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

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

Coaches: Van Dooren Glenn

Coaches: Neirynck Jan

Coaches: Wouters Ivan

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

Event number: 37: 100M BREASTSTROKE WOMEN 11-12 — Heat:5, starttime: 14:39

Heat: 5/7 Lane : 8 Athlete: LAUREYSENS JUTTA — **Q-time: 01:33:15**

PB (50m pool): 01:33.15 Wezenberg 01/02/2026 **PB (25m pool):** 01:35.55 **SB:** 01:33.15 Wezenberg 01/02/2026

	50 M	100 M	
PB	00:43.31	01:33.15	
	00:43.31	*00:49.84*	
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Coach feedback:

Event number: 39: 400M FREESTYLE WOMEN 13-14 — Heat:3, starttime: 15:12

Heat: 3/3 Lane : 2 Athlete: BASSTANIE LIENE — **Q-time: 04:57:36**

PB (50m pool): 05:23.53 Antwerp 26/01/2025 **PB (25m pool):** 04:57.36 **SB:** no time

	50 M	100 M	150 M	200 M	250 M	300 M	350 M	400 M
PB	00:35.58	01:15.70	01:57.75	02:40.45	03:22.67	04:03.88	04:44.58	05:23.53
	00:35.58	*00:40.12*	*00:42.05*	*00:42.70*	*00:42.22*	*00:41.21*	*00:40.70*	*00:38.95*
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Coach feedback:

Event number: 43: 50M BUTTERFLY WOMEN 11-12 — Heat:5, starttime: 15:46

Heat: 5/7 Lane : 2 Athlete: LAUREYSENS JUTTA — **Q-time: 00:36:30**

PB (50m pool): 00:37.41 Wezenberg 01/02/2026 **PB (25m pool):** 00:36.30 **SB:** 00:37.41 Wezenberg 01/02/2026

	50 M	
PB	00:37.41	
	00:37.41	
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Coach feedback:

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Event number: 45: 100M BUTTERFLY MEN 13-14 — Heat:3, starttime: 16:02

Heat: 3/5 Lane : 6 Athlete: VERDONCK STAN — **Q-time: 01:10:38**

PB (50m pool): 01:17.46 Antwerpen 20/07/2025 **PB (25m pool):** 01:10.38 **SB:** no time

	50 M	100 M	
PB	00:35.32	01:17.46	
	00:35.32	*00:42.14*	
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Coach feedback:

Event number: 45: 100M BUTTERFLY MEN 13-14 — Heat:3, starttime: 16:02

Heat: 3/5 Lane : 7 Athlete: THIJSBAERT NIO — **Q-time: 01:12:80**

PB (50m pool): 01:15.75 Antwerpen 20/07/2025 **PB (25m pool):** 01:12.80 **SB:** no time

	50 M	100 M	
PB	00:34.42	01:15.75	
	00:34.42	*00:41.33*	
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Coach feedback:

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

Heat: 6/7 Lane : 3 Athlete: LAUREYSENS JUTTA — **Q-time: 01:19:39**

PB (50m pool): 01:20.05 Wezenberg 01/02/2026 **PB (25m pool):** 01:19.39 **SB:** 01:20.05 Wezenberg 01/02/2026

	50 M	100 M	
PB	00:39.50	01:20.05	
	00:39.50	*00:40.55*	
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Coach feedback: