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

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

Coaches: Konings Antoinette HEADCOACH

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

Event number: 37: 100M BREASTSTROKE WOMEN 11-12 — Heat:2, starttime: 14:32

Heat: 2/7 Lane : 4 Athlete: BEVERNAGE TRIX — **Q-time: 01:37:48**

PB (50m pool): 01:37.48 Genk 01/02/2026 **PB (25m pool):** 01:39.69 **SB:** 01:37.48 Genk 01/02/2026

	5 0 M	1 0 0 M	
PB	00:46.13	01:37.48	
	00:46.13	*00:51.35*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 37: 100M BREASTSTROKE WOMEN 11-12 — Heat:4, starttime: 14:37

Heat: 4/7 Lane : 7 Athlete: CLAESSENS ISA-BEAU — **Q-time: 01:34:04**

PB (50m pool): 01:34.26 Genk 01/02/2026 **PB (25m pool):** 01:34.04 **SB:** 01:34.26 Genk 01/02/2026

	5 0 M	1 0 0 M	
PB	00:46.61	01:34.26	
	00:46.61	*00:47.65*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 41: 50M BUTTERFLY WOMEN 15-16 — Heat:2, starttime: 15:31

Heat: 2/6 Lane : 1 Athlete: LUTS EMILIA — **Q-time: 00:32:21**

PB (50m pool): 00:32.21 Zwembad Brigitte Becue 30/05/2025 **PB (25m pool):** 00:31.78 **SB:** no time

	5 0 M	
PB	00:32.21	
	00:32.21	
	. . : . . : . .	

Coach feedback:

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

Event number: 41: 50M BUTTERFLY WOMEN 15-16 — Heat:6, starttime: 15:35

Heat: 6/6 Lane : 7 Athlete: SARGESJAN NALA — **Q-time: 00:30:33**

PB (50m pool): 00:31.13 Gent 08/02/2026 **PB (25m pool):** 00:30.33 **SB:** 00:31.13 Gent 08/02/2026

	50 M	
PB	00:31.13	
	00:31.13	
	. . : . . : . .	

Coach feedback:

Event number: 42: 50M BUTTERFLY MEN 15-16 — Heat:4, starttime: 15:40

Heat: 4/4 Lane : 2 Athlete: VANGROOTLOON JEF — **Q-time: 00:28:12**

PB (50m pool): 00:28.12 Gent 08/02/2026 **PB (25m pool):** 00:28.40 **SB:** 00:28.12 Gent 08/02/2026

	50 M	
PB	00:28.12	
	00:28.12	
	. . : . . : . .	

Coach feedback:

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

Heat: 4/7 Lane : 6 Athlete: BEVERNAGE TRIX — **Q-time: 00:37:45**

PB (50m pool): 00:37.45 Genk 01/02/2026 **PB (25m pool):** 00:41.41 **SB:** 00:37.45 Genk 01/02/2026

	50 M	
PB	00:37.45	
	00:37.45	
	. . : . . : . .	

Coach feedback:

Event number: 43: 50M BUTTERFLY WOMEN 11-12 — Heat:5, starttime: 15:46

Heat: 5/7 Lane : 4 Athlete: CLAESSENS ISA-BEAU — **Q-time: 00:35:92**

PB (50m pool): 00:35.92 Genk 01/02/2026 **PB (25m pool):** 00:38.10 **SB:** 00:35.92 Genk 01/02/2026

	50 M	
PB	00:35.92	
	00:35.92	
	. . : . . : . .	

Coach feedback:

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

Event number: 48: 400M MEDLEY MEN 15-16 — Heat:1, starttime: 16:34

Heat: 1/2 Lane : 3 Athlete: TAYYEM ABDO-ALMALLEK — **Q-time: 05:28:20**

PB (50m pool): 05:28.20 Genk 01/02/2026 — **PB (25m pool):** no time **SB:** 05:28.20 Genk 01/02/2026

	50M	100M	150M	200M	250M	300M	350M	400M
PB	00:31.62	01:10.37	01:53.98	02:36.62	03:23.32	04:12.07	04:50.76	05:28.20
	00:31.62	*00:38.75*	*00:43.61*	*00:42.64*	*00:46.70*	*00:48.75*	*00:38.69*	*00:37.44*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 49: 100M BACKSTROKE WOMEN 11-12 — Heat:2, starttime: 16:48

Heat: 2/7 Lane : 8 Athlete: BEVERNAGE TRIX — **Q-time: 01:26:66**

PB (50m pool): 01:26.66 Seraing 25/01/2026 — **PB (25m pool):** 01:23.05 **SB:** 01:26.66 Seraing 25/01/2026

	50M	100M	
PB	00:42.99	01:26.66	
	00:42.99	*00:43.67*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 49: 100M BACKSTROKE WOMEN 11-12 — Heat:3, starttime: 16:51

Heat: 3/7 Lane : 6 Athlete: CLAESSENS ISA-BEAU — **Q-time: 01:25:00**

PB (50m pool): 01:27.56 Gent 08/02/2026 — **PB (25m pool):** 01:25.00 **SB:** 01:27.56 Gent 08/02/2026

	50M	100M	
PB	00:43.33	01:27.56	
	00:43.33	*00:44.23*	
	. . : . . : . .	. . : . . : . .	

Coach feedback: