VJTC 2026: Session: 6: COACH evaluation sheet for TEAM: HZS

Coachinfo: Warming up from: 13:15 untill 14:15. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Konings Antoinette HEADCOACH

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

Event number: 61: 200M BUTTERFLY WOMEN 15-16 — Heat:2, starttime: 14:33

Heat: 2/2 Lane : 7 Athlete: LUTS EMILIA — **Q-time: 02:36:27**

PB (50m pool): 02:44.65 Mönchengladbach 23/03/2025 **PB (25m pool):** 02:36.27 **SB:** no time

	50M	100M	150M	200M	
PB	no time	01:18.98	no time	02:44.65	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 65: 100M FREESTYLE WOMEN 15-16 — Heat:6, starttime: 15:14

Heat: 6/6 Lane : 7 Athlete: SARGESJAN NALA — **Q-time: 01:00:68**

PB (50m pool): 01:02.11 Genk 01/02/2026 **PB (25m pool):** 01:00.68 **SB:** 01:02.11 Genk 01/02/2026

	50M	100M	
PB	no time	01:02.11	
	no time		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 66: 100M FREESTYLE MEN 15-16 — Heat:5, starttime: 15:22

Heat: 5/6 Lane : 4 Athlete: VANGROOTLOON JEF — **Q-time: 00:52:76**

PB (50m pool): 00:53.73 Genk 01/02/2026 **PB (25m pool):** 00:52.76 **SB:** 00:53.73 Genk 01/02/2026

	50M	100M	
PB	no time	00:53.73	
	no time		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

VJTC 2026: Session: 6: COACH evaluation sheet for TEAM: HZS

Event number: 69: 100M BREASTSTROKE WOMEN 15-16 — Heat:2, starttime: 15:39

Heat: 2/3 Lane : 7 Athlete: LUTS EMILIA — **Q-time: 01:21:37**

PB (50m pool): 01:22.64 Gent 08/02/2026 **PB (25m pool):** 01:21.20 **SB:** 01:22.64 Gent 08/02/2026

	50 M	100 M	
PB	00:39.12	01:22.64	
	00:39.12	*00:43.52*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 70: 100M BREASTSTROKE MEN 15-16 — Heat:2, starttime: 15:45

Heat: 2/3 Lane : 7 Athlete: TAYYEM ABDO-ALMALLEK — **Q-time: 01:19:32**

PB (50m pool): 01:19.32 Genk 01/02/2026 **PB (25m pool):** 01:34.33 **SB:** 01:19.32 Genk 01/02/2026

	50 M	100 M	
PB	00:37.51	01:19.32	
	00:37.51	*00:41.81*	
	. . : . . : . .	. . : . . : . .	

Coach feedback: