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

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

Coaches: Feyten Anne

Coaches: Bierinckx Kris HEADCOACH

Coaches: Verbeek Mats

Coaches: Wouters Maxim

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 : 4 Athlete: MERTENS FEMKE — **Q-time: 02:49:25**

PB (50m pool): 02:57.00 Antwerpen 20/07/2025 **PB (25m pool):** 02:49.25 **SB:** no time

	50M	100M	150M	200M	
PB	00:40.47	01:25.34	02:11.60	02:57.00	
	00:40.47	*00:44.87*	*00:46.26*	*00:45.40*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 1/2 Lane : 7 Athlete: BELLENS LORE — **Q-time: 03:01:39**

PB (50m pool): 03:01.39 Antwerpen 20/07/2025 **PB (25m pool):** 02:49.36 **SB:** no time

	50M	100M	150M	200M	
PB	00:40.61	01:27.03	02:14.55	03:01.39	
	00:40.61	*00:46.42*	*00:47.52*	*00:46.84*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 6/6 Lane : 3 Athlete: BIERINCKX MIE — **Q-time: 02:14:09**

PB (50m pool): 02:19.37 Wezenberg 01/02/2026 **PB (25m pool):** 02:14.09 **SB:** 02:19.37 Wezenberg 01/02/2026

	50M	100M	150M	200M	
PB	00:31.59	01:07.46	01:43.89	02:19.37	
	00:31.59	*00:35.87*	*00:36.43*	*00:35.48*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 1/3 Lane : 1 Athlete: BELLENS LORE — **Q-time: 02:42:95**

PB (50m pool): no time **PB (25m pool):** 02:39.90 **SB:** no time

	50M	100M	150M	200M	
PB	no time	no time	no time	no time	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 1/3 Lane : 3 Athlete: JANSSENS ELISABETH — **Q-time: 02:34:93**

PB (50m pool): 02:41.58 Aalst 28/06/2025 **PB (25m pool):** 02:34.93 **SB:** 02:45.51 Wezenberg 01/02/2026

	50M	100M	150M	200M	
PB	00:37.00	01:17.84	02:00.13	02:41.58	
	00:37.00	*00:40.84*	*00:42.29*	*00:41.45*	
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Coach feedback:

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

Heat: 2/3 Lane : 6 Athlete: MERTENS FEMKE — **Q-time: 02:28:26**

PB (50m pool): 02:36.00 Wezenberg 01/02/2026 **PB (25m pool):** 02:28.26 **SB:** 02:36.00 Wezenberg 01/02/2026

	50M	100M	150M	200M	
PB	00:36.28	01:16.23	01:56.81	02:36.00	
	00:36.28	*00:39.95*	*00:40.58*	*00:39.19*	
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Coach feedback: