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

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

Coaches: Duck Chantal

Coaches: Dewulf Bart HEADCOACH

Coaches: Vanhaeke Heidi

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

Event number: 1: 200M MEDLEY MEN 15-16 — Heat:3, starttime: 09:36

Heat: 3/5 Lane : 3 Athlete: DECUPERE ALEX — **Q-time: 02:25:42**

PB (50m pool): 02:25.42 Antwerpen 27/07/2025 **PB (25m pool):** 02:28.03 **SB:** 02:26.17 Kortrijk 15/02/2026

	50M	100M	150M	200M	
PB	00:31.06	01:07.95	01:53.18	02:25.42	
	00:31.06	*00:36.89*	*00:45.23*	*00:32.24*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 1: 200M MEDLEY MEN 15-16 — Heat:4, starttime: 09:39

Heat: 4/5 Lane : 5 Athlete: DEBRUYNE HANNES — **Q-time: 02:20:66**

PB (50m pool): 02:26.15 Antwerpen 27/07/2025 **PB (25m pool):** 02:20.66 **SB:** no time

	50M	100M	150M	200M	
PB	00:30.14	01:08.11	01:53.89	02:26.15	
	00:30.14	*00:37.97*	*00:45.78*	*00:32.26*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 2: 200M MEDLEY WOMEN 15-16 — Heat:2, starttime: 09:48

Heat: 2/4 Lane : 6 Athlete: FEYS FARAH — **Q-time: 02:34:59**

PB (50m pool): 02:38.00 Brugge 01/02/2026 **PB (25m pool):** 02:34.59 **SB:** 02:38.00 Brugge 01/02/2026

	50M	100M	150M	200M	
PB	00:33.36	01:15.04	02:01.85	02:38.00	
	00:33.36	*00:41.68*	*00:46.81*	*00:36.15*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 2: 200M MEDLEY WOMEN 15-16 — Heat:4, starttime: 09:54

Heat: 4/4 Lane : 6 Athlete: DECOUTERE IMANI — **Q-time: 02:27:89**

PB (50m pool): 02:31.48 Antwerpen 27/07/2025 — **PB (25m pool):** 02:27.89 **SB:** 02:31.92 Kortrijk 26/12/2025

	50M	100M	150M	200M	
PB	00:31.71	01:09.74	01:56.83	02:31.48	
	00:31.71	*00:38.03*	*00:47.09*	*00:34.65*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 4: 100M BREASTSTROKE MEN 13-14 — Heat:1, starttime: 10:18

Heat: 1/4 Lane : 3 Athlete: VANDEMAELE EGON — **Q-time: 01:26:82**

PB (50m pool): 01:28.34 Gent 08/02/2026 — **PB (25m pool):** 01:26.82 **SB:** 01:28.34 Gent 08/02/2026

	50M	100M	
PB	00:42.17	01:28.34	
	00:42.17	*00:46.17*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 4: 100M BREASTSTROKE MEN 13-14 — Heat:3, starttime: 10:22

Heat: 3/4 Lane : 2 Athlete: VANNESTE DAAN — **Q-time: 01:19:06**

PB (50m pool): 01:23.29 Kortrijk 15/02/2026 — **PB (25m pool):** 01:19.06 **SB:** 01:23.29 Kortrijk 15/02/2026

	50M	100M	
PB	00:39.52	01:23.29	
	00:39.52	*00:43.77*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 5: 100M BREASTSTROKE WOMEN 13-14 — Heat:3, starttime: 10:30

Heat: 3/4 Lane : 7 Athlete: ROMBAUT CéLINE — **Q-time: 01:23:83**

PB (50m pool): 01:25.59 Antwerpen 20/07/2025 — **PB (25m pool):** 01:23.83 **SB:** 01:26.15 Brugge 01/02/2026

	50M	100M	
PB	00:40.45	01:25.59	
	00:40.45	*00:45.14*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 6: 100M BUTTERFLY MEN 15-16 — Heat:4, starttime: 10:39

Heat: 4/4 Lane : 6 Athlete: DEBRUYNE HANNES — **Q-time: 01:01:98**

PB (50m pool): 01:01.98 Antwerpen 27/07/2025 — **PB (25m pool):** 01:04.29 **SB:** 01:02.64 Wezenberg 03/01/2026

	50 M	100 M	
PB	00:29.35	01:01.98	
	00:29.35	*00:32.63*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 7: 100M BUTTERFLY WOMEN 15-16 — Heat:1, starttime: 10:41

Heat: 1/3 Lane : 1 Athlete: FEYS FARAH — **Q-time: 01:10:90**

PB (50m pool): 01:11.52 Antwerp 26/01/2025 — **PB (25m pool):** 01:10.90 **SB:** 01:12.06 Gent 08/02/2026

	50 M	100 M	
PB	00:33.01	01:11.52	
	00:33.01	*00:38.51*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 7: 100M BUTTERFLY WOMEN 15-16 — Heat:3, starttime: 10:45

Heat: 3/3 Lane : 5 Athlete: DECOUTERE IMANI — **Q-time: 01:04:72**

PB (50m pool): 01:05.40 Antwerpen 27/07/2025 — **PB (25m pool):** 01:04.72 **SB:** 01:06.79 Kortrijk 15/02/2026

	50 M	100 M	
PB	00:30.60	01:05.40	
	00:30.60	*00:34.80*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 8: 50M BACKSTROKE MEN 13-14 — Heat:3, starttime: 10:50

Heat: 3/4 Lane : 4 Athlete: PICEU SEPPE — **Q-time: 00:32:95**

PB (50m pool): 00:32.95 Gent 08/02/2026 — **PB (25m pool):** 00:34.89 **SB:** 00:32.95 Gent 08/02/2026

	50 M	
PB	00:32.95	
	00:32.95	
	. . : . . : . .	

Coach feedback:

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

Event number: 9: 50M BACKSTROKE WOMEN 13-14	Heat:1, starttime: 10:53
Heat: 1/5 Lane : 5 Athlete: DECUPERE LAURENCE	**Q-time: 00:36:24**

PB (50m pool): 00:36.24 Gent 08/02/2026 **PB (25m pool):** 00:39.99 **SB:** 00:36.24 Gent 08/02/2026

	50 M	
PB	00:36.24	
	00:36.24	
	. . : . . : . .	

Coach feedback: