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

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

Coaches: Mabbe Andy

Coaches: Planckaert Pieter

Coaches: Spincemaille Laura

Coaches: Vanden Abeele Syl

Coaches: Demeyere Kristof HEADCOACH

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

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

Heat: 7/7 Lane : 6 Athlete: LIBBRECHT ZOë — **Q-time: 02:32:55**

PB (50m pool): 02:32.55 Antwerpen 20/07/2025 **PB (25m pool):** 02:26.46 **SB:** 02:33.29 Brugge 01/02/2026

	50 M	100 M	150 M	200 M	
PB	00:32.74	01:12.32	01:57.91	02:32.55	
	00:32.74	*00:39.58*	*00:45.59*	*00:34.64*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 25: 100M BACKSTROKE MEN 15-16 — Heat:2, starttime: 10:12

Heat: 2/5 Lane : 3 Athlete: BALCAEN SANDER — **Q-time: 01:07:03**

PB (50m pool): 01:08.26 Brugge 01/02/2026 **PB (25m pool):** 01:07.03 **SB:** 01:08.26 Brugge 01/02/2026

	50 M	100 M	
PB	no time	01:08.26	
	no time		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 27: 200M MEDLEY MEN 11-12 — Heat:4, starttime: 10:42

Heat: 4/7 Lane : 1 Athlete: ROIJERS REMI — **Q-time: 03:00:44**

PB (50m pool): 03:08.31 Antwerpen 20/07/2025 **PB (25m pool):** 03:00.44 **SB:** 03:12.19 Kortrijk 26/12/2025

	50 M	100 M	150 M	200 M	
PB	00:42.19	01:29.56	02:27.91	03:08.31	
	00:42.19	*00:47.37*	*00:58.35*	*00:40.40*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 3/7 Lane : 5 Athlete: POPPE CéLESTE — **Q-time: 03:01:31**

PB (50m pool): 03:16.01 Antwerpen 13/07/2025 **PB (25m pool):** 03:01.31 **SB:** no time

	50M	100M	150M	200M	
PB	00:45.03	01:38.10	02:33.00	03:16.01	
	00:45.03	*00:53.07*	*00:54.90*	*00:43.01*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 28: 200M MEDLEY WOMEN 11-12 — Heat:4, starttime: 11:08

Heat: 4/7 Lane : 5 Athlete: TUYTENS LAURE — **Q-time: 02:59:09**

PB (50m pool): 03:06.27 Gent 08/02/2026 **PB (25m pool):** 02:59.09 **SB:** 03:06.27 Gent 08/02/2026

	50M	100M	150M	200M	
PB	00:45.45	01:32.37	02:25.70	03:06.27	
	00:45.45	*00:46.92*	*00:53.33*	*00:40.57*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 31: 50M FREESTYLE MEN 15-16 — Heat:1, starttime: 11:30

Heat: 1/6 Lane : 6 Athlete: BALCAEN SANDER — **Q-time: 00:27:99**

PB (50m pool): 00:33.98 Seraing 28/01/2024 **PB (25m pool):** 00:27.99 **SB:** no time

	50M	
PB	00:33.98	
	00:33.98	
	. . : . . : . .	

Coach feedback:

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

Heat: 3/6 Lane : 6 Athlete: DEMEYERE LARS — **Q-time: 00:26:54**

PB (50m pool): 00:37.21 Kortrijk 01/05/2022 **PB (25m pool):** 00:26.54 **SB:** no time

	50M	
PB	00:37.21	
	00:37.21	
	. . : . . : . .	

Coach feedback:

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

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

Heat: 5/7 Lane : 5 Athlete: LIBBRECHT ZOë — **Q-time: 01:01:83**

PB (50m pool): 01:01.83 Antwerpen 20/07/2025 **PB (25m pool):** 01:00.77 **SB:** no time

	5 0 M	1 0 0 M	
PB	00:30.52	01:01.83	
	00:30.52	*00:31.31*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 4/7 Lane : 7 Athlete: ROIJERS REMI — **Q-time: 01:11:61**

PB (50m pool): 01:12.34 Brugge 01/02/2026 **PB (25m pool):** 01:11.61 **SB:** 01:12.34 Brugge 01/02/2026

	5 0 M	1 0 0 M	
PB	00:34.98	01:12.34	
	00:34.98	*00:37.36*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 36: 100M FREESTYLE WOMEN 11-12 — Heat:2, starttime: 12:18

Heat: 2/7 Lane : 7 Athlete: TUYTENS LAURE — **Q-time: 01:14:38**

PB (50m pool): 01:17.10 Antwerpen 20/07/2025 **PB (25m pool):** 01:14.38 **SB:** 01:17.51 Brugge 01/02/2026

	5 0 M	1 0 0 M	
PB	00:36.50	01:17.10	
	00:36.50	*00:40.60*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 4/7 Lane : 5 Athlete: POPPE CéLESTE — **Q-time: 01:11:30**

PB (50m pool): 01:11.30 Gent 08/02/2026 **PB (25m pool):** 01:12.40 **SB:** 01:11.30 Gent 08/02/2026

	5 0 M	1 0 0 M	
PB	00:34.23	01:11.30	
	00:34.23	*00:37.07*	
	. . : . . : . .	. . : . . : . .	

Coach feedback: