# VJTC 2026: Session: 5: COACH evaluation sheet for TEAM: BEST

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

**Coaches: Mentens Nele HEADCOACH**

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

## Event number: 53: 200M BREASTSTROKE MEN 15-16 Heat:2, starttime: 10:00

**Heat: 2/2 Lane : 7 Athlete: VAN HOOF COBE** **Q-time: 02:34:10**

**PB (50m pool): 02:42.27 Antwerpen 27/07/2025** **PB (25m pool):** 02:34.10 **SB:** no time

| | 50M | 100M | 150M | 200M | |
|---|---|---|---|---|---|
| PB | 00:36.27 | 01:17.32 | 01:59.80 | 02:42.27 | |
| | *00:36.27* | *00:41.05* | *00:42.48* | *00:42.47* | |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | |

Coach feedback:

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

**Heat: 2/3 Lane : 3 Athlete: VANDERLINDEN PAULIEN** **Q-time: 02:28:01**

**PB (50m pool): 02:34.04 Antwerpen 20/07/2025** **PB (25m pool):** 02:28.01 **SB:** 02:43.58 Molenbeek 01/02/2026

| | 50M | 100M | 150M | 200M | |
|---|---|---|---|---|---|
| PB | 00:36.54 | 01:16.35 | 01:55.70 | 02:34.04 | |
| | *00:36.54* | *00:39.81* | *00:39.35* | *00:38.34* | |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | |

Coach feedback:

## Event number: 59: 400M MEDLEY MEN 13-14 Heat:2, starttime: 11:09

**Heat: 2/3 Lane : 5 Athlete: PROUVé VIKTOR** **Q-time: 05:31:36**

**PB (50m pool): 05:46.67 Molenbeek 01/02/2026** **PB (25m pool):** 05:31.36 **SB:** 05:46.67 Molenbeek 01/02/2026

| | 50M | 100M | 150M | 200M | 250M | 300M | 350M | 400M |
|---|---|---|---|---|---|---|---|---|
| PB | no time | 01:18.69 | no time | no time | no time | no time | no time | 05:46.67 |
| | *no time* | | | | | | | |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . |

Coach feedback: