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

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

Coaches: Terryn Julien

Coaches: Wallemacq Justine

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

Event number: 40: 400M FREESTYLE MEN 13-14 — Heat:1, starttime: 15:18

Heat: 1/2 Lane : 6 Athlete: DE VLIEGER ELIOTT — **Q-time: 05:01:09**

PB (50m pool): 05:08.67 Lochristi 01/02/2026 **PB (25m pool):** 05:01.09 **SB:** 05:08.67 Lochristi 01/02/2026

	50 M	100 M	150 M	200 M	250 M	300 M	350 M	400 M
PB	no time	01:11.70	no time	02:32.27	no time	no time	no time	05:08.67
	no time							
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Coach feedback:

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

Heat: 2/6 Lane : 4 Athlete: MALFAIT LIZANNA (LIZI) — **Q-time: 00:31:59**

PB (50m pool): 00:32.63 Gent 08/02/2026 **PB (25m pool):** 00:31.59 **SB:** 00:32.63 Gent 08/02/2026

	50 M	
PB	00:32.63	
	00:32.63	
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Coach feedback:

Event number: 41: 50M BUTTERFLY WOMEN 15-16 — Heat:4, starttime: 15:33

Heat: 4/6 Lane : 5 Athlete: BEIJNSBERGER MARE — **Q-time: 00:29:63**

PB (50m pool): 00:29.63 Antwerpen 27/07/2025 **PB (25m pool):** 00:33.71 **SB:** 00:31.36 Gent 08/02/2026

	50 M	
PB	00:29.63	
	00:29.63	
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Coach feedback: