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

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

Coaches: Verrijken Valerie

Coaches: Poelmans Julie 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 : 4 Athlete: DIERCKX ASTRID — **Q-time: 01:27:69**

PB (50m pool): 01:31.43 Wezenberg 01/02/2026 **PB (25m pool):** 01:27.69 **SB:** 01:31.43 Wezenberg 01/02/2026

	5 0 M	1 0 0 M	
PB	00:44.31	01:31.43	
	00:44.31	*00:47.12*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 38: 100M BREASTSTROKE MEN 11-12 — Heat:7, starttime: 14:58

Heat: 7/7 Lane : 7 Athlete: LEYSEN BENJAMIN — **Q-time: 01:25:47**

PB (50m pool): 01:27.72 Wezenberg 01/02/2026 **PB (25m pool):** 01:25.47 **SB:** 01:27.72 Wezenberg 01/02/2026

	5 0 M	1 0 0 M	
PB	00:41.10	01:27.72	
	00:41.10	*00:46.62*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 7/7 Lane : 1 Athlete: DIERCKX ASTRID — **Q-time: 00:34:89**

PB (50m pool): 00:35.49 Wezenberg 04/01/2026 **PB (25m pool):** 00:34.89 **SB:** 00:35.49 Wezenberg 04/01/2026

	5 0 M	
PB	00:35.49	
	00:35.49	
	. . : . . : . .	

Coach feedback:

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

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

Heat: 5/7 Lane : 4 Athlete: LEYSEN BENJAMIN — **Q-time: 00:35:86**

PB (50m pool): 00:37.48 Wezenberg 04/01/2026 **PB (25m pool):** 00:35.86 **SB:** 00:37.48 Wezenberg 04/01/2026

	5 0 M	
PB	00:37.48	
	00:37.48	
	. . : . . : . .	

Coach feedback:

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

Heat: 5/7 Lane : 5 Athlete: DIERCKX ASTRID — **Q-time: 01:22:03**

PB (50m pool): 01:26.18 Wezenberg 04/01/2026 **PB (25m pool):** 01:22.03 **SB:** 01:26.18 Wezenberg 04/01/2026

	5 0 M	1 0 0 M	
PB	00:42.80	01:26.18	
	00:42.80	*00:43.38*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 5/7 Lane : 4 Athlete: LEYSEN BENJAMIN — **Q-time: 01:21:10**

PB (50m pool): 01:26.51 Antwerpen 20/07/2025 **PB (25m pool):** 01:21.10 **SB:** 01:26.52 Wezenberg 01/02/2026

	5 0 M	1 0 0 M	
PB	00:41.60	01:26.51	
	00:41.60	*00:44.91*	
	. . : . . : . .	. . : . . : . .	

Coach feedback: