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

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

Coaches: Van der Borght Els HEADCOACH

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

Event number: 26: 100M BACKSTROKE WOMEN 15-16 Heat:1, starttime: 10:20

Heat: 1/5 Lane : 4 Athlete: LANDRIEU NORA **Q-time: 01:12:63**

PB (50m pool): 01:14.86 Aalst 20/12/2025 **PB (25m pool):** 01:12.63 **SB:** 01:14.86 Aalst 20/12/2025

	50 M	100 M	
PB	00:36.02	01:14.86	
	00:36.02	*00:38.84*	
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Coach feedback:

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

Heat: 3/6 Lane : 8 Athlete: LANDRIEU NORA **Q-time: 00:28:90**

PB (50m pool): 00:29.26 Molenbeek 01/02/2026 **PB (25m pool):** 00:28.90 **SB:** 00:29.26 Molenbeek 01/02/2026

	50 M	
PB	00:29.26	
	00:29.26	
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Coach feedback: