VJTC 2026: Session: 1: COACH evaluation sheet for TEAM: ISWIM

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

Coaches: VANGELUWE KATLIJN

Coaches: LEPLA MARTINE

Coaches: DE GEETER CHARLOTTE

Coaches: DRUART ANNELIES HEADCOACH

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

Event number: 1: 200M MEDLEY MEN 15-16 — Heat:2, starttime: 09:33

Heat: 2/5 Lane : 5 Athlete: PAUWELS MILLAU — **Q-time: 02:26:97**

PB (50m pool): 02:29.10 Antwerpen 20/07/2025 **PB (25m pool):** 02:26.97 **SB:** 02:32.32 Brugge 01/02/2026

	50M	100M	150M	200M	
PB	00:31.97	01:12.14	01:56.54	02:29.10	
	00:31.97	*00:40.17*	*00:44.40*	*00:32.56*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 1: 200M MEDLEY MEN 15-16 — Heat:5, starttime: 09:42

Heat: 5/5 Lane : 4 Athlete: DELIE VICO — **Q-time: 02:06:66**

PB (50m pool): 02:14.83 Wezenberg 03/01/2026 **PB (25m pool):** 02:06.66 **SB:** 02:14.83 Wezenberg 03/01/2026

	50M	100M	150M	200M	
PB	00:28.88	01:04.84	01:44.60	02:14.83	
	00:28.88	*00:35.96*	*00:39.76*	*00:30.23*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 3: 1500M FREESTYLE MEN 15-16 — Heat:1, starttime: 09:58

Heat: 1/1 Lane : 6 Athlete: HOOGHE MAURO — **Q-time: 18:16:00**

PB (50m pool): 18:20.11 Antwerpen 20/07/2025 **PB (25m pool):** 18:16.00 **SB:** no time

	50M	100M	150M	200M	250M	300M	350M	400M
PB	00:30.30	01:05.61	01:42.75	02:19.76	02:56.47	03:33.30	04:10.48	04:47.45
	00:30.30	*00:35.31*	*00:37.14*	*00:37.01*	*00:36.71*	*00:36.83*	*00:37.18*	*00:36.97*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

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	450M	500M	550M	600M	650M	700M	750M	800M
PB	05:24.03	06:00.92	06:38.07	07:15.63	07:52.35	08:29.42	09:06.14	09:43.57
	00:36.58	*00:36.89*	*00:37.15*	*00:37.56*	*00:36.72*	*00:37.07*	*00:36.72*	*00:37.43*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

	850M	900M	950M	1000M	1050M	1100M	1150M	1200M
PB	10:20.57	10:57.59	11:35.19	12:13.14	12:50.91	13:28.37	14:05.93	14:43.23
	00:37.00	*00:37.02*	*00:37.60*	*00:37.95*	*00:37.77*	*00:37.46*	*00:37.56*	*00:37.30*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

	1 150M	1300M	1350M	1400M	1450M	1500M	
PB	15:20.47	15:57.66	16:34.85	17:11.74	17:47.15	18:20.11	
	00:37.24	*00:37.19*	*00:37.19*	*00:36.89*	*00:35.41*	*00:32.96*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 4: 100M BREASTSTROKE MEN 13-14 — Heat:2, starttime: 10:20

Heat: 2/4 Lane : 5 Athlete: HAUSPIE NIEL — **Q-time: 01:17:00**

PB (50m pool): 01:19.60 Brugge 01/02/2026 **PB (25m pool):** 01:17.00 **SB:** 01:19.60 Brugge 01/02/2026

	50M	100M	
PB	00:37.63	01:19.60	
	00:37.63	*00:41.97*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 6: 100M BUTTERFLY MEN 15-16 — Heat:2, starttime: 10:36

Heat: 2/4 Lane : 3 Athlete: SEYS WOUT — **Q-time: 01:01:74**

PB (50m pool): 01:02.79 Kortrijk 04/05/2025 **PB (25m pool):** 01:01.74 **SB:** no time

	50M	100M	
PB	00:29.24	01:02.79	
	00:29.24	*00:33.55*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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Event number: 8: 50M BACKSTROKE MEN 13-14 — Heat:1, starttime: 10:47

Heat: 1/4 Lane : 3 Athlete: CLAEYS YBO — **Q-time: 00:37:10**

PB (50m pool): 00:35.71 Brugge 14/02/2026 **PB (25m pool):** 00:37.10 **SB:** 00:35.71 Brugge 14/02/2026

	5 0 M	
PB	00:35.71	
	00:35.71	
	. . : . . : . .	

Coach feedback:

Event number: 8: 50M BACKSTROKE MEN 13-14 — Heat:1, starttime: 10:47

Heat: 1/4 Lane : 6 Athlete: BEHEYT MATHIS — **Q-time: 00:37:63**

PB (50m pool): 00:36.57 Brugge 14/02/2026 **PB (25m pool):** 00:37.63 **SB:** 00:36.57 Brugge 14/02/2026

	5 0 M	
PB	00:36.57	
	00:36.57	
	. . : . . : . .	

Coach feedback:

Event number: 8: 50M BACKSTROKE MEN 13-14 — Heat:2, starttime: 10:48

Heat: 2/4 Lane : 7 Athlete: DIERCKX ANDREAS — **Q-time: 00:34:70**

PB (50m pool): 00:34.70 Brugge 01/02/2026 **PB (25m pool):** 00:38.74 **SB:** 00:34.70 Brugge 01/02/2026

	5 0 M	
PB	00:34.70	
	00:34.70	
	. . : . . : . .	

Coach feedback:

Event number: 8: 50M BACKSTROKE MEN 13-14 — Heat:4, starttime: 10:51

Heat: 4/4 Lane : 7 Athlete: VINCENT RUNE — **Q-time: 00:31:56**

PB (50m pool): 00:33.82 Eindhoven 16/03/2025 **PB (25m pool):** 00:31.56 **SB:** no time

	5 0 M	
PB	00:33.82	
	00:33.82	
	. . : . . : . .	

Coach feedback:

VJTC 2026: Session: 1: COACH evaluation sheet for TEAM: ISWIM

Event number: 9: 50M BACKSTROKE WOMEN 13-14	Heat:3, starttime: 10:56
Heat: 3/5 Lane : 1 Athlete: DEKEIN YUTA	**Q-time: 00:34:87**

PB (50m pool): 00:34.80 Brugge 14/02/2026 **PB (25m pool):** 00:41.55 **SB:** 00:34.80 Brugge 14/02/2026

	5 0 M	
PB	00:34.80	
	00:34.80	
	. . : . . : . .	

Coach feedback: