VJTC 2026: Session: 4: COACH evaluation sheet for TEAM: BEST

Coachinfo: Warming up from: 13:15 untill 14:15. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Mentens Nele HEADCOACH

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

Event number: 37: 100M BREASTSTROKE WOMEN 11-12 Heat:6, starttime: 14:41

Heat: 6/7 Lane : 8 Athlete: GHOOS KATO **Q-time: 01:31:53**

PB (50m pool): 01:36.31 Wezenberg 04/01/2026 **PB (25m pool):** 01:31.53 **SB:** 01:36.31 Wezenberg 04/01/2026

	50M	100M	
PB	00:46.28	01:36.31	
	00:46.28	*00:50.03*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 40: 400M FREESTYLE MEN 13-14 Heat:2, starttime: 15:24

Heat: 2/2 Lane : 2 Athlete: PROUVé VIKTOR **Q-time: 04:45:79**

PB (50m pool): 04:56.10 Molenbeek 01/02/2026 **PB (25m pool):** 04:45.79 **SB:** 04:56.10 Molenbeek 01/02/2026

	50M	100M	150M	200M	250M	300M	350M	400M
PB	no time	01:08.91	no time	02:25.79	no time	no time	no time	04:56.10
	no time							
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 41: 50M BUTTERFLY WOMEN 15-16 Heat:3, starttime: 15:32

Heat: 3/6 Lane : 6 Athlete: VANDERLINDEN PAULIEN **Q-time: 00:31:27**

PB (50m pool): 00:31.90 Wezenberg 03/01/2026 **PB (25m pool):** 00:31.27 **SB:** 00:31.90 Wezenberg 03/01/2026

	50M	
PB	00:31.90	
	00:31.90	
	. . : . . : . .	

Coach feedback:

VJTC 2026: Session: 4: COACH evaluation sheet for TEAM: BEST

Event number: 43: 50M BUTTERFLY WOMEN 11-12 — Heat:6, starttime: 15:47

Heat: 6/7 Lane : 2 Athlete: GHOOS KATO — **Q-time: 00:35:64**

PB (50m pool): 00:36.04 Molenbeek 01/02/2026 — **PB (25m pool):** 00:35.64 **SB:** 00:36.04 Molenbeek 01/02/2026

	50 M
PB	00:36.04
	00:36.04
	. . : . . : . .

Coach feedback:

Event number: 45: 100M BUTTERFLY MEN 13-14 — Heat:5, starttime: 16:05

Heat: 5/5 Lane : 1 Athlete: PROUVé VIKTOR — **Q-time: 01:13:37**

PB (50m pool): 01:13.37 Wezenberg 04/01/2026 — **PB (25m pool):** 01:14.38 **SB:** 01:13.37 Wezenberg 04/01/2026

	50 M	100 M
PB	00:33.21	01:13.37
	00:33.21	*00:40.16*
	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 47: 400M MEDLEY WOMEN 15-16 — Heat:3, starttime: 16:27

Heat: 3/3 Lane : 1 Athlete: VANDERLINDEN PAULIEN — **Q-time: 05:21:00**

PB (50m pool): 05:26.13 Antwerpen 20/07/2025 — **PB (25m pool):** 05:21.00 **SB:** 05:43.23 Molenbeek 01/02/2026

	50 M	100 M	150 M	200 M	250 M	300 M	350 M	400 M
PB	00:35.77	01:17.04	01:58.99	02:39.38	03:26.22	04:12.42	04:51.15	05:26.13
	00:35.77	*00:41.27*	*00:41.95*	*00:40.39*	*00:46.84*	*00:46.20*	*00:38.73*	*00:34.98*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 48: 400M MEDLEY MEN 15-16 — Heat:2, starttime: 16:40

Heat: 2/2 Lane : 6 Athlete: VAN HOOF COBE — **Q-time: 05:03:25**

PB (50m pool): 05:11.68 Antwerpen 27/07/2025 — **PB (25m pool):** 05:03.25 **SB:** no time

	50 M	100 M	150 M	200 M	250 M	300 M	350 M	400 M
PB	00:32.20	01:11.45	01:52.04	02:31.73	03:15.73	04:01.35	04:37.19	05:11.68
	00:32.20	*00:39.25*	*00:40.59*	*00:39.69*	*00:44.00*	*00:45.62*	*00:35.84*	*00:34.49*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

VJTC 2026: Session: 4: COACH evaluation sheet for TEAM: BEST

Event number: 49: 100M BACKSTROKE WOMEN 11-12 **Heat:5, starttime: 16:56**

Heat: 5/7 Lane : 4 Athlete: GHOOS KATO **Q-time: 01:21:59**

PB (50m pool): 01:23.52 Wezenberg 04/01/2026 **PB (25m pool):** 01:21.59 **SB:** 01:23.52 Wezenberg 04/01/2026

	50 M	100 M	
PB	00:41.13	01:23.52	
	00:41.13	*00:42.39*	
	. . : . . : . .	. . : . . : . .	

Coach feedback: