# VJTC 2026: Session: 3: COACH evaluation sheet for TEAM: KAZS

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

**Coaches: Lievens Stijn**

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

---

## Event number: 25: 100M BACKSTROKE MEN 15-16 — Heat:3, starttime: 10:14

**Heat: 3/5 Lane : 7 Athlete: DE WITTE LEO** — **Q-time: 01:05:09**

**PB (50m pool): 01:06.46 Antwerpen 27/07/2025** **PB (25m pool):** 01:05.09 **SB:** 01:08.42 Molenbeek 01/02/2026

| | 5 0 M | 1 0 0 M | |
|---|---|---|---|
| PB | 00:32.39 | 01:06.46 | |
| | *00:32.39* | *00:34.07* | |
| | . . : . . : . . | . . : . . : . . | |

Coach feedback:

## Event number: 26: 100M BACKSTROKE WOMEN 15-16 — Heat:2, starttime: 10:22

**Heat: 2/5 Lane : 5 Athlete: ASSCHERICKX CHLOé** — **Q-time: 01:11:07**

**PB (50m pool): 01:13.23 Zwembad Brigitte Becue 30/05/2025** **PB (25m pool):** 01:11.07 **SB:** 01:14.56 SportinGenk Park 11/11/2025

| | 5 0 M | 1 0 0 M | |
|---|---|---|---|
| PB | 00:35.08 | 01:13.23 | |
| | *00:35.08* | *00:38.15* | |
| | . . : . . : . . | . . : . . : . . | |

Coach feedback:

## Event number: 29: 50M BREASTSTROKE MEN 13-14 — Heat:3, starttime: 11:24

**Heat: 3/3 Lane : 4 Athlete: VOET LARS** — **Q-time: 00:33:39**

**PB (50m pool): 00:34.89 Molenbeek 01/02/2026** **PB (25m pool):** 00:33.39 **SB:** 00:34.89 Molenbeek 01/02/2026

| | 5 0 M | |
|---|---|---|
| PB | 00:34.89 | |
| | *00:34.89* | |
| | . . : . . : . . | |

Coach feedback:

# VJTC 2026: Session: 3: COACH evaluation sheet for TEAM: KAZS

## Event number: 31: 50M FREESTYLE MEN 15-16 — Heat:4, starttime: 11:33

**Heat: 4/6 Lane : 7 Athlete: DE WITTE LEO** — **Q-time: 00:25:96**

**PB (50m pool): 00:26.63 Molenbeek 01/02/2026** **PB (25m pool):** 00:25.88 **SB:** 00:26.63 Molenbeek 01/02/2026

| | 5 0 M |
|---|---|
| PB | 00:26.63 |
| | *00:26.63* |
| | . . : . . : . . |

Coach feedback:

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

**Heat: 2/6 Lane : 6 Athlete: ASSCHERICKX CHLOé** — **Q-time: 00:29:10**

**PB (50m pool): 00:29.10 Zwembad Brigitte Becue 30/05/2025** **PB (25m pool):** 00:29.27 **SB:** 00:29.61 Molenbeek 01/02/2026

| | 5 0 M |
|---|---|
| PB | 00:29.10 |
| | *00:29.10* |
| | . . : . . : . . |

Coach feedback:

## Event number: 33: 100M FREESTYLE MEN 13-14 — Heat:6, starttime: 11:50

**Heat: 6/6 Lane : 4 Athlete: VOET LARS** — **Q-time: 00:56:57**

**PB (50m pool): 00:59.56 Molenbeek 01/02/2026** **PB (25m pool):** 00:56.57 **SB:** 00:59.56 Molenbeek 01/02/2026

| | 5 0 M | 1 0 0 M |
|---|---|---|
| PB | no time | 00:59.56 |
| | *no time* | |
| | . . : . . : . . | . . : . . : . . |

Coach feedback: