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

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

Coaches: MOERMAN Helena

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

Event number: 37: 100M BREASTSTROKE WOMEN 11-12 — Heat:7, starttime: 14:43

Heat: 7/7 Lane : 3 Athlete: DECOMBLE LIZE — **Q-time: 01:24:21**

PB (50m pool): 01:26.98 Brugge 01/02/2026 **PB (25m pool):** 01:24.21 **SB:** 01:26.98 Brugge 01/02/2026

	5 0 M	1 0 0 M	
PB	00:43.44	01:26.98	
	00:43.44	*00:43.54*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 43: 50M BUTTERFLY WOMEN 11-12 — Heat:6, starttime: 15:47

Heat: 6/7 Lane : 8 Athlete: DECOMBLE LIZE — **Q-time: 00:35:83**

PB (50m pool): 00:35.83 Brugge 01/02/2026 **PB (25m pool):** 00:38.04 **SB:** 00:35.83 Brugge 01/02/2026

	5 0 M	
PB	00:35.83	
	00:35.83	
	. . : . . : . .	

Coach feedback:

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

Heat: 5/7 Lane : 1 Athlete: DECOMBLE LIZE — **Q-time: 01:22:82**

PB (50m pool): 01:23.55 Brugge 01/02/2026 **PB (25m pool):** 01:22.82 **SB:** 01:23.55 Brugge 01/02/2026

	5 0 M	1 0 0 M	
PB	00:40.82	01:23.55	
	00:40.82	*00:42.73*	
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Coach feedback: