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

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

Coaches: Van Dooren Glenn

Coaches: Neirynck Jan

Coaches: Wouters Ivan

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

Event number: 23: 200M MEDLEY MEN 13-14 — Heat:1, starttime: 09:30

Heat: 1/5 Lane : 2 Athlete: THIJSBAERT NIO — **Q-time: 02:47:73**

PB (50m pool): 02:47.88 Antwerpen 20/07/2025 **PB (25m pool):** 02:47.73 **SB:** no time

	50 M	100 M	150 M	200 M	
PB	00:34.77	01:16.16	02:08.77	02:47.88	
	00:34.77	*00:41.39*	*00:52.61*	*00:39.11*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 24: 200M MEDLEY WOMEN 13-14 — Heat:6, starttime: 10:03

Heat: 6/7 Lane : 7 Athlete: BASSTANIE LIENE — **Q-time: 02:39:91**

PB (50m pool): 02:45.36 Antwerpen 20/07/2025 **PB (25m pool):** 02:39.91 **SB:** no time

	50 M	100 M	150 M	200 M	
PB	00:36.05	01:18.23	02:05.42	02:45.36	
	00:36.05	*00:42.18*	*00:47.19*	*00:39.94*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 28: 200M MEDLEY WOMEN 11-12 — Heat:5, starttime: 11:11

Heat: 5/7 Lane : 5 Athlete: LAUREYSENS JUTTA — **Q-time: 02:55:94**

PB (50m pool): 03:15.16 Antwerp 26/01/2025 **PB (25m pool):** 02:55.94 **SB:** no time

	50 M	100 M	150 M	200 M	
PB	00:41.50	01:34.41	02:29.78	03:15.16	
	00:41.50	*00:52.91*	*00:55.37*	*00:45.38*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 1/3 Lane : 6 Athlete: THIJSBAERT NIO — **Q-time: 00:39:81**

PB (50m pool): no time **PB (25m pool):** 00:39.81 **SB:** no time

	5 0 M
PB	no time
	no time
	. . : . . : . .

Coach feedback:

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

Heat: 3/3 Lane : 1 Athlete: VERDONCK STAN — **Q-time: 00:35:59**

PB (50m pool): 00:36.82 Wezenberg 01/02/2026 **PB (25m pool):** 00:35.65 **SB:** 00:36.82 Wezenberg 01/02/2026

	5 0 M
PB	00:36.82
	00:36.82
	. . : . . : . .

Coach feedback:

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

Heat: 3/3 Lane : 1 Athlete: BASSTANIE LIENE — **Q-time: 00:37:77**

PB (50m pool): 00:39.69 Antwerpen 20/04/2025 **PB (25m pool):** 00:37.77 **SB:** no time

	5 0 M
PB	00:39.69
	00:39.69
	. . : . . : . .

Coach feedback:

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

Heat: 4/6 Lane : 8 Athlete: VERDONCK STAN — **Q-time: 01:04:07**

PB (50m pool): 01:04.07 Wezenberg 01/02/2026 **PB (25m pool):** 01:04.18 **SB:** 01:04.07 Wezenberg 01/02/2026

	5 0 M	1 0 0 M
PB	00:30.43	01:04.07
	00:30.43	*00:33.64*
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Coach feedback:

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

Event number: 36: 100M FREESTYLE WOMEN 11-12 **Heat:6, starttime: 12:25**

Heat: 6/7 Lane : 5 Athlete: LAUREYSENS JUTTA **Q-time: 01:09:08**

PB (50m pool): 01:10.90 Wezenberg 01/02/2026 **PB (25m pool):** 01:09.08 **SB:** 01:10.90 Wezenberg 01/02/2026

	50 M	100 M	
PB	00:34.30	01:10.90	
	00:34.30	*00:36.60*	
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Coach feedback: