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

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

Coaches: Lasoen Sam HEADCOACH

Coaches: Vlamijnck Robin

Coaches: Buyck Tine

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 : 2 Athlete: VROMAN WOUT — **Q-time: 04:16:92**

PB (50m pool): 04:26.52 Antwerpen 27/07/2025 **PB (25m pool):** 04:16.92 **SB:** 04:27.16 Lochristi 01/02/2026

	50M	100M	150M	200M	250M	300M	350M	400M
PB	00:30.33	01:02.62	01:36.51	02:10.15	02:44.59	03:19.15	03:53.97	04:26.52
	00:30.33	*00:32.29*	*00:33.89*	*00:33.64*	*00:34.44*	*00:34.56*	*00:34.82*	*00:32.55*
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Coach feedback:

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

Heat: 4/6 Lane : 4 Athlete: BUYLE GEIKE — **Q-time: 02:20:91**

PB (50m pool): 02:26.10 Lochristi 01/02/2026 **PB (25m pool):** 02:20.91 **SB:** 02:26.10 Lochristi 01/02/2026

	50M	100M	150M	200M	
PB	no time	01:10.48	no time	02:26.10	
	no time				
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Coach feedback:

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

Heat: 6/6 Lane : 6 Athlete: RUTSAERT EMILY — **Q-time: 02:15:97**

PB (50m pool): 02:19.17 Luxembourg 01/02/2026 **PB (25m pool):** 02:15.97 **SB:** 02:19.17 Luxembourg 01/02/2026

	50M	100M	150M	200M	
PB	00:31.86	01:07.46	01:44.29	02:19.17	
	00:31.86	*00:35.60*	*00:36.83*	*00:34.88*	
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Coach feedback:

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

Event number: 57: 200M BACKSTROKE MEN 15-16 **Heat:2, starttime: 10:45**

Heat: 2/3 Lane : 4 Athlete: VROMAN WOUT **Q-time: 02:19:39**

PB (50m pool): **02:26.15** **Antwerpen** **27/07/2025** **PB (25m pool):** 02:19.39 **SB:** 02:27.36 Lochristi 01/02/2026

	50M	100M	150M	200M	
PB	00:34.19	01:11.07	01:48.72	02:26.15	
	00:34.19	*00:36.88*	*00:37.65*	*00:37.43*	
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Coach feedback: