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

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

Coaches: Remans Sander HEADCOACH

Coaches: Deprez Lukas

Coaches: Mattheus Ibe

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

Event number: 37: 100M BREASTSTROKE WOMEN 11-12 — Heat:1, starttime: 14:30

Heat: 1/7 Lane : 4 Athlete: REMANS ALICE — **Q-time: 01:41:08**

PB (50m pool): 01:41.08 Wezenberg 04/01/2026 **PB (25m pool):** 01:37.19 **SB:** 01:41.08 Wezenberg 04/01/2026

	5 0 M	1 0 0 M	
PB	00:47.35	01:41.08	
	00:47.35	*00:53.73*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 2/7 Lane : 3 Athlete: ROSSEEL JANNE — **Q-time: 01:38:43**

PB (50m pool): 01:38.43 Molenbeek 01/02/2026 **PB (25m pool):** 01:35.56 **SB:** 01:38.43 Molenbeek 01/02/2026

	5 0 M	1 0 0 M	
PB	no time	01:38.43	
	no time		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 4/7 Lane : 4 Athlete: REMANS ALICE — **Q-time: 00:37:19**

PB (50m pool): 00:37.19 Molenbeek 01/02/2026 **PB (25m pool):** 00:36.86 **SB:** 00:37.19 Molenbeek 01/02/2026

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

Coach feedback:

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

Heat: 6/7 Lane : 3 Athlete: ROSSEEL JANNE — **Q-time: 00:35:42**

PB (50m pool): 00:35.42 Wezenberg 04/01/2026 — **PB (25m pool):** 00:34.95 **SB:** 00:35.42 Wezenberg 04/01/2026

	50 M
PB	00:35.42
	00:35.42
	. . : . . : . .

Coach feedback:

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

Heat: 1/4 Lane : 1 Athlete: MAES JULIE — **Q-time: 01:23:06**

PB (50m pool): 01:23.06 Antwerp 26/01/2025 — **PB (25m pool):** 01:19.70 **SB:** 01:26.57 Wezenberg 04/01/2026

	50 M	100 M
PB	00:36.63	01:23.06
	00:36.63	*00:46.43*
	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 49: 100M BACKSTROKE WOMEN 11-12 — Heat:1, starttime: 16:46

Heat: 1/7 Lane : 1 Athlete: REMANS ALICE — **Q-time: 01:30:46**

PB (50m pool): 01:30.46 Molenbeek 01/02/2026 — **PB (25m pool):** 01:24.05 **SB:** 01:30.46 Molenbeek 01/02/2026

	50 M	100 M
PB	no time	01:30.46
	no time	
	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 5/7 Lane : 7 Athlete: ROSSEEL JANNE — **Q-time: 01:22:77**

PB (50m pool): 01:22.77 Antwerpen 20/07/2025 — **PB (25m pool):** 01:19.04 **SB:** 01:22.91 Molenbeek 01/02/2026

	50 M	100 M
PB	00:39.18	01:22.77
	00:39.18	*00:43.59*
	. . : . . : . .	. . : . . : . .

Coach feedback: