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

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

Coaches: Bartholomeus Pieter HEADCOACH

Coaches: Lowagie Bouwdewijn

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 : 5 Athlete: LOWAGIE LILY **Q-time: 01:23:22**

PB (50m pool): 01:25.16 Brugge 01/02/2026 **PB (25m pool):** 01:23.22 **SB:** 01:25.16 Brugge 01/02/2026

	5 0 M	1 0 0 M	
PB	00:40.83	01:25.16	
	00:40.83	*00:44.33*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 43: 50M BUTTERFLY WOMEN 11-12 Heat:3, starttime: 15:44

Heat: 3/7 Lane : 2 Athlete: LOWAGIE LILY **Q-time: 00:38:69**

PB (50m pool): 00:39.16 Brugge 01/02/2026 **PB (25m pool):** 00:38.69 **SB:** 00:39.16 Brugge 01/02/2026

	5 0 M	
PB	00:39.16	
	00:39.16	
	. . : . . : . .	

Coach feedback:

Event number: 49: 100M BACKSTROKE WOMEN 11-12 Heat:6, starttime: 16:58

Heat: 6/7 Lane : 6 Athlete: LOWAGIE LILY **Q-time: 01:19:90**

PB (50m pool): 01:23.34 Antwerpen 20/07/2025 **PB (25m pool):** 01:19.90 **SB:** 01:24.17 Brugge 01/02/2026

	5 0 M	1 0 0 M	
PB	00:41.98	01:23.34	
	00:41.98	*00:41.36*	
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Coach feedback: