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

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

Coaches: Moerman Pieter

Coaches: Van der Elst Astrid

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

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

Heat: 2/7 Lane : 2 Athlete: GHYSELBRECHT BENT **Q-time: 03:09:23**

PB (50m pool): 03:09.23 Antwerpen 13/07/2025 **PB (25m pool):** 02:58.38 **SB:** no time

	50M	100M	150M	200M	
PB	00:45.20	01:34.85	02:28.18	03:09.23	
	00:45.20	*00:49.65*	*00:53.33*	*00:41.05*	
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Coach feedback:

Event number: 35: 100M FREESTYLE MEN 11-12 Heat:3, starttime: 12:08

Heat: 3/7 Lane : 7 Athlete: GHYSELBRECHT BENT **Q-time: 01:13:73**

PB (50m pool): 01:13.73 Brugge 01/02/2026 **PB (25m pool):** 01:15.09 **SB:** 01:13.73 Brugge 01/02/2026

	50M	100M	
PB	00:34.42	01:13.73	
	00:34.42	*00:39.31*	
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Coach feedback: