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

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

Coaches: Lammens Tim

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

Event number: 56: 200M FREESTYLE WOMEN 13-14 Heat:4, starttime: 10:32

Heat: 4/6 Lane : 3 Athlete: LAMMENS ALIX **Q-time: 02:21:95**

PB (50m pool): 02:25.33 Gent 08/02/2026 **PB (25m pool):** 02:21.95 **SB:** 02:25.33 Gent 08/02/2026

	50M	100M	150M	200M	
PB	no time	01:09.75	no time	02:25.33	
	no time				
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Coach feedback: