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

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

Coaches: Vansteenkiste Victor HEADCOACH

Coaches: Herreman Kurt

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

Event number: 23: 200M MEDLEY MEN 13-14 Heat:5, starttime: 09:43

Heat: 5/5 Lane : 4 Athlete: VANSTEENKISTE VICTOR **Q-time: 02:18:93**

PB (50m pool): 02:22.78 Kortrijk 26/12/2025 **PB (25m pool):** 02:18.93 **SB:** 02:22.78 Kortrijk 26/12/2025

	50M	100M	150M	200M	
PB	00:31.29	01:06.36	01:50.43	02:22.78	
	00:31.29	*00:35.07*	*00:44.07*	*00:32.35*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 24: 200M MEDLEY WOMEN 13-14 Heat:3, starttime: 09:53

Heat: 3/7 Lane : 8 Athlete: LAGACIE AXELLE **Q-time: 02:46:33**

PB (50m pool): 02:47.55 Brugge 25/01/2026 **PB (25m pool):** 02:46.33 **SB:** 02:47.55 Brugge 25/01/2026

	50M	100M	150M	200M	
PB	00:35.50	01:17.75	02:09.74	02:47.55	
	00:35.50	*00:42.25*	*00:51.99*	*00:37.81*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 24: 200M MEDLEY WOMEN 13-14 Heat:4, starttime: 09:56

Heat: 4/7 Lane : 5 Athlete: THIENPONDT NINA **Q-time: 02:42:70**

PB (50m pool): 02:46.97 Antwerpen 20/07/2025 **PB (25m pool):** 02:42.70 **SB:** 02:47.32 Kortrijk 26/12/2025

	50M	100M	150M	200M	
PB	00:35.13	01:18.46	02:08.27	02:46.97	
	00:35.13	*00:43.33*	*00:49.81*	*00:38.70*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 3/5 Lane : 1 Athlete: BAERT MIEL — **Q-time: 01:05:70**

PB (50m pool): 01:06.60 Antwerpen 20/07/2025 **PB (25m pool):** 01:05.70 **SB:** no time

	50 M	100 M
PB	00:32.40	01:06.60
	00:32.40	*00:34.20*
	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 3/7 Lane : 2 Athlete: VANHEE TIBE — **Q-time: 03:03:60**

PB (50m pool): 03:05.74 Brugge 25/01/2026 **PB (25m pool):** 03:03.60 **SB:** 03:05.74 Brugge 25/01/2026

	50 M	100 M	150 M	200 M
PB	00:43.54	01:28.80	02:26.78	03:05.74
	00:43.54	*00:45.26*	*00:57.98*	*00:38.96*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 5/7 Lane : 7 Athlete: VERBELEN FINN — **Q-time: 02:56:52**

PB (50m pool): 02:56.52 Brugge 25/01/2026 **PB (25m pool):** 03:02.78 **SB:** 02:56.52 Brugge 25/01/2026

	50 M	100 M	150 M	200 M
PB	00:37.84	01:22.96	02:18.42	02:56.52
	00:37.84	*00:45.12*	*00:55.46*	*00:38.10*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 31: 50M FREESTYLE MEN 15-16 — Heat:3, starttime: 11:32

Heat: 3/6 Lane : 1 Athlete: BAERT MIEL — **Q-time: 00:26:66**

PB (50m pool): 00:27.61 Brugge 23/02/2025 **PB (25m pool):** 00:26.66 **SB:** no time

	50 M
PB	00:27.61
	00:27.61
	. . : . . : . .

Coach feedback:

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

Event number: 33: 100M FREESTYLE MEN 13-14 — Heat:3, starttime: 11:46

Heat: 3/6 Lane : 4 Athlete: COENE TIELE — **Q-time: 01:04:31**

PB (50m pool): 01:08.95 Antwerp 26/01/2025 **PB (25m pool):** 01:04.31 **SB:** no time

	50 M	100 M	
PB	00:33.17	01:08.95	
	00:33.17	*00:35.78*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 34: 100M FREESTYLE WOMEN 13-14 — Heat:4, starttime: 11:57

Heat: 4/7 Lane : 7 Athlete: LAGACIE AXELLE — **Q-time: 01:05:28**

PB (50m pool): 01:05.57 Brugge 01/02/2026 **PB (25m pool):** 01:05.28 **SB:** 01:05.57 Brugge 01/02/2026

	50 M	100 M	
PB	00:31.50	01:05.57	
	00:31.50	*00:34.07*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 34: 100M FREESTYLE WOMEN 13-14 — Heat:5, starttime: 11:59

Heat: 5/7 Lane : 6 Athlete: THIENPONDT NINA — **Q-time: 01:03:49**

PB (50m pool): 01:05.25 Brugge 01/02/2026 **PB (25m pool):** 01:03.49 **SB:** 01:05.25 Brugge 01/02/2026

	50 M	100 M	
PB	00:31.98	01:05.25	
	00:31.98	*00:33.27*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 3/7 Lane : 4 Athlete: VANHEE TIBE — **Q-time: 01:12:74**

PB (50m pool): 01:13.73 Brugge 01/02/2026 **PB (25m pool):** 01:12.74 **SB:** 01:13.73 Brugge 01/02/2026

	50 M	100 M	
PB	00:35.66	01:13.73	
	00:35.66	*00:38.07*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 35: 100M FREESTYLE MEN 11-12 **Heat:4, starttime: 12:10**

Heat: 4/7 Lane : 6 Athlete: VERBELEN FINN **Q-time: 01:11:49**

PB (50m pool): 01:13.65 Brugge 01/02/2026 **PB (25m pool):** 01:11.49 **SB:** 01:13.65 Brugge 01/02/2026

	50M	100M	
PB	00:35.42	01:13.65	
	00:35.42	*00:38.23*	
	. . : . . : . .	. . : . . : . .	

Coach feedback: