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

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

Coaches: Lefever Elisa

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

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

Heat: 3/7 Lane : 4 Athlete: CASTELEYN YANA — **Q-time: 02:44:70**

PB (50m pool): 02:44.70 Brugge 01/02/2026 **PB (25m pool):** 02:44.79 **SB:** 02:44.70 Brugge 01/02/2026

	50 M	100 M	150 M	200 M	
PB	00:35.62	01:20.75	02:07.63	02:44.70	
	00:35.62	*00:45.13*	*00:46.88*	*00:37.07*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 3/7 Lane : 7 Athlete: DEMAREST HAILEY — **Q-time: 02:45:95**

PB (50m pool): 02:45.95 Zwembad Brigitte Becue 30/05/2025 **PB (25m pool):** 02:39.76 **SB:** 02:48.33 Brugge 01/02/2026

	50 M	100 M	150 M	200 M	
PB	00:36.82	01:22.41	02:06.78	02:45.95	
	00:36.82	*00:45.59*	*00:44.37*	*00:39.17*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 6/7 Lane : 6 Athlete: DELPORTE ELLE — **Q-time: 02:39:29**

PB (50m pool): 02:39.29 Antwerpen 20/07/2025 **PB (25m pool):** 02:39.59 **SB:** 02:39.93 Brugge 25/01/2026

	50 M	100 M	150 M	200 M	
PB	00:35.36	01:16.06	02:02.88	02:39.29	
	00:35.36	*00:40.70*	*00:46.82*	*00:36.41*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 2/5 Lane : 4 Athlete: PLOVIE FLYNN — **Q-time: 01:06:14**

PB (50m pool): 01:06.14 Antwerpen 27/07/2025 **PB (25m pool):** 01:03.13 **SB:** no time

	50M	100M
PB	00:32.03	01:06.14
	00:32.03	*00:34.11*
	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 3/7 Lane : 3 Athlete: MOERMAN JASPER — **Q-time: 03:02:15**

PB (50m pool): 03:02.15 Kortrijk 26/12/2025 **PB (25m pool):** 03:03.59 **SB:** 03:02.15 Kortrijk 26/12/2025

	50M	100M	150M	200M
PB	00:42.91	01:29.02	02:21.42	03:02.15
	00:42.91	*00:46.11*	*00:52.40*	*00:40.73*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 28: 200M MEDLEY WOMEN 11-12 — Heat:6, starttime: 11:15

Heat: 6/7 Lane : 5 Athlete: GHEKIERE JUNE — **Q-time: 02:53:40**

PB (50m pool): 02:53.40 Kortrijk 26/12/2025 **PB (25m pool):** 02:49.26 **SB:** 02:53.40 Kortrijk 26/12/2025

	50M	100M	150M	200M
PB	00:37.19	01:24.56	02:12.61	02:53.40
	00:37.19	*00:47.37*	*00:48.05*	*00:40.79*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 30: 50M BREASTSTROKE WOMEN 13-14 — Heat:2, starttime: 11:27

Heat: 2/3 Lane : 3 Athlete: DEMAREST HAILEY — **Q-time: 00:38:03**

PB (50m pool): 00:38.03 Brugge 01/02/2026 **PB (25m pool):** 00:38.06 **SB:** 00:38.03 Brugge 01/02/2026

	50M
PB	00:38.03
	00:38.03
	. . : . . : . .

Coach feedback:

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

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

Heat: 1/6 Lane : 3 Athlete: PLOVIE FLYNN — **Q-time: 00:27:96**

PB (50m pool): 00:26.66 Brugge 14/02/2026 **PB (25m pool):** 00:26.65 **SB:** 00:26.66 Brugge 14/02/2026

	50 M
PB	00:26.66
	00:26.66
	. . : . . : . .

Coach feedback:

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

Heat: 1/6 Lane : 3 Athlete: VAN BRABANT BENJAMIN — **Q-time: 01:09:42**

PB (50m pool): 01:09.42 Zwembad Brigitte Becue 30/05/2025 **PB (25m pool):** 01:03.26 **SB:** no time

	50 M	100 M
PB	00:33.23	01:09.42
	00:33.23	*00:36.19*
	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 34: 100M FREESTYLE WOMEN 13-14 — Heat:1, starttime: 11:53

Heat: 1/7 Lane : 2 Athlete: CASTELEYN YANA — **Q-time: 01:09:08**

PB (50m pool): 01:09.08 Zwembad Brigitte Becue 30/05/2025 **PB (25m pool):** 01:07.52 **SB:** no time

	50 M	100 M
PB	00:33.16	01:09.08
	00:33.16	*00:35.92*
	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 3/7 Lane : 3 Athlete: DELPORTE ELLE — **Q-time: 01:05:67**

PB (50m pool): 01:05.67 Brugge 01/02/2026 **PB (25m pool):** 01:03.42 **SB:** 01:05.67 Brugge 01/02/2026

	50 M	100 M
PB	00:32.42	01:05.67
	00:32.42	*00:33.25*
	. . : . . : . .	. . : . . : . .

Coach feedback:

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

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

Heat: 1/7 Lane : 3 Athlete: MOERMAN JASPER — **Q-time: 01:16:11**

PB (50m pool): 01:16.11 Brugge 01/02/2026 **PB (25m pool):** 01:14.03 **SB:** 01:16.11 Brugge 01/02/2026

	5 0 M	1 0 0 M	
PB	00:36.21	01:16.11	
	00:36.21	*00:39.90*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 36: 100M FREESTYLE WOMEN 11-12 — Heat:6, starttime: 12:25

Heat: 6/7 Lane : 7 Athlete: GHEKIERE JUNE — **Q-time: 01:09:58**

PB (50m pool): 01:09.58 Brugge 01/02/2026 **PB (25m pool):** 01:07.41 **SB:** 01:09.58 Brugge 01/02/2026

	5 0 M	1 0 0 M	
PB	00:33.54	01:09.58	
	00:33.54	*00:36.04*	
	. . : . . : . .	. . : . . : . .	

Coach feedback: