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

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

Coaches: De Nolf Elina

Coaches: Maene Stefaan HEADCOACH

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

Event number: 54: 200M BREASTSTROKE WOMEN 15-16 Heat:1, starttime: 10:04

Heat: 1/2 Lane : 2 Athlete: MESTDAGH LAURE **Q-time: 02:57:64**

PB (50m pool): 02:53.17 **Antwerpen 21/07/2024** **PB (25m pool):** 02:46.09 **SB:** no time

	50M	100M	150M	200M	
PB	no time	no time	no time	02:53.17	
	no time				
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Coach feedback:

Event number: 56: 200M FREESTYLE WOMEN 13-14 Heat:2, starttime: 10:26

Heat: 2/6 Lane : 7 Athlete: KIELB KORNELIA **Q-time: 02:30:24**

PB (50m pool): 02:44.27 **Antwerpen 13/07/2025** **PB (25m pool):** 02:30.24 **SB:** no time

	50M	100M	150M	200M	
PB	00:37.08	01:19.29	02:02.69	02:44.27	
	00:37.08	*00:42.21*	*00:43.40*	*00:41.58*	
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Coach feedback: