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

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

Coaches: Feyten Anne

Coaches: Bierinckx Kris HEADCOACH

Coaches: Verbeek Mats

Coaches: Wouters Maxim

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

Event number: 65: 100M FREESTYLE WOMEN 15-16 — Heat:1, starttime: 15:07

Heat: 1/6 Lane : 4 Athlete: JANSSENS ELISABETH — **Q-time: 01:03:77**

PB (50m pool): 01:04.63 Wezenberg 01/02/2026 **PB (25m pool):** 01:03.77 **SB:** 01:04.63 Wezenberg 01/02/2026

	50M	100M	
PB	00:30.91	01:04.63	
	00:30.91	*00:33.72*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 65: 100M FREESTYLE WOMEN 15-16 — Heat:2, starttime: 15:08

Heat: 2/6 Lane : 2 Athlete: BELLENS LORE — **Q-time: 01:03:45**

PB (50m pool): 01:05.76 Wezenberg 03/01/2026 **PB (25m pool):** 01:03.45 **SB:** 01:05.76 Wezenberg 03/01/2026

	50M	100M	
PB	00:31.52	01:05.76	
	00:31.52	*00:34.24*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 65: 100M FREESTYLE WOMEN 15-16 — Heat:4, starttime: 15:11

Heat: 4/6 Lane : 1 Athlete: MERTENS FEMKE — **Q-time: 01:01:23**

PB (50m pool): 01:03.34 Antwerpen 20/07/2025 **PB (25m pool):** 01:01.23 **SB:** 01:03.74 Wezenberg 01/02/2026

	50M	100M	
PB	00:30.22	01:03.34	
	00:30.22	*00:33.12*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 5/6 Lane : 6 Athlete: BOVEN AXELLE — **Q-time: 00:59:50**

PB (50m pool): 01:01.64 Wezenberg 01/02/2026 **PB (25m pool):** 00:59.50 **SB:** 01:01.64 Wezenberg 01/02/2026

	5 0 M	1 0 0 M	
PB	no time	01:01.64	
	no time		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 67: 50M FREESTYLE WOMEN 13-14 — Heat:5, starttime: 15:30

Heat: 5/6 Lane : 4 Athlete: BIERINCKX MIE — **Q-time: 00:29:31**

PB (50m pool): 00:30.12 Wezenberg 01/02/2026 **PB (25m pool):** 00:29.31 **SB:** 00:30.12 Wezenberg 01/02/2026

	5 0 M	
PB	00:30.12	
	00:30.12	
	. . : . . : . .	

Coach feedback:

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

Heat: 2/3 Lane : 2 Athlete: BELLENS LORE — **Q-time: 01:20:83**

PB (50m pool): 01:24.90 Wezenberg 03/01/2026 **PB (25m pool):** 01:20.83 **SB:** 01:24.90 Wezenberg 03/01/2026

	5 0 M	1 0 0 M	
PB	00:39.93	01:24.90	
	00:39.93	*00:44.97*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 69: 100M BREASTSTROKE WOMEN 15-16 — Heat:3, starttime: 15:41

Heat: 3/3 Lane : 5 Athlete: BOVEN AXELLE — **Q-time: 01:14:85**

PB (50m pool): 01:16.72 Antwerpen 27/07/2025 **PB (25m pool):** 01:14.85 **SB:** 01:18.76 Wezenberg 03/01/2026

	5 0 M	1 0 0 M	
PB	00:36.01	01:16.72	
	00:36.01	*00:40.71*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 69: 100M BREASTSTROKE WOMEN 15-16 — Heat:3, starttime: 15:41

Heat: 3/3 Lane : 7 Athlete: JANSSENS ELISABETH — **Q-time: 01:21:02**

PB (50m pool): 01:21.30 Antwerpen 27/07/2025 — **PB (25m pool):** 01:21.02 **SB:** 01:21.73 Wezenberg 03/01/2026

	50M	100M	
PB	00:37.96	01:21.30	
	00:37.96	*00:43.34*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 71: 200M BACKSTROKE WOMEN 13-14 — Heat:4, starttime: 16:00

Heat: 4/5 Lane : 8 Athlete: BIERINCKX MIE — **Q-time: 02:38:49**

PB (50m pool): 02:44.08 Wezenberg 01/02/2026 — **PB (25m pool):** 02:38.49 **SB:** 02:44.08 Wezenberg 01/02/2026

	50M	100M	150M	200M	
PB	00:36.49	01:19.12	02:02.17	02:44.08	
	00:36.49	*00:42.63*	*00:43.05*	*00:41.91*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback: