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

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

Coaches: Broux Yves

Coaches: Smeets Mirthe

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

Event number: 52: 400M FREESTYLE WOMEN 15-16 — Heat:2, starttime: 09:51

Heat: 2/2 Lane : 4 Athlete: VERVLOET ZOé — **Q-time: 04:23:96**

PB (50m pool): 04:31.49 Antwerpen 27/07/2025 **PB (25m pool):** 04:23.96 **SB:** no time

	50M	100M	150M	200M	250M	300M	350M	400M
PB	00:30.87	01:05.03	01:39.38	02:14.03	02:48.37	03:23.23	03:57.64	04:31.49
	00:30.87	*00:34.16*	*00:34.35*	*00:34.65*	*00:34.34*	*00:34.86*	*00:34.41*	*00:33.85*
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Coach feedback:

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

Heat: 2/2 Lane : 6 Athlete: ONA CESAR — **Q-time: 02:32:84**

PB (50m pool): 02:35.39 Düsseldorf 14/12/2025 **PB (25m pool):** 02:32.84 **SB:** 02:35.39 Düsseldorf 14/12/2025

	50M	100M	150M	200M	
PB	no time	01:14.77	no time	02:35.39	
	no time				
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Coach feedback:

Event number: 55: 200M FREESTYLE MEN 13-14 — Heat:3, starttime: 10:17

Heat: 3/4 Lane : 7 Athlete: TORDEUR KILIAN — **Q-time: 02:19:64**

PB (50m pool): 02:21.61 Genk 01/02/2026 **PB (25m pool):** 02:19.64 **SB:** 02:21.61 Genk 01/02/2026

	50M	100M	150M	200M	
PB	00:31.90	01:08.02	01:45.06	02:21.61	
	00:31.90	*00:36.12*	*00:37.04*	*00:36.55*	
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Coach feedback:

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

Event number: 56: 200M FREESTYLE WOMEN 13-14 **Heat:6, starttime: 10:38**

Heat: 6/6 Lane : 8 Athlete: JANSSEN LAUREN **Q-time: 02:18:59**

PB (50m pool): 02:23.93 **Antwerpen** 20/07/2025 **PB (25m pool):** 02:18.59 **SB:** no time

	50M	100M	150M	200M	
PB	00:33.43	01:10.89	01:48.47	02:23.93	
	00:33.43	*00:37.46*	*00:37.58*	*00:35.46*	
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Coach feedback: