VJTC 2026: Session: 5: COACH evaluation sheet for TEAM: AZL

Coachinfo: Warming up from: 08:15 untill 09:15. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Bijloos Annie

Coaches: Van den Broeck Els HEADCOACH

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

Event number: 52: 400M FREESTYLE WOMEN 15-16 — Heat:1, starttime: 09:45

Heat: 1/2 Lane : 3 Athlete: VAN DEN BREMT SARAH — **Q-time: 04:44:74**

PB (50m pool): 04:47.86 Antwerpen 27/07/2025 **PB (25m pool):** 04:44.74 **SB:** 04:48.90 Lochristi 01/02/2026

	50M	100M	150M	200M	250M	300M	350M	400M
PB	00:32.38	01:07.63	01:44.11	02:20.92	02:58.52	03:35.88	04:13.25	04:47.86
	00:32.38	*00:35.25*	*00:36.48*	*00:36.81*	*00:37.60*	*00:37.36*	*00:37.37*	*00:34.61*
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Coach feedback:

Event number: 53: 200M BREASTSTROKE MEN 15-16 — Heat:1, starttime: 09:57

Heat: 1/2 Lane : 4 Athlete: VERHULST MEINDERT — **Q-time: 02:37:49**

PB (50m pool): 02:40.58 Gent 08/02/2026 **PB (25m pool):** 02:37.49 **SB:** 02:40.58 Gent 08/02/2026

	50M	100M	150M	200M	
PB	00:35.70	01:17.49	01:59.57	02:40.58	
	00:35.70	*00:41.79*	*00:42.08*	*00:41.01*	
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Coach feedback:

Event number: 58: 200M BACKSTROKE WOMEN 15-16 — Heat:2, starttime: 10:55

Heat: 2/3 Lane : 4 Athlete: VAN DEN BREMT SARAH — **Q-time: 02:27:19**

PB (50m pool): 02:33.94 Antwerpen 27/07/2025 **PB (25m pool):** 02:27.19 **SB:** 02:36.29 Lochristi 01/02/2026

	50M	100M	150M	200M	
PB	00:35.72	01:15.50	01:55.72	02:33.94	
	00:35.72	*00:39.78*	*00:40.22*	*00:38.22*	
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Coach feedback:

VJTC 2026: Session: 5: COACH evaluation sheet for TEAM: AZL

Event number: 60: 400M MEDLEY WOMEN 13-14 **Heat:2, starttime: 11:28**

Heat: 2/3 Lane : 6 Athlete: VAN DE WINKEL LOLA **Q-time: 05:55:61**

PB (50m pool): 05:55.61 Antwerpen 20/07/2025 **PB (25m pool):** 05:56.54 **SB:** 05:56.85 Lochristi 01/02/2026

	50M	100M	150M	200M	250M	300M	350M	400M
PB	00:36.69	01:22.48	02:09.02	02:54.05	03:42.41	04:32.56	05:14.84	05:55.61
	00:36.69	*00:45.79*	*00:46.54*	*00:45.03*	*00:48.36*	*00:50.15*	*00:42.28*	*00:40.77*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback: