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

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

Coaches: Kindt Joachim HEADCOACH

Coaches: Kindt Maarten

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

Event number: 54: 200M BREASTSTROKE WOMEN 15-16 Heat:2, starttime: 10:07

Heat: 2/2 Lane : 8 Athlete: RUYSSINCK DIEDE **Q-time: 02:48:91**

PB (50m pool): 02:54.55 Antwerpen 27/07/2025 **PB (25m pool):** 02:48.91 **SB:** 02:59.61 Gent 08/02/2026

	50 M	100 M	150 M	200 M	
PB	00:38.60	01:23.10	02:08.86	02:54.55	
	00:38.60	*00:44.50*	*00:45.76*	*00:45.69*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 55: 200M FREESTYLE MEN 13-14 Heat:3, starttime: 10:17

Heat: 3/4 Lane : 8 Athlete: VERNAILLEN SEPPE **Q-time: 02:20:30**

PB (50m pool): 02:25.11 Lochristi 01/02/2026 **PB (25m pool):** 02:20.30 **SB:** 02:25.11 Lochristi 01/02/2026

	50 M	100 M	150 M	200 M	
PB	no time	01:08.46	no time	02:25.11	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 6/6 Lane : 5 Athlete: EELBODE EMELIE **Q-time: 02:12:19**

PB (50m pool): 02:12.19 Aalst 20/12/2025 **PB (25m pool):** 02:20.22 **SB:** 02:12.19 Aalst 20/12/2025

	50 M	100 M	150 M	200 M	
PB	00:30.82	01:04.16	01:39.46	02:12.19	
	00:30.82	*00:33.34*	*00:35.30*	*00:32.73*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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Event number: 60: 400M MEDLEY WOMEN 13-14 **Heat:2, starttime: 11:28**

Heat: 2/3 Lane : 2 Athlete: BAYENS NINA **Q-time: 05:56:98**

PB (50m pool): no time **PB (25m pool):** 05:56.98 **SB:** no time

	50M	100M	150M	200M	250M	300M	350M	400M
PB	no time	no time	no time	no time	no time	no time	no time	no time
	no time							
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback: