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

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

Coaches: Iannino David HEADCOACH

Coaches: Januarius Bart

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

Event number: 55: 200M FREESTYLE MEN 13-14 Heat:1, starttime: 10:11

Heat: 1/4 Lane : 4 Athlete: LESCRAUWAET MAX **Q-time: 02:24:50**

PB (50m pool): 02:24.50 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 02:31.38 **SB:** 02:28.02 Molenbeek 01/02/2026

	50 M	100 M	150 M	200 M	
PB	00:33.11	01:10.06	01:48.68	02:24.50	
	00:33.11	*00:36.95*	*00:38.62*	*00:35.82*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 56: 200M FREESTYLE WOMEN 13-14 Heat:2, starttime: 10:26

Heat: 2/6 Lane : 8 Athlete: DHONDT ANNELIEN **Q-time: 02:31:33**

PB (50m pool): 02:31.33 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 02:28.75 **SB:** no time

	50 M	100 M	150 M	200 M	
PB	00:34.06	01:13.10	01:53.29	02:31.33	
	00:34.06	*00:39.04*	*00:40.19*	*00:38.04*	
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Coach feedback:

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

Heat: 6/6 Lane : 4 Athlete: IANNINO VALENTINA **Q-time: 02:12:00**

PB (50m pool): 02:16.28 Antwerpen 20/07/2025 PB (25m pool): 02:11.08 **SB:** 02:19.42 Gent 08/02/2026

	50 M	100 M	150 M	200 M	
PB	00:30.37	01:04.21	01:40.62	02:16.28	
	00:30.37	*00:33.84*	*00:36.41*	*00:35.66*	
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Coach feedback: