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

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

Coaches: Terryn Julien

Coaches: Wallemacq Justine

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

Event number: 64: 200M BREASTSTROKE MEN 13-14 — Heat:2, starttime: 14:59

Heat: 2/3 Lane : 6 Athlete: VAN DAELE NAND — **Q-time: 02:53:22**

PB (50m pool): 03:00.69 Kortrijk 26/12/2025 **PB (25m pool):** 02:53.22 **SB:** 03:00.69 Kortrijk 26/12/2025

	50 M	100 M	150 M	200 M	
PB	00:39.92	01:26.42	02:13.28	03:00.69	
	00:39.92	*00:46.50*	*00:46.86*	*00:47.41*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 64: 200M BREASTSTROKE MEN 13-14 — Heat:2, starttime: 14:59

Heat: 2/3 Lane : 7 Athlete: DE VLIEGER ELIOTT — **Q-time: 02:54:87**

PB (50m pool): 02:54.87 Gent 08/02/2026 **PB (25m pool):** 02:55.31 **SB:** 02:54.87 Gent 08/02/2026

	50 M	100 M	150 M	200 M	
PB	00:39.22	01:24.10	02:10.01	02:54.87	
	00:39.22	*00:44.88*	*00:45.91*	*00:44.86*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 65: 100M FREESTYLE WOMEN 15-16 — Heat:5, starttime: 15:13

Heat: 5/6 Lane : 7 Athlete: BEIJNSBERGER MARE — **Q-time: 01:00:73**

PB (50m pool): 01:00.81 Antwerpen 27/07/2025 **PB (25m pool):** 01:00.64 **SB:** 01:02.85 Lochristi 01/02/2026

	50 M	100 M	
PB	00:28.98	01:00.81	
	00:28.98	*00:31.83*	
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Coach feedback:

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

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

Heat: 6/6 Lane : 3 Athlete: MALFAIT LIZANNA (LIZI) — **Q-time: 00:58:99**

PB (50m pool): 01:01.71 Antwerpen 20/07/2025 — **PB (25m pool):** 00:58.99 **SB:** 01:02.00 Lochristi 01/02/2026

	50 M	100 M	
PB	00:29.62	01:01.71	
	00:29.62	*00:32.09*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 68: 50M FREESTYLE MEN 13-14 — Heat:3, starttime: 15:34

Heat: 3/4 Lane : 3 Athlete: VAN DAELE NAND — **Q-time: 00:28:77**

PB (50m pool): 00:28.93 Lochristi 01/02/2026 — **PB (25m pool):** 00:28.77 **SB:** 00:28.93 Lochristi 01/02/2026

	50 M	
PB	00:28.93	
	00:28.93	
	. . : . . : . .	

Coach feedback:

Event number: 72: 200M BACKSTROKE MEN 13-14 — Heat:2, starttime: 16:12

Heat: 2/4 Lane : 5 Athlete: DE VLIEGER ELIOTT — **Q-time: 02:39:33**

PB (50m pool): 02:39.33 Gent 08/02/2026 — **PB (25m pool):** 02:59.10 **SB:** 02:39.33 Gent 08/02/2026

	50 M	100 M	150 M	200 M	
PB	00:36.44	01:17.17	01:59.45	02:39.33	
	00:36.44	*00:40.73*	*00:42.28*	*00:39.88*	
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Coach feedback: