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

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

Coaches: Remans Sander HEADCOACH

Coaches: Deprez Lukas

Coaches: Mattheus Ibe

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

Event number: 24: 200M MEDLEY WOMEN 13-14 — Heat:2, starttime: 09:50

Heat: 2/7 Lane : 7 Athlete: MAES JULIE — **Q-time: 02:49:49**

PB (50m pool): 02:49.49 Antwerpen 13/07/2025 **PB (25m pool):** 02:43.94 **SB:** no time

	50 M	100 M	150 M	200 M	
PB	00:36.26	01:22.25	02:12.56	02:49.49	
	00:36.26	*00:45.99*	*00:50.31*	*00:36.93*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 3/7 Lane : 1 Athlete: REMANS ALICE — **Q-time: 03:03:93**

PB (50m pool): no time **PB (25m pool):** 03:03.93 **SB:** no time

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

Coach feedback:

Event number: 28: 200M MEDLEY WOMEN 11-12 — Heat:4, starttime: 11:08

Heat: 4/7 Lane : 2 Athlete: ROSSEEL JANNE — **Q-time: 03:00:09**

PB (50m pool): 03:00.09 Wezenberg 04/01/2026 **PB (25m pool):** 02:56.75 **SB:** 03:00.09 Wezenberg 04/01/2026

	50 M	100 M	150 M	200 M	
PB	00:38.58	01:23.68	02:18.53	03:00.09	
	00:38.58	*00:45.10*	*00:54.85*	*00:41.56*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 29: 50M BREASTSTROKE MEN 13-14 — Heat:1, starttime: 11:22

Heat: 1/3 Lane : 7 Athlete: NIJS BAS — **Q-time: 00:41:80**

PB (50m pool): 00:41.80 Mol 22/06/2025 **PB (25m pool):** 00:37.41 **SB:** no time

	5 0 M
PB	00:41.80
	00:41.80
	. . : . . : . .

Coach feedback:

Event number: 30: 50M BREASTSTROKE WOMEN 13-14 — Heat:1, starttime: 11:26

Heat: 1/3 Lane : 4 Athlete: MAES JULIE — **Q-time: 00:40:84**

PB (50m pool): 00:40.84 Wezenberg 04/01/2026 **PB (25m pool):** 00:39.10 **SB:** 00:40.84 Wezenberg 04/01/2026

	5 0 M
PB	00:40.84
	00:40.84
	. . : . . : . .

Coach feedback:

Event number: 33: 100M FREESTYLE MEN 13-14 — Heat:2, starttime: 11:44

Heat: 2/6 Lane : 4 Athlete: NIJS BAS — **Q-time: 01:05:86**

PB (50m pool): 01:05.86 Molenbeek 01/02/2026 **PB (25m pool):** 01:02.46 **SB:** 01:05.86 Molenbeek 01/02/2026

	5 0 M	1 0 0 M
PB	no time	01:05.86
	no time	
	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 3/7 Lane : 8 Athlete: REMANS ALICE — **Q-time: 01:12:95**

PB (50m pool): 01:12.95 Molenbeek 01/02/2026 **PB (25m pool):** 01:11.11 **SB:** 01:12.95 Molenbeek 01/02/2026

	5 0 M	1 0 0 M
PB	no time	01:12.95
	no time	
	. . : . . : . .	. . : . . : . .

Coach feedback:

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

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

Heat: 4/7 Lane : 1 Athlete: ROSSEEL JANNE **Q-time: 01:12:28**

PB (50m pool): 01:12.28 Wezenberg 04/01/2026 **PB (25m pool):** 01:10.45 **SB:** 01:12.28 Wezenberg 04/01/2026

	50M	100M	
PB	00:34.22	01:12.28	
	00:34.22	*00:38.06*	
	. . : . . : . .	. . : . . : . .	

Coach feedback: