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

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

Coaches: Geerits Valerie

Coaches: Smeets Sara HEADCOACH

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

Event number: 37: 100M BREASTSTROKE WOMEN 11-12 — Heat:1, starttime: 14:30

Heat: 1/7 Lane : 3 Athlete: BEIJNSBERGER JULIE — **Q-time: 01:42:42**

PB (50m pool): 01:42.42 Genk 01/02/2026 **PB (25m pool):** 01:33.90 **SB:** 01:42.42 Genk 01/02/2026

	5 0 M	1 0 0 M	
PB	00:48.17	01:42.42	
	00:48.17	*00:54.25*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 37: 100M BREASTSTROKE WOMEN 11-12 — Heat:4, starttime: 14:37

Heat: 4/7 Lane : 2 Athlete: BEIJNSBERGER LOUISE — **Q-time: 01:33:85**

PB (50m pool): 01:33.85 Antwerpen 20/07/2025 **PB (25m pool):** 01:29.86 **SB:** 01:34.03 Genk 01/02/2026

	5 0 M	1 0 0 M	
PB	00:43.76	01:33.85	
	00:43.76	*00:50.09*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 38: 100M BREASTSTROKE MEN 11-12 — Heat:1, starttime: 14:45

Heat: 1/7 Lane : 4 Athlete: JORISKES GIJS — **Q-time: 01:47:02**

PB (50m pool): 01:47.02 Genk 01/02/2026 **PB (25m pool):** 01:40.43 **SB:** 01:47.02 Genk 01/02/2026

	5 0 M	1 0 0 M	
PB	00:51.55	01:47.02	
	00:51.55	*00:55.47*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 38: 100M BREASTSTROKE MEN 11-12 — Heat:2, starttime: 14:48

Heat: 2/7 Lane : 4 Athlete: BOSMANS VINCE — **Q-time: 01:40:09**

PB (50m pool): 01:40.09 Genk 01/02/2026 **PB (25m pool):** 01:35.79 **SB:** 01:40.09 Genk 01/02/2026

	50 M	100 M	
PB	00:46.96	01:40.09	
	00:46.96	*00:53.13*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 38: 100M BREASTSTROKE MEN 11-12 — Heat:3, starttime: 14:50

Heat: 3/7 Lane : 5 Athlete: FERREIRA CRAVO ENZO — **Q-time: 01:37:95**

PB (50m pool): 01:37.95 Antwerpen 20/07/2025 **PB (25m pool):** 01:33.89 **SB:** 01:39.47 Genk 01/02/2026

	50 M	100 M	
PB	00:47.74	01:37.95	
	00:47.74	*00:50.21*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 39: 400M FREESTYLE WOMEN 13-14 — Heat:1, starttime: 15:01

Heat: 1/3 Lane : 3 Athlete: SCHOUTEDEN NIENKE — **Q-time: 05:28:54**

PB (50m pool): 05:28.54 Antwerp 26/01/2025 **PB (25m pool):** 04:59.43 **SB:** no time

	50 M	100 M	150 M	200 M	250 M	300 M	350 M	400 M
PB	00:36.28	01:16.23	01:59.06	02:41.93	03:24.80	04:07.20	04:49.55	05:28.54
	00:36.28	*00:39.95*	*00:42.83*	*00:42.87*	*00:42.87*	*00:42.40*	*00:42.35*	*00:38.99*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 39: 400M FREESTYLE WOMEN 13-14 — Heat:2, starttime: 15:07

Heat: 2/3 Lane : 7 Athlete: NOUWEN FLEUR — **Q-time: 05:09:05**

PB (50m pool): 05:09.05 Antwerpen 20/07/2025 **PB (25m pool):** 05:02.19 **SB:** no time

	50 M	100 M	150 M	200 M	250 M	300 M	350 M	400 M
PB	00:34.83	01:13.87	01:53.78	02:34.11	03:14.33	03:54.67	04:33.34	05:09.05
	00:34.83	*00:39.04*	*00:39.91*	*00:40.33*	*00:40.22*	*00:40.34*	*00:38.67*	*00:35.71*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Event number: 39: 400M FREESTYLE WOMEN 13-14 — Heat:3, starttime: 15:12

Heat: 3/3 Lane : 1 Athlete: JORISKES LORE — **Q-time: 05:00:18**

PB (50m pool): 05:33.41 Antwerp 28/01/2024 **PB (25m pool):** 05:00.18 **SB:** no time

	50M	100M	150M	200M	250M	300M	350M	400M
PB	no time	no time	no time	no time	no time	no time	no time	05:33.41
	no time							
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 39: 400M FREESTYLE WOMEN 13-14 — Heat:3, starttime: 15:12

Heat: 3/3 Lane : 8 Athlete: THEUWISSEN NORE — **Q-time: 05:00:72**

PB (50m pool): 05:00.72 Antwerpen 20/07/2025 **PB (25m pool):** 04:57.49 **SB:** 05:06.50 Genk 01/02/2026

	50M	100M	150M	200M	250M	300M	350M	400M
PB	00:33.68	01:11.75	01:50.61	02:29.22	03:07.96	03:46.53	04:24.59	05:00.72
	00:33.68	*00:38.07*	*00:38.86*	*00:38.61*	*00:38.74*	*00:38.57*	*00:38.06*	*00:36.13*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 2/2 Lane : 1 Athlete: VANDIJCK SAMUEL — **Q-time: 04:52:03**

PB (50m pool): 04:52.03 Antwerpen 20/07/2025 **PB (25m pool):** 04:42.69 **SB:** no time

	50M	100M	150M	200M	250M	300M	350M	400M
PB	00:31.07	01:08.25	01:45.73	02:23.64	03:01.45	03:39.17	04:16.69	04:52.03
	00:31.07	*00:37.18*	*00:37.48*	*00:37.91*	*00:37.81*	*00:37.72*	*00:37.52*	*00:35.34*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 42: 50M BUTTERFLY MEN 15-16 — Heat:3, starttime: 15:39

Heat: 3/4 Lane : 2 Athlete: EVENS MATS — **Q-time: 00:28:26**

PB (50m pool): 00:28.26 Neuss 07/12/2025 **PB (25m pool):** 00:28.15 **SB:** 00:28.26 Neuss 07/12/2025

	50M	
PB	00:28.26	
	00:28.26	
	. . : . . : . .	

Coach feedback:

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

Event number: 43: 50M BUTTERFLY WOMEN 11-12 — Heat:3, starttime: 15:44

Heat: 3/7 Lane : 5 Athlete: BEIJNSBERGER JULIE — **Q-time: 00:38:35**

PB (50m pool): 00:38.35 Genk 01/02/2026 **PB (25m pool):** 00:43.78 **SB:** 00:38.35 Genk 01/02/2026

	5 0 M	
PB	00:38.35	
	00:38.35	
	. . : . . : . .	

Coach feedback:

Event number: 43: 50M BUTTERFLY WOMEN 11-12 — Heat:7, starttime: 15:48

Heat: 7/7 Lane : 3 Athlete: BEIJNSBERGER LOUISE — **Q-time: 00:33:19**

PB (50m pool): 00:33.19 Genk 01/02/2026 **PB (25m pool):** 00:33.73 **SB:** 00:33.19 Genk 01/02/2026

	5 0 M	
PB	00:33.19	
	00:33.19	
	. . : . . : . .	

Coach feedback:

Event number: 44: 50M BUTTERFLY MEN 11-12 — Heat:2, starttime: 15:51

Heat: 2/7 Lane : 4 Athlete: JORISKES GIJS — **Q-time: 00:39:50**

PB (50m pool): 00:39.50 Genk 01/02/2026 **PB (25m pool):** 00:39.11 **SB:** 00:39.50 Genk 01/02/2026

	5 0 M	
PB	00:39.50	
	00:39.50	
	. . : . . : . .	

Coach feedback:

Event number: 44: 50M BUTTERFLY MEN 11-12 — Heat:3, starttime: 15:52

Heat: 3/7 Lane : 5 Athlete: FERREIRA CRAVO ENZO — **Q-time: 00:38:15**

PB (50m pool): 00:38.15 Genk 01/02/2026 **PB (25m pool):** 00:37.21 **SB:** 00:38.15 Genk 01/02/2026

	5 0 M	
PB	00:38.15	
	00:38.15	
	. . : . . : . .	

Coach feedback:

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

Event number: 44: 50M BUTTERFLY MEN 11-12 — Heat:6, starttime: 15:55

Heat: 6/7 Lane : 7 Athlete: BOSMANS VINCE — **Q-time: 00:35:43**

PB (50m pool): 00:35.43 Genk 01/02/2026 **PB (25m pool):** 00:34.67 **SB:** 00:35.43 Genk 01/02/2026

	50 M
PB	00:35.43
	00:35.43
	. . : . . : . .

Coach feedback:

Event number: 45: 100M BUTTERFLY MEN 13-14 — Heat:2, starttime: 16:00

Heat: 2/5 Lane : 7 Athlete: GEUTJENS MAXIME — **Q-time: 01:17:75**

PB (50m pool): 01:17.75 Genk 01/02/2026 **PB (25m pool):** 01:16.92 **SB:** 01:17.75 Genk 01/02/2026

	50 M	100 M
PB	00:35.44	01:17.75
	00:35.44	*00:42.31*
	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 45: 100M BUTTERFLY MEN 13-14 — Heat:4, starttime: 16:04

Heat: 4/5 Lane : 7 Athlete: VANDIJCK SAMUEL — **Q-time: 01:12:10**

PB (50m pool): 01:12.10 Genk 01/02/2026 **PB (25m pool):** 01:11.40 **SB:** 01:12.10 Genk 01/02/2026

	50 M	100 M
PB	00:32.24	01:12.10
	00:32.24	*00:39.86*
	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 46: 100M BUTTERFLY WOMEN 13-14 — Heat:2, starttime: 16:09

Heat: 2/4 Lane : 6 Athlete: JORISKES LORE — **Q-time: 01:13:13**

PB (50m pool): 01:13.13 Antwerpen 20/07/2025 **PB (25m pool):** 01:12.02 **SB:** 01:16.36 Genk 01/02/2026

	50 M	100 M
PB	00:34.43	01:13.13
	00:34.43	*00:38.70*
	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Event number: 46: 100M BUTTERFLY WOMEN 13-14 — Heat:2, starttime: 16:09

Heat: 2/4 Lane : 8 Athlete: DE BELDER KATO — **Q-time: 01:18:24**

PB (50m pool): 01:18.24 SportinGenk Park 01/03/2025 **PB (25m pool):** 01:16.14 **SB:** 01:20.06 Genk 01/02/2026

	50M	100M	
PB	no time	01:18.24	
	no time		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 2/2 Lane : 2 Athlete: METTEN VINCE — **Q-time: 05:03:73**

PB (50m pool): 05:03.73 Genk 01/02/2026 **PB (25m pool):** no time **SB:** 05:03.73 Genk 01/02/2026

	50M	100M	150M	200M	250M	300M	350M	400M
PB	00:32.65	01:11.16	01:52.36	02:32.69	03:13.04	03:53.81	04:29.72	05:03.73
	00:32.65	*00:38.51*	*00:41.20*	*00:40.33*	*00:40.35*	*00:40.77*	*00:35.91*	*00:34.01*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 49: 100M BACKSTROKE WOMEN 11-12 — Heat:3, starttime: 16:51

Heat: 3/7 Lane : 8 Athlete: BEIJNSBERGER JULIE — **Q-time: 01:25:49**

PB (50m pool): 01:25.49 Genk 01/02/2026 **PB (25m pool):** 01:21.23 **SB:** 01:25.49 Genk 01/02/2026

	50M	100M	
PB	00:41.31	01:25.49	
	00:41.31	*00:44.18*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 49: 100M BACKSTROKE WOMEN 11-12 — Heat:6, starttime: 16:58

Heat: 6/7 Lane : 7 Athlete: BEIJNSBERGER LOUISE — **Q-time: 01:20:26**

PB (50m pool): 01:20.26 Genk 01/02/2026 **PB (25m pool):** 01:19.08 **SB:** 01:20.26 Genk 01/02/2026

	50M	100M	
PB	00:38.58	01:20.26	
	00:38.58	*00:41.68*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 50: 100M BACKSTROKE MEN 11-12 — Heat:2, starttime: 17:05

Heat: 2/7 Lane : 2 Athlete: JORISKES GIJS — **Q-time: 01:26:97**

PB (50m pool): 01:26.97 Antwerpen 20/04/2025 **PB (25m pool):** 01:21.24 **SB:** 01:27.30 Genk 01/02/2026

	5 0 M	1 0 0 M	
PB	00:43.47	01:26.97	
	00:43.47	*00:43.50*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 50: 100M BACKSTROKE MEN 11-12 — Heat:3, starttime: 17:08

Heat: 3/7 Lane : 1 Athlete: FERREIRA CRAVO ENZO — **Q-time: 01:25:71**

PB (50m pool): 01:23.83 Genk 01/02/2026 **PB (25m pool):** 01:18.86 **SB:** 01:23.83 Genk 01/02/2026

	5 0 M	1 0 0 M	
PB	00:41.55	01:23.83	
	00:41.55	*00:42.28*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 50: 100M BACKSTROKE MEN 11-12 — Heat:6, starttime: 17:15

Heat: 6/7 Lane : 6 Athlete: BOSMANS VINCE — **Q-time: 01:18:07**

PB (50m pool): 01:18.07 Genk 01/02/2026 **PB (25m pool):** 01:13.70 **SB:** 01:18.07 Genk 01/02/2026

	5 0 M	1 0 0 M	
PB	00:37.72	01:18.07	
	00:37.72	*00:40.35*	
	. . : . . : . .	. . : . . : . .	

Coach feedback: