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

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

Coaches: Destoop Jens

Coaches: Verschuere Nele

Coaches: Beel Steven

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

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

Heat: 3/5 Lane : 7 Athlete: BEEL NOAH — **Q-time: 02:39:53**

PB (50m pool): 02:43.99 Gent 08/02/2026 **PB (25m pool):** 02:39.53 **SB:** 02:43.99 Gent 08/02/2026

	50 M	100 M	150 M	200 M	
PB	00:34.14	01:20.03	02:07.76	02:43.99	
	00:34.14	*00:45.89*	*00:47.73*	*00:36.23*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 2/5 Lane : 1 Athlete: CARIS MARTHE — **Q-time: 01:12:10**

PB (50m pool): 01:12.10 Antwerpen 27/07/2025 **PB (25m pool):** 01:12.19 **SB:** 01:17.53 Brugge 01/02/2026

	50 M	100 M	
PB	00:35.56	01:12.10	
	00:35.56	*00:36.54*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 31: 50M FREESTYLE MEN 15-16 — Heat:6, starttime: 11:35

Heat: 6/6 Lane : 5 Athlete: BHIJA TARIQ — **Q-time: 00:24:53**

PB (50m pool): 00:25.13 Kortrijk 15/02/2026 **PB (25m pool):** 00:24.53 **SB:** 00:25.13 Kortrijk 15/02/2026

	50 M	
PB	00:25.13	
	00:25.13	
	. . : . . : . .	

Coach feedback:

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

Event number: 32: 50M FREESTYLE WOMEN 15-16 — Heat:4, starttime: 11:39

Heat: 4/6 Lane : 4 Athlete: CARIS MARTHE — **Q-time: 00:27:10**

PB (50m pool): 00:27.88 Antwerpen 27/07/2025 **PB (25m pool):** 00:27.10 **SB:** 00:28.23 Brugge 01/02/2026

	50 M	
PB	00:27.88	
	00:27.88	
	. . : . . : . .	

Coach feedback:

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

Heat: 6/6 Lane : 8 Athlete: BEEL NOAH — **Q-time: 01:04:03**

PB (50m pool): 01:04.29 Kortrijk 15/02/2026 **PB (25m pool):** 01:04.03 **SB:** 01:04.29 Kortrijk 15/02/2026

	50 M	100 M	
PB	00:30.94	01:04.29	
	00:30.94	*00:33.35*	
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Coach feedback: