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

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

Coaches: Van der Plas Koen 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 : 7 Athlete: LAFAUT JEROME — **Q-time: 02:27:36**

PB (50m pool): 02:27.36 Antwerpen 20/07/2025 **PB (25m pool):** 02:20.04 **SB:** no time

	50M	100M	150M	200M	
PB	00:31.19	01:10.27	01:53.50	02:27.36	
	00:31.19	*00:39.08*	*00:43.23*	*00:33.86*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 1/4 Lane : 5 Athlete: BOGAERTS SANDER — **Q-time: 01:26:63**

PB (50m pool): 01:26.63 Gent 08/02/2026 **PB (25m pool):** 01:30.09 **SB:** 01:26.63 Gent 08/02/2026

	50M	100M	
PB	00:41.15	01:26.63	
	00:41.15	*00:45.48*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 5: 100M BREASTSTROKE WOMEN 13-14 — Heat:1, starttime: 10:26

Heat: 1/4 Lane : 5 Athlete: CLAEYS ROMEE — **Q-time: 01:26:94**

PB (50m pool): 01:28.38 Antwerpen 13/07/2025 **PB (25m pool):** 01:26.94 **SB:** no time

	50M	100M	
PB	00:41.24	01:28.38	
	00:41.24	*00:47.14*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 5: 100M BREASTSTROKE WOMEN 13-14 — Heat:1, starttime: 10:26

Heat: 1/4 Lane : 8 Athlete: WAIGNEIN ROSIE — **Q-time: 01:32:04**

PB (50m pool): 01:32.04 Antwerpen 20/07/2025 **PB (25m pool):** 01:24.14 **SB:** no time

	5 0 M	1 0 0 M	
PB	00:44.25	01:32.04	
	00:44.25	*00:47.79*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 5: 100M BREASTSTROKE WOMEN 13-14 — Heat:2, starttime: 10:28

Heat: 2/4 Lane : 4 Athlete: DE VREESE JULIE — **Q-time: 01:17:97**

PB (50m pool): 01:21.82 Zwembad Brigitte Becue 30/05/2025 **PB (25m pool):** 01:17.97 **SB:** 01:23.68 Gent 08/02/2026

	5 0 M	1 0 0 M	
PB	00:38.63	01:21.82	
	00:38.63	*00:43.19*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 3/4 Lane : 5 Athlete: VAN DER PLAS LOTTE — **Q-time: 01:20:43**

PB (50m pool): 01:20.43 Lochristi 01/02/2026 **PB (25m pool):** 01:17.20 **SB:** 01:20.43 Lochristi 01/02/2026

	5 0 M	1 0 0 M	
PB	no time	01:20.43	
	no time		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 5: 100M BREASTSTROKE WOMEN 13-14 — Heat:4, starttime: 10:32

Heat: 4/4 Lane : 2 Athlete: POTIER JOLIE — **Q-time: 01:23:35**

PB (50m pool): 01:24.79 Gent 08/02/2026 **PB (25m pool):** 01:23.35 **SB:** 01:24.79 Gent 08/02/2026

	5 0 M	1 0 0 M	
PB	00:39.43	01:24.79	
	00:39.43	*00:45.36*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 6: 100M BUTTERFLY MEN 15-16 — Heat:1, starttime: 10:34

Heat: 1/4 Lane : 3 Athlete: LOEYS EWOUT — **Q-time: 01:08:16**

PB (50m pool): 01:08.16 Gent 08/02/2026 **PB (25m pool):** 01:04.96 **SB:** 01:08.16 Gent 08/02/2026

	5 0 M	1 0 0 M	
PB	00:32.37	01:08.16	
	00:32.37	*00:35.79*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 6: 100M BUTTERFLY MEN 15-16 — Heat:1, starttime: 10:34

Heat: 1/4 Lane : 4 Athlete: LAFAUT JEROME — **Q-time: 01:06:69**

PB (50m pool): 01:06.69 Gent 08/02/2026 **PB (25m pool):** 01:09.39 **SB:** 01:06.69 Gent 08/02/2026

	5 0 M	1 0 0 M	
PB	00:31.46	01:06.69	
	00:31.46	*00:35.23*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 1/3 Lane : 8 Athlete: DE RUIJTER ELISE — **Q-time: 01:12:25**

PB (50m pool): 01:14.99 Gent 08/02/2026 **PB (25m pool):** 01:12.25 **SB:** 01:14.99 Gent 08/02/2026

	5 0 M	1 0 0 M	
PB	00:34.80	01:14.99	
	00:34.80	*00:40.19*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 3/3 Lane : 2 Athlete: SCHRAM MILA — **Q-time: 01:08:92**

PB (50m pool): 01:10.59 Zwembad Brigitte Becue 30/05/2025 **PB (25m pool):** 01:08.92 **SB:** 01:10.72 Lochristi 01/02/2026

	5 0 M	1 0 0 M	
PB	00:32.56	01:10.59	
	00:32.56	*00:38.03*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 3/3 Lane : 3 Athlete: DE DECKER FEBE — **Q-time: 01:06:34**

PB (50m pool): 01:06.34 Antwerpen 27/07/2025 — **PB (25m pool):** 01:05.12 **SB:** 01:07.17 Wezenberg 03/01/2026

	5 0 M	1 0 0 M	
PB	00:30.57	01:06.34	
	00:30.57	*00:35.77*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 2/4 Lane : 4 Athlete: MARTELé STAN — **Q-time: 00:34:58**

PB (50m pool): 00:37.26 Eindhoven 16/03/2025 — **PB (25m pool):** 00:34.58 **SB:** no time

	5 0 M	
PB	00:37.26	
	00:37.26	
	. . : . . : . .	

Coach feedback:

Event number: 9: 50M BACKSTROKE WOMEN 13-14 — Heat:1, starttime: 10:53

Heat: 1/5 Lane : 2 Athlete: CLAEYS ROMEE — **Q-time: 00:36:79**

PB (50m pool): no time — **PB (25m pool):** 00:36.79 **SB:** no time

	5 0 M	
PB	no time	
	no time	
	. . : . . : . .	

Coach feedback:

Event number: 9: 50M BACKSTROKE WOMEN 13-14 — Heat:3, starttime: 10:56

Heat: 3/5 Lane : 8 Athlete: VAN DER PLAS LOTTE — **Q-time: 00:34:98**

PB (50m pool): 00:34.98 Gent 08/02/2026 — **PB (25m pool):** 00:34.80 **SB:** 00:34.98 Gent 08/02/2026

	5 0 M	
PB	00:34.98	
	00:34.98	
	. . : . . : . .	

Coach feedback:

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

Event number: 9: 50M BACKSTROKE WOMEN 13-14 **Heat:5, starttime: 10:59**

Heat: 5/5 Lane : 1 Athlete: BLANCQUAERT CAMILLE **Q-time: 00:33:15**

PB (50m pool): 00:33.15 Lochristi 01/02/2026 **PB (25m pool):** 00:32.22 **SB:** 00:33.15 Lochristi 01/02/2026

	5 0 M	
PB	00:33.15	
	00:33.15	
	. . : . . : . .	

Coach feedback:

Event number: 9: 50M BACKSTROKE WOMEN 13-14 **Heat:5, starttime: 10:59**

Heat: 5/5 Lane : 8 Athlete: DE VREESE JULIE **Q-time: 00:33:41**

PB (50m pool): 00:34.34 Gent 08/02/2026 **PB (25m pool):** 00:33.41 **SB:** 00:34.34 Gent 08/02/2026

	5 0 M	
PB	00:34.34	
	00:34.34	
	. . : . . : . .	

Coach feedback: