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

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

Coaches: Mabbe Andy

Coaches: Planckaert Pieter

Coaches: Spincemaille Laura

Coaches: Vanden Abeele Syl

Coaches: Demeyere Kristof HEADCOACH

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 : 1 Athlete: DEMEYERE LARS — **Q-time: 02:26:45**

PB (50m pool): 02:30.58 Antwerpen 20/07/2025 **PB (25m pool):** 02:26.45 **SB:** no time

	50 M	100 M	150 M	200 M	
PB	00:30.25	01:09.81	01:57.39	02:30.58	
	00:30.25	*00:39.56*	*00:47.58*	*00:33.19*	
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Coach feedback:

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

Heat: 3/5 Lane : 7 Athlete: BALCAEN SANDER — **Q-time: 02:26:26**

PB (50m pool): 02:29.16 Seraing 25/01/2026 **PB (25m pool):** 02:26.26 **SB:** 02:29.16 Seraing 25/01/2026

	50 M	100 M	150 M	200 M	
PB	00:31.78	01:09.61	01:55.07	02:29.16	
	00:31.78	*00:37.83*	*00:45.46*	*00:34.09*	
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Coach feedback:

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

Heat: 4/4 Lane : 2 Athlete: DEMEYERE LARS — **Q-time: 01:02:85**

PB (50m pool): 01:03.70 Brugge 01/02/2026 **PB (25m pool):** 01:02.85 **SB:** 01:03.70 Brugge 01/02/2026

	50 M	100 M	
PB	00:29.92	01:03.70	
	00:29.92	*00:33.78*	
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Coach feedback: