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

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

Coaches: Coenen Remco

Coaches: Appeltans Ruth

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

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

Heat: 1/1 Lane : 3 Athlete: VANDEPOEL QUINTEN — **Q-time: 17:38:11**

PB (50m pool): 17:38.11 Antwerpen 26/10/2025 **PB (25m pool):** 16:49.07 **SB:** 17:38.11 Antwerpen 26/10/2025

	50M	100M	150M	200M	250M	300M	350M	400M
PB	no time	01:04.13	no time	02:12.49	no time	no time	no time	04:30.28
	no time							
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

	450M	500M	550M	600M	650M	700M	750M	800M
PB	no time	no time	no time	no time	no time	no time	no time	09:12.21
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

	850M	900M	950M	1000M	1050M	1100M	1150M	1200M
PB	no time	no time	no time	no time	no time	no time	no time	no time
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

	1 150M	1300M	1350M	1400M	1450M	1500M	
PB	no time	no time	no time	no time	no time	17:38.11	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 4: 100M BREASTSTROKE MEN 13-14 — Heat:4, starttime: 10:23

Heat: 4/4 Lane : 8 Athlete: JAMAR KAMIEL — **Q-time: 01:24:15**

PB (50m pool): 01:24.15 Wezenberg 04/01/2026 **PB (25m pool):** 01:20.22 **SB:** 01:24.15 Wezenberg 04/01/2026

	50M	100M	
PB	00:38.79	01:24.15	
	00:38.79	*00:45.36*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 2/4 Lane : 8 Athlete: DAS LOUISE — **Q-time: 01:26:60**

PB (50m pool): 01:26.60 Wezenberg 04/01/2026 — **PB (25m pool):** 01:23.91 **SB:** 01:26.60 Wezenberg 04/01/2026

	5 0 M	1 0 0 M	
PB	00:40.97	01:26.60	
	00:40.97	*00:45.63*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 3/4 Lane : 7 Athlete: JAMAR KAMIEL — **Q-time: 00:33:75**

PB (50m pool): 00:33.75 Genk 01/02/2026 — **PB (25m pool):** 00:33.89 **SB:** 00:33.75 Genk 01/02/2026

	5 0 M	
PB	00:33.75	
	00:33.75	
	. . : . . : . .	

Coach feedback:

Event number: 9: 50M BACKSTROKE WOMEN 13-14 — Heat:4, starttime: 10:58

Heat: 4/5 Lane : 6 Athlete: DAS LOUISE — **Q-time: 00:34:17**

PB (50m pool): 00:34.17 Genk 01/02/2026 — **PB (25m pool):** 00:33.83 **SB:** 00:34.17 Genk 01/02/2026

	5 0 M	
PB	00:34.17	
	00:34.17	
	. . : . . : . .	

Coach feedback: