VJTC 2026: Session: 4: COACH evaluation sheet for TEAM: GZVN

Coachinfo: Warming up from: 13:15 untill 14:15. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Broux Yves

Coaches: Smeets Mirthe

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

Event number: 37: 100M BREASTSTROKE WOMEN 11-12 — Heat:5, starttime: 14:39

Heat: 5/7 Lane : 6 Athlete: VANHEES HANNAH — **Q-time: 01:32:79**

PB (50m pool): 01:35.20 Genk 01/02/2026 **PB (25m pool):** 01:32.79 **SB:** 01:35.20 Genk 01/02/2026

	50 M	100 M	
PB	00:45.05	01:35.20	
	00:45.05	*00:50.15*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 38: 100M BREASTSTROKE MEN 11-12 — Heat:3, starttime: 14:50

Heat: 3/7 Lane : 3 Athlete: VANRUSSELT RAFAëL — **Q-time: 01:38:14**

PB (50m pool): 01:40.62 Antwerpen 20/07/2025 **PB (25m pool):** 01:38.14 **SB:** no time

	50 M	100 M	
PB	00:48.09	01:40.62	
	00:48.09	*00:52.53*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 40: 400M FREESTYLE MEN 13-14 — Heat:2, starttime: 15:24

Heat: 2/2 Lane : 8 Athlete: TORDEUR KILIAN — **Q-time: 04:53:17**

PB (50m pool): 05:06.35 Antwerpen 20/07/2025 **PB (25m pool):** 04:53.17 **SB:** no time

	50 M	100 M	150 M	200 M	250 M	300 M	350 M	400 M
PB	00:34.09	01:12.32	01:51.62	02:30.70	03:10.40	03:50.00	04:28.72	05:06.35
	00:34.09	*00:38.23*	*00:39.30*	*00:39.08*	*00:39.70*	*00:39.60*	*00:38.72*	*00:37.63*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

VJTC 2026: Session: 4: COACH evaluation sheet for TEAM: GZVN

Event number: 42: 50M BUTTERFLY MEN 15-16 — Heat:3, starttime: 15:39

Heat: 3/4 Lane : 1 Athlete: ONA CESAR — **Q-time: 00:28:81**

PB (50m pool): 00:29.56 Genk 01/02/2026 **PB (25m pool):** 00:28.81 **SB:** 00:29.56 Genk 01/02/2026

	5 0 M
PB	00:29.56
	00:29.56
	. . : . . : . .

Coach feedback:

Event number: 43: 50M BUTTERFLY WOMEN 11-12 — Heat:4, starttime: 15:45

Heat: 4/7 Lane : 5 Athlete: VANHEES HANNAH — **Q-time: 00:37:19**

PB (50m pool): 00:37.19 Düsseldorf 14/12/2025 **PB (25m pool):** 00:38.28 **SB:** 00:37.19 Düsseldorf 14/12/2025

	5 0 M
PB	00:37.19
	00:37.19
	. . : . . : . .

Coach feedback:

Event number: 44: 50M BUTTERFLY MEN 11-12 — Heat:2, starttime: 15:51

Heat: 2/7 Lane : 5 Athlete: VANRUSSELT RAFAëL — **Q-time: 00:39:92**

PB (50m pool): 00:39.92 Düsseldorf 14/12/2025 **PB (25m pool):** 00:40.50 **SB:** 00:39.92 Düsseldorf 14/12/2025

	5 0 M
PB	00:39.92
	00:39.92
	. . : . . : . .

Coach feedback:

Event number: 46: 100M BUTTERFLY WOMEN 13-14 — Heat:1, starttime: 16:08

Heat: 1/4 Lane : 6 Athlete: JANSSEN LAUREN — **Q-time: 01:20:55**

PB (50m pool): 01:22.71 Zwembad Brigitte Becue 30/05/2025 **PB (25m pool):** 01:20.55 **SB:** no time

	5 0 M	1 0 0 M
PB	00:37.03	01:22.71
	00:37.03	*00:45.68*
	. . : . . : . .	. . : . . : . .

Coach feedback:

VJTC 2026: Session: 4: COACH evaluation sheet for TEAM: GZVN

Event number: 48: 400M MEDLEY MEN 15-16 — Heat:2, starttime: 16:40

Heat: 2/2 Lane : 5 Athlete: ONA CESAR — **Q-time: 04:52:79**

PB (50m pool): 04:59.19 Antwerpen 20/07/2025 — **PB (25m pool):** 04:52.79 **SB:** 04:59.30 Genk 01/02/2026

	50M	100M	150M	200M	250M	300M	350M	400M
PB	00:31.38	01:07.69	01:47.50	02:26.20	03:07.38	03:49.22	04:25.15	04:59.19
	00:31.38	*00:36.31*	*00:39.81*	*00:38.70*	*00:41.18*	*00:41.84*	*00:35.93*	*00:34.04*
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Coach feedback:

Event number: 49: 100M BACKSTROKE WOMEN 11-12 — Heat:5, starttime: 16:56

Heat: 5/7 Lane : 3 Athlete: VANHEES HANNAH — **Q-time: 01:22:22**

PB (50m pool): 01:22.22 Genk 01/02/2026 — **PB (25m pool):** 01:23.90 **SB:** 01:22.22 Genk 01/02/2026

	50M	100M
PB	00:39.49	01:22.22
	00:39.49	*00:42.73*
	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 50: 100M BACKSTROKE MEN 11-12 — Heat:3, starttime: 17:08

Heat: 3/7 Lane : 6 Athlete: VANRUSSELT RAFAëL — **Q-time: 01:24:89**

PB (50m pool): 01:26.69 Antwerpen 20/07/2025 — **PB (25m pool):** 01:24.89 **SB:** 01:26.75 Düsseldorf 14/12/2025

	50M	100M
PB	00:42.39	01:26.69
	00:42.39	*00:44.30*
	. . : . . : . .	. . : . . : . .

Coach feedback: