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

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

Coaches: Geerits Valerie

Coaches: Smeets Sara HEADCOACH

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

Event number: 23: 200M MEDLEY MEN 13-14 — Heat:1, starttime: 09:30

Heat: 1/5 Lane : 6 Athlete: GEUTJENS MAXIME — **Q-time: 02:47:31**

PB (50m pool): 02:47.31 Genk 01/02/2026 **PB (25m pool):** 02:51.13 **SB:** 02:47.31 Genk 01/02/2026

	50M	100M	150M	200M	
PB	00:35.81	01:18.45	02:08.33	02:47.31	
	00:35.81	*00:42.64*	*00:49.88*	*00:38.98*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 23: 200M MEDLEY MEN 13-14 — Heat:3, starttime: 09:37

Heat: 3/5 Lane : 8 Athlete: WALTERUS KILYAN — **Q-time: 02:39:98**

PB (50m pool): 02:39.98 Antwerpen 20/07/2025 **PB (25m pool):** 02:42.38 **SB:** no time

	50M	100M	150M	200M	
PB	00:33.17	01:14.79	02:04.32	02:39.98	
	00:33.17	*00:41.62*	*00:49.53*	*00:35.66*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 24: 200M MEDLEY WOMEN 13-14 — Heat:2, starttime: 09:50

Heat: 2/7 Lane : 2 Athlete: SCHOUTEDEN NIENKE — **Q-time: 02:48:18**

PB (50m pool): 02:48.18 Genk 01/02/2026 **PB (25m pool):** 02:50.77 **SB:** 02:48.18 Genk 01/02/2026

	50M	100M	150M	200M	
PB	00:36.47	01:19.18	02:10.78	02:48.18	
	00:36.47	*00:42.71*	*00:51.60*	*00:37.40*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 24: 200M MEDLEY WOMEN 13-14 — Heat:3, starttime: 09:53

Heat: 3/7 Lane : 1 Athlete: DE BELDER KATO — **Q-time: 02:45:98**

PB (50m pool): 02:45.98 Antwerpen 20/07/2025 **PB (25m pool):** 02:42.11 **SB:** no time

	50 M	100 M	150 M	200 M	
PB	00:36.66	01:21.18	02:08.80	02:45.98	
	00:36.66	*00:44.52*	*00:47.62*	*00:37.18*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 24: 200M MEDLEY WOMEN 13-14 — Heat:3, starttime: 09:53

Heat: 3/7 Lane : 2 Athlete: JORISKES LORE — **Q-time: 02:45:22**

PB (50m pool): 02:45.22 Antwerpen 20/04/2025 **PB (25m pool):** 02:42.86 **SB:** no time

	50 M	100 M	150 M	200 M	
PB	00:35.26	01:18.83	02:07.90	02:45.22	
	00:35.26	*00:43.57*	*00:49.07*	*00:37.32*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 24: 200M MEDLEY WOMEN 13-14 — Heat:4, starttime: 09:56

Heat: 4/7 Lane : 2 Athlete: RUELENS COBIEN — **Q-time: 02:43:59**

PB (50m pool): 02:43.59 Antwerpen 20/07/2025 **PB (25m pool):** 02:39.94 **SB:** 02:47.39 Genk 01/02/2026

	50 M	100 M	150 M	200 M	
PB	00:36.67	01:21.15	02:06.73	02:43.59	
	00:36.67	*00:44.48*	*00:45.58*	*00:36.86*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 24: 200M MEDLEY WOMEN 13-14 — Heat:5, starttime: 09:59

Heat: 5/7 Lane : 2 Athlete: THEUWISSEN NORE — **Q-time: 02:41:56**

PB (50m pool): 02:41.56 Antwerpen 20/07/2025 **PB (25m pool):** 02:39.95 **SB:** 02:42.94 Genk 01/02/2026

	50 M	100 M	150 M	200 M	
PB	00:35.38	01:17.48	02:05.22	02:41.56	
	00:35.38	*00:42.10*	*00:47.74*	*00:36.34*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 25: 100M BACKSTROKE MEN 15-16 — Heat:1, starttime: 10:09

Heat: 1/5 Lane : 5 Athlete: EVENS MATS — **Q-time: 01:10:12**

PB (50m pool): 01:10.12 Genk 01/02/2026 **PB (25m pool):** 01:04.52 **SB:** 01:10.12 Genk 01/02/2026

	50 M	100 M	
PB	00:34.06	01:10.12	
	00:34.06	*00:36.06*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 27: 200M MEDLEY MEN 11-12 — Heat:2, starttime: 10:35

Heat: 2/7 Lane : 1 Athlete: JORISKES GIJS — **Q-time: 03:10:62**

PB (50m pool): 03:10.62 SportinGenk Park 15/03/2025 **PB (25m pool):** 02:56.95 **SB:** no time

	50 M	100 M	150 M	200 M	
PB	no time	no time	no time	03:10.62	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 27: 200M MEDLEY MEN 11-12 — Heat:3, starttime: 10:39

Heat: 3/7 Lane : 6 Athlete: FERREIRA CRAVO ENZO — **Q-time: 03:02:59**

PB (50m pool): 03:02.59 Antwerpen 20/07/2025 **PB (25m pool):** 02:58.84 **SB:** no time

	50 M	100 M	150 M	200 M	
PB	00:41.98	01:28.60	02:23.10	03:02.59	
	00:41.98	*00:46.62*	*00:54.50*	*00:39.49*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 27: 200M MEDLEY MEN 11-12 — Heat:4, starttime: 10:42

Heat: 4/7 Lane : 7 Athlete: BOSMANS VINCE — **Q-time: 03:00:40**

PB (50m pool): 03:00.40 Antwerpen 20/07/2025 **PB (25m pool):** 02:45.65 **SB:** no time

	50 M	100 M	150 M	200 M	
PB	00:39.07	01:26.32	02:22.57	03:00.40	
	00:39.07	*00:47.25*	*00:56.25*	*00:37.83*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 28: 200M MEDLEY WOMEN 11-12 — Heat:2, starttime: 11:00

Heat: 2/7 Lane : 4 Athlete: BEIJNSBERGER JULIE — **Q-time: 03:04:39**

PB (50m pool): 03:32.98 SportinGenk Park 11/11/2024 **PB (25m pool):** 03:04.39 **SB:** no time

	50M	100M	150M	200M	
PB	no time	no time	no time	03:32.98	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 28: 200M MEDLEY WOMEN 11-12 — Heat:5, starttime: 11:11

Heat: 5/7 Lane : 4 Athlete: BEIJNSBERGER LOUISE — **Q-time: 02:55:68**

PB (50m pool): 02:55.68 Antwerpen 27/04/2025 **PB (25m pool):** 02:51.45 **SB:** no time

	50M	100M	150M	200M	
PB	00:36.24	01:22.88	02:16.21	02:55.68	
	00:36.24	*00:46.64*	*00:53.33*	*00:39.47*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 1/3 Lane : 5 Athlete: DE BELDER KATO — **Q-time: 00:40:93**

PB (50m pool): 00:40.93 Antwerpen 20/04/2025 **PB (25m pool):** 00:39.39 **SB:** 00:41.91 Genk 01/02/2026

	50M	
PB	00:40.93	
	00:40.93	
	. . : . . : . .	

Coach feedback:

Event number: 30: 50M BREASTSTROKE WOMEN 13-14 — Heat:2, starttime: 11:27

Heat: 2/3 Lane : 2 Athlete: RUELENS COBIEN — **Q-time: 00:38:76**

PB (50m pool): 00:38.76 Genk 01/02/2026 **PB (25m pool):** 00:38.07 **SB:** 00:38.76 Genk 01/02/2026

	50M	
PB	00:38.76	
	00:38.76	
	. . : . . : . .	

Coach feedback:

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

Event number: 30: 50M BREASTSTROKE WOMEN 13-14 — Heat:2, starttime: 11:27

Heat: 2/3 Lane : 8 Athlete: NOUWEN FLEUR — **Q-time: 00:40:26**

PB (50m pool): no time — **PB (25m pool):** 00:55.83 **SB:** no time

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

Coach feedback:

Event number: 31: 50M FREESTYLE MEN 15-16 — Heat:3, starttime: 11:32

Heat: 3/6 Lane : 8 Athlete: EVENS MATS — **Q-time: 00:26:68**

PB (50m pool): 00:26.68 Genk 01/02/2026 — **PB (25m pool):** 00:25.44 **SB:** 00:26.68 Genk 01/02/2026

	5 0 M
PB	00:26.68
	00:26.68
	. . : . . : . .

Coach feedback:

Event number: 33: 100M FREESTYLE MEN 13-14 — Heat:2, starttime: 11:44

Heat: 2/6 Lane : 2 Athlete: GEUTJENS MAXIME — **Q-time: 01:06:22**

PB (50m pool): 01:06.22 Genk 01/02/2026 — **PB (25m pool):** 01:06.33 **SB:** 01:06.22 Genk 01/02/2026

	5 0 M	1 0 0 M
PB	00:32.03	01:06.22
	00:32.03	*00:34.19*
	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 33: 100M FREESTYLE MEN 13-14 — Heat:3, starttime: 11:46

Heat: 3/6 Lane : 2 Athlete: WALTERUS KILYAN — **Q-time: 01:05:15**

PB (50m pool): 01:05.15 Antwerp 26/01/2025 — **PB (25m pool):** 01:02.81 **SB:** 01:06.11 Genk 01/02/2026

	5 0 M	1 0 0 M
PB	00:31.40	01:05.15
	00:31.40	*00:33.75*
	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Event number: 33: 100M FREESTYLE MEN 13-14 — Heat:5, starttime: 11:49

Heat: 5/6 Lane : 2 Athlete: VANDIJCK SAMUEL — **Q-time: 01:02:69**

PB (50m pool): 01:02.69 Genk 01/02/2026 **PB (25m pool):** 01:01.81 **SB:** 01:02.69 Genk 01/02/2026

	5 0 M	1 0 0 M	
PB	00:29.74	01:02.69	
	00:29.74	*00:32.95*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 34: 100M FREESTYLE WOMEN 13-14 — Heat:1, starttime: 11:53

Heat: 1/7 Lane : 3 Athlete: JORISKES LORE — **Q-time: 01:09:00**

PB (50m pool): 01:09.00 SportinGenk Park 15/03/2025 **PB (25m pool):** 01:06.72 **SB:** no time

	5 0 M	1 0 0 M	
PB	no time	01:09.00	
	no time		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 34: 100M FREESTYLE WOMEN 13-14 — Heat:1, starttime: 11:53

Heat: 1/7 Lane : 4 Athlete: DE BELDER KATO — **Q-time: 01:08:66**

PB (50m pool): 01:08.66 Genk 01/02/2026 **PB (25m pool):** 01:07.02 **SB:** 01:08.66 Genk 01/02/2026

	5 0 M	1 0 0 M	
PB	00:33.26	01:08.66	
	00:33.26	*00:35.40*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 34: 100M FREESTYLE WOMEN 13-14 — Heat:1, starttime: 11:53

Heat: 1/7 Lane : 7 Athlete: RUELENS COBIEN — **Q-time: 01:11:03**

PB (50m pool): 01:11.03 Antwerp 26/01/2025 **PB (25m pool):** 01:05.55 **SB:** no time

	5 0 M	1 0 0 M	
PB	00:33.99	01:11.03	
	00:33.99	*00:37.04*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 2/7 Lane : 2 Athlete: SCHOUTEDEN NIENKE — **Q-time: 01:07:03**

PB (50m pool): 01:07.03 Genk 01/02/2026 **PB (25m pool):** 01:05.63 **SB:** 01:07.03 Genk 01/02/2026

	5 0 M	1 0 0 M	
PB	00:32.45	01:07.03	
	00:32.45	*00:34.58*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 2/7 Lane : 5 Athlete: NOUWEN FLEUR — **Q-time: 01:06:17**

PB (50m pool): 01:06.17 Genk 01/02/2026 **PB (25m pool):** 01:05.95 **SB:** 01:06.17 Genk 01/02/2026

	5 0 M	1 0 0 M	
PB	00:32.32	01:06.17	
	00:32.32	*00:33.85*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 34: 100M FREESTYLE WOMEN 13-14 — Heat:6, starttime: 12:01

Heat: 6/7 Lane : 1 Athlete: THEUWISSEN NORE — **Q-time: 01:04:60**

PB (50m pool): 01:04.60 Antwerpen 20/07/2025 **PB (25m pool):** 01:02.65 **SB:** 01:05.49 Genk 01/02/2026

	5 0 M	1 0 0 M	
PB	00:31.74	01:04.60	
	00:31.74	*00:32.86*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 35: 100M FREESTYLE MEN 11-12 — Heat:2, starttime: 12:06

Heat: 2/7 Lane : 5 Athlete: JORISKES GIJS — **Q-time: 01:14:15**

PB (50m pool): 01:14.15 Antwerpen 20/07/2025 **PB (25m pool):** 01:13.98 **SB:** 01:15.86 Genk 01/02/2026

	5 0 M	1 0 0 M	
PB	00:36.46	01:14.15	
	00:36.46	*00:37.69*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 35: 100M FREESTYLE MEN 11-12 — Heat:2, starttime: 12:06

Heat: 2/7 Lane : 8 Athlete: FERREIRA CRAVO ENZO — **Q-time: 01:15:29**

PB (50m pool): 01:15.09 Genk 01/02/2026 **PB (25m pool):** 01:13.22 **SB:** 01:15.09 Genk 01/02/2026

	5 0 M	1 0 0 M	
PB	00:36.12	01:15.09	
	00:36.12	*00:38.97*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 35: 100M FREESTYLE MEN 11-12 — Heat:5, starttime: 12:11

Heat: 5/7 Lane : 4 Athlete: BOSMANS VINCE — **Q-time: 01:08:93**

PB (50m pool): 01:08.93 Genk 01/02/2026 **PB (25m pool):** 01:07.37 **SB:** 01:08.93 Genk 01/02/2026

	5 0 M	1 0 0 M	
PB	00:32.70	01:08.93	
	00:32.70	*00:36.23*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 36: 100M FREESTYLE WOMEN 11-12 — Heat:4, starttime: 12:22

Heat: 4/7 Lane : 6 Athlete: BEIJNSBERGER JULIE — **Q-time: 01:11:53**

PB (50m pool): 01:11.53 Genk 01/02/2026 **PB (25m pool):** 01:10.63 **SB:** 01:11.53 Genk 01/02/2026

	5 0 M	1 0 0 M	
PB	00:34.74	01:11.53	
	00:34.74	*00:36.79*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 7/7 Lane : 8 Athlete: BEIJNSBERGER LOUISE — **Q-time: 01:08:53**

PB (50m pool): 01:08.25 Genk 01/02/2026 **PB (25m pool):** 01:06.98 **SB:** 01:08.25 Genk 01/02/2026

	5 0 M	1 0 0 M	
PB	00:33.39	01:08.25	
	00:33.39	*00:34.86*	
	. . : . . : . .	. . : . . : . .	

Coach feedback: