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

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

Coaches: Ryckeman Brian

Coaches: Taveirne Bea HEADCOACH

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

Event number: 23: 200M MEDLEY MEN 13-14 — Heat:4, starttime: 09:40

Heat: 4/5 Lane : 6 Athlete: DEVOS MATHIS — **Q-time: 02:33:25**

PB (50m pool): 02:34.28 Brugge 01/02/2026 **PB (25m pool):** 02:33.25 **SB:** 02:34.28 Brugge 01/02/2026

	50M	100M	150M	200M	
PB	00:33.65	01:12.89	01:59.06	02:34.28	
	00:33.65	*00:39.24*	*00:46.17*	*00:35.22*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 26: 100M BACKSTROKE WOMEN 15-16 — Heat:4, starttime: 10:27

Heat: 4/5 Lane : 3 Athlete: DEPAEPE ELIZE — **Q-time: 01:07:48**

PB (50m pool): 01:09.28 Lago Gent Rozebroeken 04/05/2025 **PB (25m pool):** 01:07.48 **SB:** 01:10.19 Brugge 01/02/2026

	50M	100M	
PB	00:33.82	01:09.28	
	00:33.82	*00:35.46*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 26: 100M BACKSTROKE WOMEN 15-16 — Heat:5, starttime: 10:29

Heat: 5/5 Lane : 7 Athlete: CLAEYS DITTE — **Q-time: 01:08:53**

PB (50m pool): 01:15.22 Antwerp 09/02/2025 **PB (25m pool):** 01:08.53 **SB:** no time

	50M	100M	
PB	00:35.90	01:15.22	
	00:35.90	*00:39.32*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 3/7 Lane : 5 Athlete: LAFORCE LANDER — **Q-time: 03:01:57**

PB (50m pool): 03:02.55 Zwembad Brigitte Becue 30/05/2025 **PB (25m pool):** 03:01.57 **SB:** no time

	50 M	100 M	150 M	200 M	
PB	00:39.33	01:26.24	02:24.35	03:02.55	
	00:39.33	*00:46.91*	*00:58.11*	*00:38.20*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 27: 200M MEDLEY MEN 11-12 — Heat:5, starttime: 10:46

Heat: 5/7 Lane : 4 Athlete: DAUWE LARS — **Q-time: 02:54:92**

PB (50m pool): 02:54.92 Zwembad Brigitte Becue 30/05/2025 **PB (25m pool):** 03:05.00 **SB:** no time

	50 M	100 M	150 M	200 M	
PB	00:37.87	01:22.98	02:14.82	02:54.92	
	00:37.87	*00:45.11*	*00:51.84*	*00:40.10*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 6/7 Lane : 7 Athlete: STAELENS TYLER — **Q-time: 02:53:12**

PB (50m pool): 03:02.27 Antwerpen 20/07/2025 **PB (25m pool):** 02:53.12 **SB:** no time

	50 M	100 M	150 M	200 M	
PB	00:38.33	01:24.04	02:24.23	03:02.27	
	00:38.33	*00:45.71*	*01:00.19*	*00:38.04*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 2/7 Lane : 6 Athlete: ANTIERENS LOUISE — **Q-time: 03:07:77**

PB (50m pool): 03:17.75 Zwembad Brigitte Becue 30/05/2025 **PB (25m pool):** 03:07.77 **SB:** no time

	50 M	100 M	150 M	200 M	
PB	00:46.69	01:37.83	02:33.08	03:17.75	
	00:46.69	*00:51.14*	*00:55.25*	*00:44.67*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 28: 200M MEDLEY WOMEN 11-12 — Heat:3, starttime: 11:04

Heat: 3/7 Lane : 8 Athlete: CANNIERE ERIN — **Q-time: 03:04:08**

PB (50m pool): 03:10.34 Zwembad Brigitte Becue 30/05/2025 **PB (25m pool):** 03:04.08 **SB:** no time

	50M	100M	150M	200M	
PB	00:43.49	01:33.72	02:27.45	03:10.34	
	00:43.49	*00:50.23*	*00:53.73*	*00:42.89*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 28: 200M MEDLEY WOMEN 11-12 — Heat:7, starttime: 11:18

Heat: 7/7 Lane : 7 Athlete: RYCKEMAN ELLA — **Q-time: 02:46:14**

PB (50m pool): 02:50.64 Antwerpen 27/04/2025 **PB (25m pool):** 02:46.14 **SB:** no time

	50M	100M	150M	200M	
PB	00:36.03	01:19.91	02:11.23	02:50.64	
	00:36.03	*00:43.88*	*00:51.32*	*00:39.41*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 3/3 Lane : 2 Athlete: VAN CRAEYNEST BAS — **Q-time: 00:34:82**

PB (50m pool): 00:34.82 Brugge 01/02/2026 **PB (25m pool):** 00:34.88 **SB:** 00:34.82 Brugge 01/02/2026

	50M	
PB	00:34.82	
	00:34.82	
	. . : . . : . .	

Coach feedback:

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

Heat: 1/3 Lane : 3 Athlete: DEVUYST OONA — **Q-time: 00:41:15**

PB (50m pool): 00:41.15 Brugge 14/02/2026 **PB (25m pool):** no time **SB:** 00:41.15 Brugge 14/02/2026

	50M	
PB	00:41.15	
	00:41.15	
	. . : . . : . .	

Coach feedback:

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

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

Heat: 2/6 Lane : 2 Athlete: DEPAEPE ELIZE — **Q-time: 00:29:11**

PB (50m pool): 00:29.18 Brugge 14/02/2026 — **PB (25m pool):** 00:29.11 **SB:** 00:29.18 Brugge 14/02/2026

	5 0 M
PB	00:29.18
	00:29.18
	. . : . . : . .

Coach feedback:

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

Heat: 4/6 Lane : 2 Athlete: CLAEYS DITTE — **Q-time: 00:27:98**

PB (50m pool): 00:27.98 Antwerpen 27/04/2025 — **PB (25m pool):** 00:27.21 **SB:** no time

	5 0 M
PB	00:27.98
	00:27.98
	. . : . . : . .

Coach feedback:

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

Heat: 2/6 Lane : 7 Athlete: DEVOS MATHIS — **Q-time: 01:06:53**

PB (50m pool): 01:06.34 Antwerpen 21/07/2024 — **PB (25m pool):** 01:05.55 **SB:** no time

	5 0 M	1 0 0 M
PB	no time	01:06.34
	no time	
	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 5/6 Lane : 6 Athlete: VAN CRAEYNEST BAS — **Q-time: 01:02:15**

PB (50m pool): 01:03.23 Brugge 01/02/2026 — **PB (25m pool):** 01:02.15 **SB:** 01:03.23 Brugge 01/02/2026

	5 0 M	1 0 0 M
PB	00:30.25	01:03.23
	00:30.25	*00:32.98*
	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Event number: 34: 100M FREESTYLE WOMEN 13-14 — Heat:7, starttime: 12:02

Heat: 7/7 Lane : 2 Athlete: DEVUYST OONA — **Q-time: 01:03:50**

PB (50m pool): 01:03.50 Brugge 01/02/2026 **PB (25m pool):** 01:03.85 **SB:** 01:03.50 Brugge 01/02/2026

	5 0 M	1 0 0 M	
PB	00:30.15	01:03.50	
	00:30.15	*00:33.35*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 5/7 Lane : 6 Athlete: LAFORCE LANDER — **Q-time: 01:09:90**

PB (50m pool): 01:09.90 Brugge 01/02/2026 **PB (25m pool):** 01:09.92 **SB:** 01:09.90 Brugge 01/02/2026

	5 0 M	1 0 0 M	
PB	00:33.68	01:09.90	
	00:33.68	*00:36.22*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 35: 100M FREESTYLE MEN 11-12 — Heat:6, starttime: 12:13

Heat: 6/7 Lane : 6 Athlete: DAUWE LARS — **Q-time: 01:08:47**

PB (50m pool): 01:08.47 Brugge 01/02/2026 **PB (25m pool):** 01:10.38 **SB:** 01:08.47 Brugge 01/02/2026

	5 0 M	1 0 0 M	
PB	00:33.91	01:08.47	
	00:33.91	*00:34.56*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 35: 100M FREESTYLE MEN 11-12 — Heat:6, starttime: 12:13

Heat: 6/7 Lane : 7 Athlete: STAELENS TYLER — **Q-time: 01:08:56**

PB (50m pool): 01:10.67 Brugge 01/02/2026 **PB (25m pool):** 01:08.56 **SB:** 01:10.67 Brugge 01/02/2026

	5 0 M	1 0 0 M	
PB	00:34.49	01:10.67	
	00:34.49	*00:36.18*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 36: 100M FREESTYLE WOMEN 11-12 — Heat:1, starttime: 12:17

Heat: 1/7 Lane : 4 Athlete: ANTIERENS LOUISE — **Q-time: 01:15:12**

PB (50m pool): 01:15.12 Brugge 01/02/2026 — **PB (25m pool):** 01:18.47 **SB:** 01:15.12 Brugge 01/02/2026

	50 M	100 M	
PB	00:36.48	01:15.12	
	00:36.48	*00:38.64*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 4/7 Lane : 2 Athlete: CANNIERE ERIN — **Q-time: 01:11:93**

PB (50m pool): 01:11.93 Brugge 01/02/2026 — **PB (25m pool):** 01:12.92 **SB:** 01:11.93 Brugge 01/02/2026

	50 M	100 M	
PB	00:34.34	01:11.93	
	00:34.34	*00:37.59*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 7/7 Lane : 5 Athlete: RYCKEMAN ELLA — **Q-time: 01:05:79**

PB (50m pool): 01:05.79 Brugge 01/02/2026 — **PB (25m pool):** 01:06.00 **SB:** 01:05.79 Brugge 01/02/2026

	50 M	100 M	
PB	no time	01:05.79	
	no time		
	. . : . . : . .	. . : . . : . .	

Coach feedback: