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

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

Coaches: Feyten Anne

Coaches: Bierinckx Kris HEADCOACH

Coaches: Verbeek Mats

Coaches: Wouters Maxim

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

Event number: 38: 100M BREASTSTROKE MEN 11-12 — Heat:6, starttime: 14:56

Heat: 6/7 Lane : 2 Athlete: MERTENS DIETER — **Q-time: 01:30:11**

PB (50m pool): 01:34.22 Antwerpen 20/07/2025 **PB (25m pool):** 01:30.11 **SB:** 01:34.28 Wezenberg 01/02/2026

	5 0 M	1 0 0 M	
PB	00:44.82	01:34.22	
	00:44.82	*00:49.40*	
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Coach feedback:

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

Heat: 2/6 Lane : 2 Athlete: BELLENS LORE — **Q-time: 00:31:96**

PB (50m pool): 00:31.96 Wezenberg 01/02/2026 **PB (25m pool):** 00:33.21 **SB:** 00:31.96 Wezenberg 01/02/2026

	5 0 M	
PB	00:31.96	
	00:31.96	
	. . : . . : . .	

Coach feedback:

Event number: 41: 50M BUTTERFLY WOMEN 15-16 — Heat:5, starttime: 15:34

Heat: 5/6 Lane : 2 Athlete: BOVEN AXELLE — **Q-time: 00:30:20**

PB (50m pool): 00:30.80 SportinGenk Park 21/04/2025 **PB (25m pool):** 00:30.20 **SB:** no time

	5 0 M	
PB	00:30.80	
	00:30.80	
	. . : . . : . .	

Coach feedback:

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

Event number: 44: 50M BUTTERFLY MEN 11-12 — Heat:7, starttime: 15:57

Heat: 7/7 Lane : 8 Athlete: MERTENS DIETER — **Q-time: 00:34:18**

PB (50m pool): 00:34.58 Wezenberg 01/02/2026 **PB (25m pool):** 00:34.18 **SB:** 00:34.58 Wezenberg 01/02/2026

	50M
PB	00:34.58
	00:34.58
	. . : . . : . .

Coach feedback:

Event number: 47: 400M MEDLEY WOMEN 15-16 — Heat:2, starttime: 16:21

Heat: 2/3 Lane : 6 Athlete: BELLENS LORE — **Q-time: 05:27:17**

PB (50m pool): 05:40.20 Antwerpen 20/07/2025 **PB (25m pool):** 05:27.17 **SB:** no time

	50M	100M	150M	200M	250M	300M	350M	400M
PB	00:34.38	01:14.98	01:59.70	02:43.06	03:30.66	04:20.24	05:00.39	05:40.20
	00:34.38	*00:40.60*	*00:44.72*	*00:43.36*	*00:47.60*	*00:49.58*	*00:40.15*	*00:39.81*
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Coach feedback:

Event number: 47: 400M MEDLEY WOMEN 15-16 — Heat:3, starttime: 16:27

Heat: 3/3 Lane : 8 Athlete: MERTENS FEMKE — **Q-time: 05:22:63**

PB (50m pool): 05:29.17 Antwerpen 20/07/2025 **PB (25m pool):** 05:22.63 **SB:** no time

	50M	100M	150M	200M	250M	300M	350M	400M
PB	00:35.12	01:17.55	01:58.73	02:39.98	03:27.34	04:15.48	04:52.87	05:29.17
	00:35.12	*00:42.43*	*00:41.18*	*00:41.25*	*00:47.36*	*00:48.14*	*00:37.39*	*00:36.30*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 50: 100M BACKSTROKE MEN 11-12 — Heat:7, starttime: 17:17

Heat: 7/7 Lane : 6 Athlete: MERTENS DIETER — **Q-time: 01:15:61**

PB (50m pool): 01:19.17 Wezenberg 01/02/2026 **PB (25m pool):** 01:15.61 **SB:** 01:19.17 Wezenberg 01/02/2026

	50M	100M
PB	00:38.59	01:19.17
	00:38.59	*00:40.58*
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Coach feedback: