VJTC 2026: Session: 3: COACH evaluation sheet for TEAM: BZK

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

Coaches: De Nolf Elina

Coaches: Maene Stefaan HEADCOACH

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

Event number: 27: 200M MEDLEY MEN 11-12 — Heat:7, starttime: 10:53

Heat: 7/7 Lane : 7 Athlete: VERSTRAETE HENRI — **Q-time: 02:45:66**

PB (50m pool): 03:01.54 Luxembourg - Merl 15/06/2025 **PB (25m pool):** 02:45.66 **SB:** no time

	50M	100M	150M	200M	
PB	00:36.75	01:24.29	02:18.90	03:01.54	
	00:36.75	*00:47.54*	*00:54.61*	*00:42.64*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 28: 200M MEDLEY WOMEN 11-12 — Heat:1, starttime: 10:57

Heat: 1/7 Lane : 4 Athlete: CALLEWAERT ANTHE — **Q-time: 03:10:58**

PB (50m pool): 03:11.06 Kortrijk 26/12/2025 **PB (25m pool):** 03:10.58 **SB:** 03:11.06 Kortrijk 26/12/2025

	50M	100M	150M	200M	
PB	00:45.85	01:33.12	02:31.55	03:11.06	
	00:45.85	*00:47.27*	*00:58.43*	*00:39.51*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 28: 200M MEDLEY WOMEN 11-12 — Heat:7, starttime: 11:18

Heat: 7/7 Lane : 3 Athlete: DEWITTE ELISE — **Q-time: 02:42:48**

PB (50m pool): 02:52.35 Antwerpen 20/07/2025 **PB (25m pool):** 02:42.48 **SB:** no time

	50M	100M	150M	200M	
PB	00:36.51	01:19.04	02:14.88	02:52.35	
	00:36.51	*00:42.53*	*00:55.84*	*00:37.47*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

VJTC 2026: Session: 3: COACH evaluation sheet for TEAM: BZK

Event number: 30: 50M BREASTSTROKE WOMEN 13-14 — Heat:1, starttime: 11:26

Heat: 1/3 Lane : 6 Athlete: KIELB KORNELIA — **Q-time: 00:41:94**

PB (50m pool): 00:43.01 Brugge 14/02/2026 **PB (25m pool):** 00:41.94 **SB:** 00:43.01 Brugge 14/02/2026

	50 M
PB	00:43.01
	00:43.01
	. . : . . : . .

Coach feedback:

Event number: 32: 50M FREESTYLE WOMEN 15-16 — Heat:2, starttime: 11:37

Heat: 2/6 Lane : 3 Athlete: MESTDAGH LAURE — **Q-time: 00:29:07**

PB (50m pool): 00:29.07 Brugge 14/02/2026 **PB (25m pool):** 00:28.81 **SB:** 00:29.07 Brugge 14/02/2026

	50 M
PB	00:29.07
	00:29.07
	. . : . . : . .

Coach feedback:

Event number: 34: 100M FREESTYLE WOMEN 13-14 — Heat:2, starttime: 11:54

Heat: 2/7 Lane : 7 Athlete: KIELB KORNELIA — **Q-time: 01:07:19**

PB (50m pool): 01:09.17 Brugge 01/02/2026 **PB (25m pool):** 01:07.19 **SB:** 01:09.17 Brugge 01/02/2026

	50 M	100 M
PB	00:33.04	01:09.17
	00:33.04	*00:36.13*
	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 35: 100M FREESTYLE MEN 11-12 — Heat:7, starttime: 12:15

Heat: 7/7 Lane : 2 Athlete: VERSTRAETE HENRI — **Q-time: 01:06:22**

PB (50m pool): 01:06.76 Brugge 01/02/2026 **PB (25m pool):** 01:06.22 **SB:** 01:06.76 Brugge 01/02/2026

	50 M	100 M
PB	no time	01:06.76
	no time	
	. . : . . : . .	. . : . . : . .

Coach feedback:

VJTC 2026: Session: 3: COACH evaluation sheet for TEAM: BZK

Event number: 36: 100M FREESTYLE WOMEN 11-12 — Heat:3, starttime: 12:20

Heat: 3/7 Lane : 7 Athlete: CALLEWAERT ANTHE — **Q-time: 01:12:82**

PB (50m pool): 01:12.82 Brugge 01/02/2026 — **PB (25m pool):** 01:13.07 **SB:** 01:12.82 Brugge 01/02/2026

	5 0 M	1 0 0 M	
PB	00:35.69	01:12.82	
	00:35.69	*00:37.13*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 36: 100M FREESTYLE WOMEN 11-12 — Heat:7, starttime: 12:27

Heat: 7/7 Lane : 4 Athlete: DEWITTE ELISE — **Q-time: 01:02:92**

PB (50m pool): 01:05.99 Brugge 01/02/2026 — **PB (25m pool):** 01:02.92 **SB:** 01:05.99 Brugge 01/02/2026

	5 0 M	1 0 0 M	
PB	00:31.55	01:05.99	
	00:31.55	*00:34.44*	
	. . : . . : . .	. . : . . : . .	

Coach feedback: