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

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

Coaches: Desot Stefanie HEADCOACH

Coaches: Desmet Carl

Coaches: Backs Hubert

Coaches: De Cramer Renée

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

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

Heat: 4/5 Lane : 3 Athlete: KINDT LIAM — **Q-time: 02:22:56**

PB (50m pool): 02:21.37 Amersfoort 22/02/2026 **PB (25m pool):** 02:27.41 **SB:** 02:21.37 Amersfoort 22/02/2026

	50M	100M	150M	200M	
PB	00:29.22	01:04.04	01:48.22	02:21.37	
	00:29.22	*00:34.82*	*00:44.18*	*00:33.15*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 5/5 Lane : 6 Athlete: THONON MATISSE — **Q-time: 02:15:40**

PB (50m pool): 02:19.08 Antwerpen 27/04/2025 **PB (25m pool):** 02:15.40 **SB:** no time

	50M	100M	150M	200M	
PB	00:30.04	01:04.53	01:45.38	02:19.08	
	00:30.04	*00:34.49*	*00:40.85*	*00:33.70*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 5/5 Lane : 8 Athlete: VANDEKERCKHOVE JEROME — **Q-time: 02:19:88**

PB (50m pool): 02:17.91 Amersfoort 22/02/2026 **PB (25m pool):** 02:29.91 **SB:** 02:17.91 Amersfoort 22/02/2026

	50M	100M	150M	200M	
PB	00:28.31	01:04.12	01:45.61	02:17.91	
	00:28.31	*00:35.81*	*00:41.49*	*00:32.30*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 2/4 Lane : 8 Athlete: DARRAS NINA — **Q-time: 02:35:83**

PB (50m pool): 02:38.33 Antwerpen 20/07/2025 **PB (25m pool):** 02:35.83 **SB:** no time

	50M	100M	150M	200M
PB	00:33.61	01:13.47	02:02.06	02:38.33
	00:33.61	*00:39.86*	*00:48.59*	*00:36.27*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 1/4 Lane : 4 Athlete: THIELEMANS LEON — **Q-time: 01:26:12**

PB (50m pool): 01:32.96 Kortrijk 04/05/2025 **PB (25m pool):** 01:26.12 **SB:** no time

	50M	100M
PB	00:43.28	01:32.96
	00:43.28	*00:49.68*
	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 4/4 Lane : 1 Athlete: CHRISTIAENS LUCAS — **Q-time: 01:22:63**

PB (50m pool): 01:22.68 Brugge 01/02/2026 **PB (25m pool):** 01:22.63 **SB:** 01:22.68 Brugge 01/02/2026

	50M	100M
PB	00:38.62	01:22.68
	00:38.62	*00:44.06*
	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 4/4 Lane : 8 Athlete: VERNIEUWE IRENE — **Q-time: 01:24:88**

PB (50m pool): 01:27.71 Zwembad Brigitte Becue 30/05/2025 **PB (25m pool):** 01:24.88 **SB:** no time

	50M	100M
PB	00:40.48	01:27.71
	00:40.48	*00:47.23*
	. . : . . : . .	. . : . . : . .

Coach feedback:

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

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

Heat: 1/3 Lane : 5 Athlete: DESMET LIEZE — **Q-time: 01:06:13**

PB (50m pool): 01:06.80 Gent 08/02/2026 **PB (25m pool):** 01:06.13 **SB:** 01:06.80 Gent 08/02/2026

	5 0 M	1 0 0 M	
PB	00:31.51	01:06.80	
	00:31.51	*00:35.29*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 7: 100M BUTTERFLY WOMEN 15-16 — Heat:2, starttime: 10:43

Heat: 2/3 Lane : 4 Athlete: LAMMENS MARY — **Q-time: 01:02:38**

PB (50m pool): 01:03.33 Gent 08/02/2026 **PB (25m pool):** 01:02.38 **SB:** 01:03.33 Gent 08/02/2026

	5 0 M	1 0 0 M	
PB	00:29.49	01:03.33	
	00:29.49	*00:33.84*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 7: 100M BUTTERFLY WOMEN 15-16 — Heat:2, starttime: 10:43

Heat: 2/3 Lane : 7 Athlete: GANTOIS JANNE — **Q-time: 01:09:86**

PB (50m pool): 01:12.32 Antwerpen 20/07/2025 **PB (25m pool):** 01:09.86 **SB:** 01:12.97 Brugge 01/02/2026

	5 0 M	1 0 0 M	
PB	00:32.98	01:12.32	
	00:32.98	*00:39.34*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 3/3 Lane : 4 Athlete: DE BRUYCKER CHLOë — **Q-time: 01:01:76**

PB (50m pool): 01:04.06 Amersfoort 22/02/2026 **PB (25m pool):** 01:01.76 **SB:** 01:04.06 Amersfoort 22/02/2026

	5 0 M	1 0 0 M	
PB	00:30.17	01:04.06	
	00:30.17	*00:33.89*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 3/3 Lane : 6 Athlete: VANDEKERCKHOVE JULIETTE — **Q-time: 01:07:13**

PB (50m pool): 01:08.28 Antwerpen 20/07/2025 **PB (25m pool):** 01:07.13 **SB:** 01:09.67 Gent 08/02/2026

	5 0 M	1 0 0 M	
PB	00:31.87	01:08.28	
	00:31.87	*00:36.41*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 1/4 Lane : 4 Athlete: THIELEMANS LEON — **Q-time: 00:35:73**

PB (50m pool): 00:35.73 Brugge 01/02/2026 **PB (25m pool):** 00:37.75 **SB:** 00:35.73 Brugge 01/02/2026

	5 0 M	
PB	00:35.73	
	00:35.73	
	. . : . . : . .	

Coach feedback:

Event number: 9: 50M BACKSTROKE WOMEN 13-14 — Heat:2, starttime: 10:55

Heat: 2/5 Lane : 1 Athlete: HUYBEN ISOLDE — **Q-time: 00:36:06**

PB (50m pool): 00:36.74 Antwerpen 20/04/2025 **PB (25m pool):** 00:36.06 **SB:** no time

	5 0 M	
PB	00:36.74	
	00:36.74	
	. . : . . : . .	

Coach feedback:

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

Heat: 4/5 Lane : 7 Athlete: CLAEYS ELENA — **Q-time: 00:34:24**

PB (50m pool): 00:34.24 Brugge 01/02/2026 **PB (25m pool):** 00:34.98 **SB:** 00:34.24 Brugge 01/02/2026

	5 0 M	
PB	00:34.24	
	00:34.24	
	. . : . . : . .	

Coach feedback: