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

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

Coaches: Verrijken Valerie

Coaches: Poelmans Julie HEADCOACH

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

Event number: 27: 200M MEDLEY MEN 11-12 — Heat:6, starttime: 10:49

Heat: 6/7 Lane : 3 Athlete: LEYSEN BENJAMIN — **Q-time: 02:50:35**

PB (50m pool): 02:52.15 Wezenberg 04/01/2026 **PB (25m pool):** 02:50.35 **SB:** 02:52.15 Wezenberg 04/01/2026

	50 M	100 M	150 M	200 M	
PB	00:38.04	01:24.50	02:15.59	02:52.15	
	00:38.04	*00:46.46*	*00:51.09*	*00:36.56*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 5/7 Lane : 7 Athlete: DIERCKX ASTRID — **Q-time: 02:57:79**

PB (50m pool): 03:00.76 Antwerpen 20/07/2025 **PB (25m pool):** 02:57.79 **SB:** no time

	50 M	100 M	150 M	200 M	
PB	00:41.11	01:28.15	02:21.01	03:00.76	
	00:41.11	*00:47.04*	*00:52.86*	*00:39.75*	
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Coach feedback:

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

Heat: 7/7 Lane : 5 Athlete: LEYSEN BENJAMIN — **Q-time: 01:05:96**

PB (50m pool): 01:07.25 Wezenberg 01/02/2026 **PB (25m pool):** 01:05.96 **SB:** 01:07.25 Wezenberg 01/02/2026

	50 M	100 M	
PB	00:32.54	01:07.25	
	00:32.54	*00:34.71*	
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Coach feedback:

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

Event number: 36: 100M FREESTYLE WOMEN 11-12 **Heat:5, starttime: 12:24**

Heat: 5/7 Lane : 4 Athlete: DIERCKX ASTRID **Q-time: 01:09:85**

PB (50m pool): 01:11.24 Wezenberg 01/02/2026 **PB (25m pool):** 01:09.85 **SB:** 01:11.24 Wezenberg 01/02/2026

	5 0 M	1 0 0 M	
PB	00:35.61	01:11.24	
	00:35.61	*00:35.63*	
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Coach feedback: