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

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

Coaches: Lammens Tim

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

Event number: 67: 50M FREESTYLE WOMEN 13-14 Heat:3, starttime: 15:28

Heat: 3/6 Lane : 1 Athlete: LAMMENS ALIX **Q-time: 00:30:57**

PB (50m pool): 00:31.46 Gent 08/02/2026 **PB (25m pool):** 00:30.57 **SB:** 00:31.46 Gent 08/02/2026

	50M
PB	00:31.46
	00:31.46
	. . : . . : . .

Coach feedback:

Event number: 71: 200M BACKSTROKE WOMEN 13-14 Heat:3, starttime: 15:57

Heat: 3/5 Lane : 4 Athlete: LAMMENS ALIX **Q-time: 02:38:58**

PB (50m pool): 03:09.57 Lago Gent Rozebroeken 05/05/2024 **PB (25m pool):** 02:38.58 **SB:** no time

	50M	100M	150M	200M
PB	no time	no time	no time	03:09.57
	no time			
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Coach feedback: