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

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

Coaches: Bartholomeus Pieter HEADCOACH

Coaches: Lowagie Bouwdewijn

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

Event number: 28: 200M MEDLEY WOMEN 11-12 Heat:7, starttime: 11:18

Heat: 7/7 Lane : 1 Athlete: LOWAGIE LILY **Q-time: 02:47:05**

PB (50m pool): 02:55.47 Antwerpen 20/07/2025 **PB (25m pool):** 02:47.05 **SB:** no time

	50M	100M	150M	200M	
PB	00:39.29	01:26.31	02:15.04	02:55.47	
	00:39.29	*00:47.02*	*00:48.73*	*00:40.43*	
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Coach feedback:

Event number: 36: 100M FREESTYLE WOMEN 11-12 Heat:7, starttime: 12:27

Heat: 7/7 Lane : 7 Athlete: LOWAGIE LILY **Q-time: 01:07:89**

PB (50m pool): 01:10.33 Brugge 01/02/2026 **PB (25m pool):** 01:07.89 **SB:** 01:10.33 Brugge 01/02/2026

	50M	100M	
PB	00:34.10	01:10.33	
	00:34.10	*00:36.23*	
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Coach feedback: