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

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

Coaches: Desot Stefanie HEADCOACH

Coaches: Desmet Carl

Coaches: Backs Hubert

Coaches: De Cramer Renée

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

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

Heat: 2/5 Lane : 1 Athlete: CHRISTIAENS LUCAS — **Q-time: 02:44:01**

PB (50m pool): 02:44.01 Gent 08/02/2026 **PB (25m pool):** 02:56.70 **SB:** 02:44.01 Gent 08/02/2026

	50M	100M	150M	200M	
PB	00:35.72	01:21.22	02:07.42	02:44.01	
	00:35.72	*00:45.50*	*00:46.20*	*00:36.59*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 2/5 Lane : 3 Athlete: THIELEMANS LEON — **Q-time: 02:41:88**

PB (50m pool): 02:41.88 Brugge 01/02/2026 **PB (25m pool):** 02:50.16 **SB:** 02:41.88 Brugge 01/02/2026

	50M	100M	150M	200M	
PB	00:37.05	01:19.25	02:05.50	02:41.88	
	00:37.05	*00:42.20*	*00:46.25*	*00:36.38*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 24: 200M MEDLEY WOMEN 13-14 — Heat:1, starttime: 09:46

Heat: 1/7 Lane : 5 Athlete: CLAEYS ELENA — **Q-time: 02:50:62**

PB (50m pool): 02:50.62 Brugge 01/02/2026 **PB (25m pool):** 02:50.54 **SB:** 02:50.62 Brugge 01/02/2026

	50M	100M	150M	200M	
PB	00:36.33	01:17.51	02:12.92	02:50.62	
	00:36.33	*00:41.18*	*00:55.41*	*00:37.70*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 24: 200M MEDLEY WOMEN 13-14 — Heat:2, starttime: 09:50

Heat: 2/7 Lane : 4 Athlete: HUYBEN ISOLDE — **Q-time: 02:46:35**

PB (50m pool): 02:46.35 Gent 08/02/2026 **PB (25m pool):** 02:47.40 **SB:** 02:46.35 Gent 08/02/2026

	50 M	100 M	150 M	200 M	
PB	00:34.05	01:15.54	02:08.86	02:46.35	
	00:34.05	*00:41.49*	*00:53.32*	*00:37.49*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 4/7 Lane : 6 Athlete: VERNIEUWE IRENE — **Q-time: 02:43:22**

PB (50m pool): 02:43.22 Gent 08/02/2026 **PB (25m pool):** 02:44.51 **SB:** 02:43.22 Gent 08/02/2026

	50 M	100 M	150 M	200 M	
PB	00:34.20	01:16.14	02:04.54	02:43.22	
	00:34.20	*00:41.94*	*00:48.40*	*00:38.68*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 3/5 Lane : 6 Athlete: VANDEKERCKHOVE JEROME — **Q-time: 01:03:35**

PB (50m pool): 01:04.72 Antwerpen 27/07/2025 **PB (25m pool):** 01:03.35 **SB:** 01:05.71 Gent 08/02/2026

	50 M	100 M	
PB	00:31.21	01:04.72	
	00:31.21	*00:33.51*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 25: 100M BACKSTROKE MEN 15-16 — Heat:4, starttime: 10:16

Heat: 4/5 Lane : 4 Athlete: THONON MATISSE — **Q-time: 00:57:80**

PB (50m pool): 01:00.77 Amersfoort 22/02/2026 **PB (25m pool):** 00:57.80 **SB:** 01:00.77 Amersfoort 22/02/2026

	50 M	100 M	
PB	00:29.25	01:00.77	
	00:29.25	*00:31.52*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 5/5 Lane : 3 Athlete: KINDT LIAM — **Q-time: 01:02:50**

PB (50m pool): 01:03.13 Eindhoven 16/03/2025 **PB (25m pool):** 01:02.50 **SB:** 01:03.81 Amersfoort 22/02/2026

	5 0 M	1 0 0 M	
PB	00:30.61	01:03.13	
	00:30.61	*00:32.52*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 2/5 Lane : 7 Athlete: DESMET LIEZE — **Q-time: 01:11:51**

PB (50m pool): 01:13.95 Gent 08/02/2026 **PB (25m pool):** 01:11.51 **SB:** 01:13.95 Gent 08/02/2026

	5 0 M	1 0 0 M	
PB	00:34.89	01:13.95	
	00:34.89	*00:39.06*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 26: 100M BACKSTROKE WOMEN 15-16 — Heat:3, starttime: 10:25

Heat: 3/5 Lane : 3 Athlete: DE BRUYCKER CHLOë — **Q-time: 01:07:72**

PB (50m pool): 01:06.77 GENK 24/07/2022 **PB (25m pool):** 01:07.72 **SB:** 01:08.98 Charleroi 11/01/2026

	5 0 M	1 0 0 M	
PB	no time	01:06.77	
	no time		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 26: 100M BACKSTROKE WOMEN 15-16 — Heat:3, starttime: 10:25

Heat: 3/5 Lane : 6 Athlete: VANDEKERCKHOVE JULIETTE — **Q-time: 01:08:36**

PB (50m pool): 01:11.44 Gent 08/02/2026 **PB (25m pool):** 01:08.36 **SB:** 01:11.44 Gent 08/02/2026

	5 0 M	1 0 0 M	
PB	00:34.70	01:11.44	
	00:34.70	*00:36.74*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 5/5 Lane : 3 Athlete: LAMMENS MARY — **Q-time: 01:06:73**

PB (50m pool): 01:08.37 Gent 08/02/2026 **PB (25m pool):** 01:06.73 **SB:** 01:08.37 Gent 08/02/2026

	50 M	100 M	
PB	00:33.49	01:08.37	
	00:33.49	*00:34.88*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 5/5 Lane : 8 Athlete: DARRAS NINA — **Q-time: 01:10:55**

PB (50m pool): 01:12.43 Antwerpen 20/07/2025 **PB (25m pool):** 01:10.55 **SB:** 01:14.40 Amersfoort 22/02/2026

	50 M	100 M	
PB	00:35.69	01:12.43	
	00:35.69	*00:36.74*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 2/7 Lane : 7 Athlete: GEERS ARNOUT — **Q-time: 03:10:54**

PB (50m pool): 03:21.11 Kortrijk 04/05/2025 **PB (25m pool):** 03:10.54 **SB:** no time

	50 M	100 M	150 M	200 M	
PB	00:49.45	01:39.45	02:38.35	03:21.11	
	00:49.45	*00:50.00*	*00:58.90*	*00:42.76*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 3/7 Lane : 8 Athlete: MOEYAERT ALEC — **Q-time: 03:05:60**

PB (50m pool): 03:12.14 Kortrijk 04/05/2025 **PB (25m pool):** 03:05.60 **SB:** no time

	50 M	100 M	150 M	200 M	
PB	00:44.44	01:35.63	02:29.67	03:12.14	
	00:44.44	*00:51.19*	*00:54.04*	*00:42.47*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 2/7 Lane : 3 Athlete: HUYBEN STIEN — **Q-time: 03:07:46**

PB (50m pool): 03:13.35 Kortrijk 04/05/2025 **PB (25m pool):** 03:07.46 **SB:** no time

	50M	100M	150M	200M	
PB	00:43.79	01:36.28	02:30.94	03:13.35	
	00:43.79	*00:52.49*	*00:54.66*	*00:42.41*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 2/3 Lane : 7 Athlete: CHRISTIAENS LUCAS — **Q-time: 00:36:91**

PB (50m pool): 00:36.91 Brugge 01/02/2026 **PB (25m pool):** no time **SB:** 00:36.91 Brugge 01/02/2026

	50M	
PB	00:36.91	
	00:36.91	
	. . : . . : . .	

Coach feedback:

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

Heat: 4/6 Lane : 8 Athlete: THONON MATISSE — **Q-time: 00:26:37**

PB (50m pool): 00:26.72 Zwembad Brigitte Becue 30/05/2025 **PB (25m pool):** 00:26.37 **SB:** 00:26.97 Charleroi 11/01/2026

	50M	
PB	00:26.72	
	00:26.72	
	. . : . . : . .	

Coach feedback:

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

Heat: 6/6 Lane : 1 Athlete: VANDEKERCKHOVE JEROME — **Q-time: 00:26:06**

PB (50m pool): 00:27.00 Brugge 14/02/2026 **PB (25m pool):** 00:26.06 **SB:** 00:27.00 Brugge 14/02/2026

	50M	
PB	00:27.00	
	00:27.00	
	. . : . . : . .	

Coach feedback:

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

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

Heat: 6/6 Lane : 7 Athlete: KINDT LIAM — **Q-time: 00:25:90**

PB (50m pool): 00:27.07 Zwembad Brigitte Becue 30/05/2025 **PB (25m pool):** 00:25.90 **SB:** 00:27.22 Brugge 14/02/2026

	5 0 M	
PB	00:27.07	
	00:27.07	
	. . : . . : . .	

Coach feedback:

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

Heat: 3/6 Lane : 2 Athlete: VANDEKERCKHOVE JULIETTE — **Q-time: 00:28:74**

PB (50m pool): 00:28.74 Zwembad Brigitte Becue 30/05/2025 **PB (25m pool):** 00:30.37 **SB:** 00:29.14 Charleroi 11/01/2026

	5 0 M	
PB	00:28.74	
	00:28.74	
	. . : . . : . .	

Coach feedback:

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

Heat: 3/6 Lane : 5 Athlete: DARRAS NINA — **Q-time: 00:28:56**

PB (50m pool): 00:28.74 Brugge 14/02/2026 **PB (25m pool):** 00:28.56 **SB:** 00:28.74 Brugge 14/02/2026

	5 0 M	
PB	00:28.74	
	00:28.74	
	. . : . . : . .	

Coach feedback:

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

Heat: 4/6 Lane : 3 Athlete: GANTOIS JANNE — **Q-time: 00:27:41**

PB (50m pool): 00:27.41 Brugge 14/02/2026 **PB (25m pool):** 00:27.86 **SB:** 00:27.41 Brugge 14/02/2026

	5 0 M	
PB	00:27.41	
	00:27.41	
	. . : . . : . .	

Coach feedback:

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

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

Heat: 4/6 Lane : 5 Athlete: DE BRUYCKER CHLOë — **Q-time: 00:27:26**

PB (50m pool): 00:27.47 Zwembad Brigitte Becue 30/05/2025 **PB (25m pool):** 00:27.26 **SB:** 00:27.68 Amersfoort 22/02/2026

	5 0 M
PB	00:27.47
	00:27.47
	. . : . . : . .

Coach feedback:

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

Heat: 6/6 Lane : 3 Athlete: LAMMENS MARY — **Q-time: 00:27:35**

PB (50m pool): 00:28.12 Amersfoort 22/02/2026 **PB (25m pool):** 00:27.35 **SB:** 00:28.12 Amersfoort 22/02/2026

	5 0 M
PB	00:28.12
	00:28.12
	. . : . . : . .

Coach feedback:

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

Heat: 6/6 Lane : 5 Athlete: DESMET LIEZE — **Q-time: 00:27:16**

PB (50m pool): 00:27.65 Brugge 14/02/2026 **PB (25m pool):** 00:27.16 **SB:** 00:27.65 Brugge 14/02/2026

	5 0 M
PB	00:27.65
	00:27.65
	. . : . . : . .

Coach feedback:

Event number: 33: 100M FREESTYLE MEN 13-14 — Heat:4, starttime: 11:47

Heat: 4/6 Lane : 1 Athlete: THIELEMANS LEON — **Q-time: 01:04:00**

PB (50m pool): 01:05.03 Brugge 01/02/2026 **PB (25m pool):** 01:04.00 **SB:** 01:05.03 Brugge 01/02/2026

	5 0 M	1 0 0 M
PB	00:30.86	01:05.03
	00:30.86	*00:34.17*
	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Event number: 34: 100M FREESTYLE WOMEN 13-14 — Heat:3, starttime: 11:56

Heat: 3/7 Lane : 8 Athlete: HUYBEN ISOLDE — **Q-time: 01:05:94**

PB (50m pool): 01:06.56 Antwerpen 20/07/2025 **PB (25m pool):** 01:05.94 **SB:** 01:07.11 Brugge 01/02/2026

	50 M	100 M	
PB	00:32.02	01:06.56	
	00:32.02	*00:34.54*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 5/7 Lane : 1 Athlete: VERNIEUWE IRENE — **Q-time: 01:04:60**

PB (50m pool): 01:07.33 Charleroi 11/01/2026 **PB (25m pool):** 01:04.60 **SB:** 01:07.33 Charleroi 11/01/2026

	50 M	100 M	
PB	00:31.61	01:07.33	
	00:31.61	*00:35.72*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 6/7 Lane : 2 Athlete: CLAEYS ELENA — **Q-time: 01:03:55**

PB (50m pool): 01:03.83 Amersfoort 22/02/2026 **PB (25m pool):** 01:03.55 **SB:** 01:03.83 Amersfoort 22/02/2026

	50 M	100 M	
PB	00:30.62	01:03.83	
	00:30.62	*00:33.21*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 3/7 Lane : 3 Athlete: MOEYAERT ALEC — **Q-time: 01:13:02**

PB (50m pool): 01:13.02 Gent 08/02/2026 **PB (25m pool):** 01:13.52 **SB:** 01:13.02 Gent 08/02/2026

	50 M	100 M	
PB	00:35.35	01:13.02	
	00:35.35	*00:37.67*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 5/7 Lane : 3 Athlete: GEERS ARNOUT — **Q-time: 01:09:90**

PB (50m pool): 01:11.71 Brugge 01/02/2026 — **PB (25m pool):** 01:09.90 **SB:** 01:11.71 Brugge 01/02/2026

	5 0 M	1 0 0 M	
PB	00:34.50	01:11.71	
	00:34.50	*00:37.21*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 36: 100M FREESTYLE WOMEN 11-12 — Heat:3, starttime: 12:20

Heat: 3/7 Lane : 6 Athlete: HUYBEN STIEN — **Q-time: 01:12:72**

PB (50m pool): 01:13.32 Brugge 01/02/2026 — **PB (25m pool):** 01:12.72 **SB:** 01:13.32 Brugge 01/02/2026

	5 0 M	1 0 0 M	
PB	00:35.52	01:13.32	
	00:35.52	*00:37.80*	
	. . : . . : . .	. . : . . : . .	

Coach feedback: