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

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

Coaches: Konings Antoinette HEADCOACH

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

Event number: 51: 400M FREESTYLE MEN 15-16 — Heat:3, starttime: 09:40

Heat: 3/3 Lane : 4 Athlete: VANGROOTLOON JEF — **Q-time: 04:05:89**

PB (50m pool): 04:13.62 Genk 01/02/2026 **PB (25m pool):** 04:05.89 **SB:** 04:13.62 Genk 01/02/2026

	50M	100M	150M	200M	250M	300M	350M	400M
PB	00:28.30	00:59.79	01:32.25	02:04.99	02:37.68	03:10.60	03:43.17	04:13.62
	00:28.30	*00:31.49*	*00:32.46*	*00:32.74*	*00:32.69*	*00:32.92*	*00:32.57*	*00:30.45*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 1/2 Lane : 6 Athlete: LUTS EMILIA — **Q-time: 02:54:00**

PB (50m pool): 03:04.50 Antwerp 09/02/2025 **PB (25m pool):** 02:53.37 **SB:** no time

	50M	100M	150M	200M	
PB	00:41.82	01:27.53	02:15.00	03:04.50	
	00:41.82	*00:45.71*	*00:47.47*	*00:49.50*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 57: 200M BACKSTROKE MEN 15-16 — Heat:1, starttime: 10:41

Heat: 1/3 Lane : 3 Athlete: TAYYEM ABDO-ALMALLEK — **Q-time: 02:24:32**

PB (50m pool): 02:30.40 Seraing 25/01/2026 **PB (25m pool):** 02:24.32 **SB:** 02:30.40 Seraing 25/01/2026

	50M	100M	150M	200M	
PB	00:34.04	01:11.68	01:51.22	02:30.40	
	00:34.04	*00:37.64*	*00:39.54*	*00:39.18*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 58: 200M BACKSTROKE WOMEN 15-16 **Heat:1, starttime: 10:51**

Heat: 1/3 Lane : 7 Athlete: SARGESJAN NALA **Q-time: 02:38:90**

PB (50m pool): 02:45.99 Antwerp 26/01/2025 **PB (25m pool):** 02:38.90 **SB:** no time

	50M	100M	150M	200M	
PB	00:38.98	01:21.99	02:05.19	02:45.99	
	00:38.98	*00:43.01*	*00:43.20*	*00:40.80*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback: