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

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

Coaches: Hanssens Yash

Coaches: Verluyten Philippe

Coaches: Guldentops Kevin

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

Event number: 23: 200M MEDLEY MEN 13-14 — Heat:1, starttime: 09:30

Heat: 1/5 Lane : 4 Athlete: AERENS JEF — **Q-time: 02:44:44**

PB (50m pool): 02:47.86 Antwerp 26/01/2025 **PB (25m pool):** 02:44.44 **SB:** no time

	50 M	100 M	150 M	200 M	
PB	00:36.38	01:20.85	02:08.91	02:47.86	
	00:36.38	*00:44.47*	*00:48.06*	*00:38.95*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 23: 200M MEDLEY MEN 13-14 — Heat:2, starttime: 09:33

Heat: 2/5 Lane : 7 Athlete: KARER MALIK — **Q-time: 02:43:95**

PB (50m pool): 02:50.80 Antwerpen 13/07/2025 **PB (25m pool):** 02:43.95 **SB:** no time

	50 M	100 M	150 M	200 M	
PB	00:38.86	01:22.90	02:11.93	02:50.80	
	00:38.86	*00:44.04*	*00:49.03*	*00:38.87*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 3/5 Lane : 2 Athlete: SCIACCA EMILIO — **Q-time: 02:38:75**

PB (50m pool): 02:43.57 Antwerpen 27/04/2025 **PB (25m pool):** 02:38.75 **SB:** 02:45.12 Lochristi 01/02/2026

	50 M	100 M	150 M	200 M	
PB	00:35.00	01:16.53	02:07.12	02:43.57	
	00:35.00	*00:41.53*	*00:50.59*	*00:36.45*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 24: 200M MEDLEY WOMEN 13-14 — Heat:6, starttime: 10:03

Heat: 6/7 Lane : 4 Athlete: VAN BUNDER INEZ — **Q-time: 02:36:78**

PB (50m pool): 02:41.72 Antwerpen 27/04/2025 **PB (25m pool):** 02:36.78 **SB:** 02:43.64 Wezenberg 04/01/2026

	50M	100M	150M	200M	
PB	00:33.20	01:15.06	02:04.37	02:41.72	
	00:33.20	*00:41.86*	*00:49.31*	*00:37.35*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 24: 200M MEDLEY WOMEN 13-14 — Heat:6, starttime: 10:03

Heat: 6/7 Lane : 5 Athlete: DEBRABANDERE LEONIE — **Q-time: 02:37:10**

PB (50m pool): 02:40.34 Lochristi 01/02/2026 **PB (25m pool):** 02:37.10 **SB:** 02:40.34 Lochristi 01/02/2026

	50M	100M	150M	200M	
PB	no time	no time	no time	02:40.34	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 24: 200M MEDLEY WOMEN 13-14 — Heat:7, starttime: 10:06

Heat: 7/7 Lane : 2 Athlete: DE JONG SUZAN — **Q-time: 02:32:95**

PB (50m pool): 02:36.74 Wezenberg 04/01/2026 **PB (25m pool):** 02:32.95 **SB:** 02:36.74 Wezenberg 04/01/2026

	50M	100M	150M	200M	
PB	00:33.60	01:14.33	02:01.21	02:36.74	
	00:33.60	*00:40.73*	*00:46.88*	*00:35.53*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 25: 100M BACKSTROKE MEN 15-16 — Heat:5, starttime: 10:18

Heat: 5/5 Lane : 5 Athlete: MICHIELS SIBE — **Q-time: 01:00:40**

PB (50m pool): 01:03.89 Antwerpen 27/07/2025 **PB (25m pool):** 01:00.40 **SB:** 01:04.23 Luxembourg 01/02/2026

	50M	100M	
PB	00:31.13	01:03.89	
	00:31.13	*00:32.76*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 25: 100M BACKSTROKE MEN 15-16 — Heat:5, starttime: 10:18

Heat: 5/5 Lane : 8 Athlete: SCHRAUWEN BJARNE — **Q-time: 01:05:94**

PB (50m pool): 01:09.14 Lochristi 01/02/2026 **PB (25m pool):** 00:38.80 **SB:** 01:09.14 Lochristi 01/02/2026

	50 M	100 M	
PB	no time	01:09.14	
	no time		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 4/5 Lane : 7 Athlete: STESSENS EMMA-LOUISE — **Q-time: 01:08:67**

PB (50m pool): 01:12.19 Antwerpen 20/07/2025 **PB (25m pool):** 01:08.67 **SB:** 01:12.87 Luxembourg 01/02/2026

	50 M	100 M	
PB	00:35.28	01:12.19	
	00:35.28	*00:36.91*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 5/5 Lane : 5 Athlete: VERLUYTEN LENI — **Q-time: 01:06:11**

PB (50m pool): 01:07.58 La Louvière 25/05/2025 **PB (25m pool):** 01:06.11 **SB:** 01:09.00 Wezenberg 03/01/2026

	50 M	100 M	
PB	00:32.77	01:07.58	
	00:32.77	*00:34.81*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 27: 200M MEDLEY MEN 11-12 — Heat:2, starttime: 10:35

Heat: 2/7 Lane : 6 Athlete: OSSELAER VAN NIEUWENHUYZE KIAN — **Q-time: 03:07:85**

PB (50m pool): no time **PB (25m pool):** 03:07.85 **SB:** no time

	50 M	100 M	150 M	200 M	
PB	no time	no time	no time	no time	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 7/7 Lane : 5 Athlete: DERRE FLEUR — **Q-time: 02:42:16**

PB (50m pool): 02:47.30 Wezenberg 04/01/2026 **PB (25m pool):** 02:42.16 **SB:** 02:47.30 Wezenberg 04/01/2026

	50M	100M	150M	200M	
PB	00:36.34	01:18.84	02:08.79	02:47.30	
	00:36.34	*00:42.50*	*00:49.95*	*00:38.51*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 29: 50M BREASTSTROKE MEN 13-14 — Heat:1, starttime: 11:22

Heat: 1/3 Lane : 3 Athlete: AERENS JEF — **Q-time: 00:38:66**

PB (50m pool): 00:39.95 Lochristi 01/02/2026 **PB (25m pool):** 00:38.66 **SB:** 00:39.95 Lochristi 01/02/2026

	50M	
PB	00:39.95	
	00:39.95	
	. . : . . : . .	

Coach feedback:

Event number: 29: 50M BREASTSTROKE MEN 13-14 — Heat:2, starttime: 11:23

Heat: 2/3 Lane : 3 Athlete: KARER MALIK — **Q-time: 00:36:02**

PB (50m pool): 00:42.46 Wezenberg 05/01/2025 **PB (25m pool):** 00:36.02 **SB:** no time

	50M	
PB	00:42.46	
	00:42.46	
	. . : . . : . .	

Coach feedback:

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

Heat: 3/6 Lane : 7 Athlete: SCIACCA LEANDRO — **Q-time: 00:26:66**

PB (50m pool): 00:27.82 Wezenberg 03/01/2026 **PB (25m pool):** 00:26.66 **SB:** 00:27.82 Wezenberg 03/01/2026

	50M	
PB	00:27.82	
	00:27.82	
	. . : . . : . .	

Coach feedback:

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

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

Heat: 4/6 Lane : 6 Athlete: MICHIELS SIBE — **Q-time: 00:25:50**

PB (50m pool): 00:26.00 Luxembourg 01/02/2026 **PB (25m pool):** 00:25.50 **SB:** 00:26.00 Luxembourg 01/02/2026

	5 0 M	
PB	00:26.00	
	00:26.00	
	. . : . . : . .	

Coach feedback:

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

Heat: 6/6 Lane : 8 Athlete: SCHRAUWEN BJARNE — **Q-time: 00:26:27**

PB (50m pool): 00:29.22 Eindhoven 16/03/2025 **PB (25m pool):** 00:26.27 **SB:** no time

	5 0 M	
PB	00:29.22	
	00:29.22	
	. . : . . : . .	

Coach feedback:

Event number: 32: 50M FREESTYLE WOMEN 15-16 — Heat:3, starttime: 11:38

Heat: 3/6 Lane : 1 Athlete: VERLUYTEN LENI — **Q-time: 00:28:86**

PB (50m pool): 00:29.61 Wezenberg 03/01/2026 **PB (25m pool):** 00:28.86 **SB:** 00:29.61 Wezenberg 03/01/2026

	5 0 M	
PB	00:29.61	
	00:29.61	
	. . : . . : . .	

Coach feedback:

Event number: 32: 50M FREESTYLE WOMEN 15-16 — Heat:5, starttime: 11:40

Heat: 5/6 Lane : 1 Athlete: GAUDAEN MAUD — **Q-time: 00:28:10**

PB (50m pool): 00:28.98 Luxembourg 01/02/2026 **PB (25m pool):** 00:28.10 **SB:** 00:28.98 Luxembourg 01/02/2026

	5 0 M	
PB	00:28.98	
	00:28.98	
	. . : . . : . .	

Coach feedback:

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

Event number: 32: 50M FREESTYLE WOMEN 15-16 — Heat:6, starttime: 11:41

Heat: 6/6 Lane : 1 Athlete: STESSENS EMMA-LOUISE — **Q-time: 00:28:09**

PB (50m pool): 00:28.88 Wezenberg 03/01/2026 — **PB (25m pool):** 00:28.09 **SB:** 00:28.88 Wezenberg 03/01/2026

	50 M
PB	00:28.88
	00:28.88
	. . : . . : . .

Coach feedback:

Event number: 33: 100M FREESTYLE MEN 13-14 — Heat:1, starttime: 11:42

Heat: 1/6 Lane : 4 Athlete: AERENS JEF — **Q-time: 01:06:69**

PB (50m pool): 01:07.90 Lochristi 01/02/2026 — **PB (25m pool):** 01:06.69 **SB:** 01:07.90 Lochristi 01/02/2026

	50 M	100 M
PB	no time	01:07.90
	no time	
	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 5/7 Lane : 2 Athlete: VAN BUNDER INEZ — **Q-time: 01:03:56**

PB (50m pool): 01:06.70 Antwerpen 20/04/2025 — **PB (25m pool):** 01:03.56 **SB:** 01:06.73 Wezenberg 04/01/2026

	50 M	100 M
PB	00:33.19	01:06.70
	00:33.19	*00:33.51*
	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 5/7 Lane : 4 Athlete: DE JONG SUZAN — **Q-time: 01:01:07**

PB (50m pool): 01:03.61 Lochristi 01/02/2026 — **PB (25m pool):** 01:01.07 **SB:** 01:03.61 Lochristi 01/02/2026

	50 M	100 M
PB	no time	01:03.61
	no time	
	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Event number: 34: 100M FREESTYLE WOMEN 13-14 — Heat:6, starttime: 12:01

Heat: 6/7 Lane : 6 Athlete: VERLUYTEN NIENE — **Q-time: 01:03:38**

PB (50m pool): 01:05.60 Antwerp 26/01/2025 **PB (25m pool):** 01:03.38 **SB:** 01:06.10 Wezenberg 04/01/2026

	5 0 M	1 0 0 M	
PB	00:31.33	01:05.60	
	00:31.33	*00:34.27*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 7/7 Lane : 6 Athlete: DEBRABANDERE LEONIE — **Q-time: 01:03:16**

PB (50m pool): 01:04.75 Lochristi 01/02/2026 **PB (25m pool):** 01:03.16 **SB:** 01:04.75 Lochristi 01/02/2026

	5 0 M	1 0 0 M	
PB	no time	01:04.75	
	no time		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 35: 100M FREESTYLE MEN 11-12 — Heat:1, starttime: 12:04

Heat: 1/7 Lane : 4 Athlete: OSSELAER VAN NIEUWENHUYZE KIAN — **Q-time: 01:15:30**

PB (50m pool): 01:15.30 Gent 08/02/2026 **PB (25m pool):** 01:16.89 **SB:** 01:15.30 Gent 08/02/2026

	5 0 M	1 0 0 M	
PB	00:37.06	01:15.30	
	00:37.06	*00:38.24*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 7/7 Lane : 2 Athlete: DERRE FLEUR — **Q-time: 01:07:48**

PB (50m pool): 01:10.01 Wezenberg 04/01/2026 **PB (25m pool):** 01:07.48 **SB:** 01:10.01 Wezenberg 04/01/2026

	5 0 M	1 0 0 M	
PB	00:33.46	01:10.01	
	00:33.46	*00:36.55*	
	. . : . . : . .	. . : . . : . .	

Coach feedback: