08/02/2026 **PB (25m pool):** 00:58.47 **SB:** 00:59.84 Gent 08/02/2026

	50 M	100 M
PB	00:28.05	00:59.84
	00:28.05	*00:31.79*
	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 33: 100M FREESTYLE MEN 13-14 — Heat:5, starttime: 11:49

Heat: 5/6 Lane : 8 Athlete: LESCRAUWAET MAX — **Q-time: 01:04:06**

PB (50m pool): 01:05.73 Lago Gent Rozebroeken 04/05/2025 **PB (25m pool):** 01:04.06 **SB:** 01:06.10 Gent 08/02/2026

	50 M	100 M
PB	00:31.72	01:05.73
	00:31.72	*00:34.01*
	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Event number: 34: 100M FREESTYLE WOMEN 13-14 — Heat:2, starttime: 11:54

Heat: 2/7 Lane : 4 Athlete: DHONDT ANNELIEN — **Q-time: 01:06:13**

PB (50m pool): 01:06.68 Antwerpen 20/07/2025 **PB (25m pool):** 01:06.13 **SB:** no time

	50 M	100 M	
PB	00:31.89	01:06.68	
	00:31.89	*00:34.79*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 34: 100M FREESTYLE WOMEN 13-14 — Heat:5, starttime: 11:59

Heat: 5/7 Lane : 7 Athlete: AELEN BENTE — **Q-time: 01:03:83**

PB (50m pool): 01:05.22 Antwerpen 20/07/2025 **PB (25m pool):** 01:03.83 **SB:** 01:06.83 Molenbeek 01/02/2026

	50 M	100 M	
PB	00:31.91	01:05.22	
	00:31.91	*00:33.31*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 7/7 Lane : 4 Athlete: IANNINO VALENTINA — **Q-time: 00:58:68**

PB (50m pool): 01:00.63 Antwerpen 20/07/2025 **PB (25m pool):** 00:58.68 **SB:** 01:02.03 Gent 08/02/2026

	50 M	100 M	
PB	00:29.43	01:00.63	
	00:29.43	*00:31.20*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 35: 100M FREESTYLE MEN 11-12 — Heat:5, starttime: 12:11

Heat: 5/7 Lane : 2 Athlete: LOUCKX TIM — **Q-time: 01:09:90**

PB (50m pool): 01:12.26 Gent 08/02/2026 **PB (25m pool):** 01:09.90 **SB:** 01:12.26 Gent 08/02/2026

	50 M	100 M	
PB	00:34.89	01:12.26	
	00:34.89	*00:37.37*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 36: 100M FREESTYLE WOMEN 11-12 **Heat:4, starttime: 12:22**

Heat: 4/7 Lane : 8 Athlete: MECHROUBI YASMINA **Q-time: 01:12:36**

PB (50m pool): 01:14.54 Gent 08/02/2026 **PB (25m pool):** 01:12.36 **SB:** 01:14.54 Gent 08/02/2026

	50M	100M	
PB	00:35.86	01:14.54	
	00:35.86	*00:38.68*	
	. . : . . : . .	. . : . . : . .	

Coach feedback: