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

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

Coaches: De Backer Bart

Coaches: Moentjens Ann HEADCOACH

Coaches: Blom Dieter

Coaches: Wielandt Pieter

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 : 7 Athlete: DE BIE LIZE — **Q-time: 01:30:82**

PB (50m pool): 01:32.90 Antwerpen 20/07/2025 **PB (25m pool):** 01:30.82 **SB:** 01:33.19 Gent 08/02/2026

	50M	100M	
PB	00:44.69	01:32.90	
	00:44.69	*00:48.21*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 3/7 Lane : 4 Athlete: DAEM JOPPE — **Q-time: 01:37:79**

PB (50m pool): 01:37.79 Gent 08/02/2026 **PB (25m pool):** 01:40.13 **SB:** 01:37.79 Gent 08/02/2026

	50M	100M	
PB	00:47.50	01:37.79	
	00:47.50	*00:50.29*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 2/2 Lane : 5 Athlete: DE BIE DAAN — **Q-time: 04:37:79**

PB (50m pool): 04:43.20 Gent 08/02/2026 **PB (25m pool):** 04:37.79 **SB:** 04:43.20 Gent 08/02/2026

	50M	100M	150M	200M	250M	300M	350M	400M
PB	00:31.58	01:07.19	01:43.29	02:19.64	02:55.85	03:32.25	04:08.03	04:43.20
	00:31.58	*00:35.61*	*00:36.10*	*00:36.35*	*00:36.21*	*00:36.40*	*00:35.78*	*00:35.17*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Event number: 43: 50M BUTTERFLY WOMEN 11-12 — Heat:1, starttime: 15:41

Heat: 1/7 Lane : 6 Athlete: DE BIE LIZE — **Q-time: 00:41:14**

PB (50m pool): 00:43.54 Lochristi 01/02/2026 **PB (25m pool):** 00:41.14 **SB:** 00:43.54 Lochristi 01/02/2026

	50 M
PB	00:43.54
	00:43.54
	. . : . . : . .

Coach feedback:

Event number: 44: 50M BUTTERFLY MEN 11-12 — Heat:5, starttime: 15:54

Heat: 5/7 Lane : 2 Athlete: DAEM JOPPE — **Q-time: 00:36:65**

PB (50m pool): 00:36.65 Lochristi 01/02/2026 **PB (25m pool):** 00:36.95 **SB:** 00:36.65 Lochristi 01/02/2026

	50 M
PB	00:36.65
	00:36.65
	. . : . . : . .

Coach feedback:

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

Heat: 5/5 Lane : 5 Athlete: DE BIE DAAN — **Q-time: 01:06:36**

PB (50m pool): 01:07.46 Gent 08/02/2026 **PB (25m pool):** 01:06.36 **SB:** 01:07.46 Gent 08/02/2026

	50 M	100 M
PB	00:30.70	01:07.46
	00:30.70	*00:36.76*
	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 46: 100M BUTTERFLY WOMEN 13-14 — Heat:3, starttime: 16:11

Heat: 3/4 Lane : 7 Athlete: BEULENS LOTTE — **Q-time: 01:14:06**

PB (50m pool): 01:14.06 Gent 08/02/2026 **PB (25m pool):** 01:20.74 **SB:** 01:14.06 Gent 08/02/2026

	50 M	100 M
PB	00:34.90	01:14.06
	00:34.90	*00:39.16*
	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Event number: 46: 100M BUTTERFLY WOMEN 13-14 — Heat:4, starttime: 16:13

Heat: 4/4 Lane : 1 Athlete: BOGAERT HANNE — **Q-time: 01:15:46**

PB (50m pool): 01:17.01 Lago Gent Rozebroeken 04/05/2025 **PB (25m pool):** 01:15.46 **SB:** 01:17.82 Gent 08/02/2026

	5 0 M	1 0 0 M	
PB	00:35.64	01:17.01	
	00:35.64	*00:41.37*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 3/7 Lane : 2 Athlete: DE BIE LIZE — **Q-time: 01:25:03**

PB (50m pool): 01:26.15 LOCHRISTI 25/01/2026 **PB (25m pool):** 01:25.03 **SB:** 01:26.15 LOCHRISTI 25/01/2026

	5 0 M	1 0 0 M	
PB	no time	01:26.15	
	no time		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 50: 100M BACKSTROKE MEN 11-12 — Heat:5, starttime: 17:13

Heat: 5/7 Lane : 7 Athlete: DAEM JOPPE — **Q-time: 01:21:84**

PB (50m pool): 01:25.44 Gent 08/02/2026 **PB (25m pool):** 01:21.84 **SB:** 01:25.44 Gent 08/02/2026

	5 0 M	1 0 0 M	
PB	00:42.27	01:25.44	
	00:42.27	*00:43.17*	
	. . : . . : . .	. . : . . : . .	

Coach feedback: