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

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

Coaches: Duck Chantal

Coaches: Dewulf Bart HEADCOACH

Coaches: Vanhaeke Heidi

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

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

Heat: 7/7 Lane : 5 Athlete: GOEMAERE CYRIEL — **Q-time: 01:23:61**

PB (50m pool): 01:25.08 Gent 08/02/2026 **PB (25m pool):** 01:23.61 **SB:** 01:25.08 Gent 08/02/2026

	50M	100M	
PB	00:39.76	01:25.08	
	00:39.76	*00:45.32*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 3/3 Lane : 6 Athlete: DECUPERE LAURENCE — **Q-time: 04:55:11**

PB (50m pool): 05:00.57 Brugge 01/02/2026 **PB (25m pool):** 04:55.11 **SB:** 05:00.57 Brugge 01/02/2026

	50M	100M	150M	200M	250M	300M	350M	400M
PB	00:34.32	01:11.65	01:50.23	02:29.06	03:07.37	03:46.35	04:24.13	05:00.57
	00:34.32	*00:37.33*	*00:38.58*	*00:38.83*	*00:38.31*	*00:38.98*	*00:37.78*	*00:36.44*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 40: 400M FREESTYLE MEN 13-14 — Heat:1, starttime: 15:18

Heat: 1/2 Lane : 5 Athlete: VANDEMAELE EGON — **Q-time: 05:00:44**

PB (50m pool): 05:00.44 Kortrijk 26/12/2025 **PB (25m pool):** 05:40.77 **SB:** 05:00.44 Kortrijk 26/12/2025

	50M	100M	150M	200M	250M	300M	350M	400M
PB	00:32.88	01:10.64	01:48.56	02:26.96	03:05.31	03:44.04	04:22.31	05:00.44
	00:32.88	*00:37.76*	*00:37.92*	*00:38.40*	*00:38.35*	*00:38.73*	*00:38.27*	*00:38.13*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Event number: 41: 50M BUTTERFLY WOMEN 15-16 — Heat:1, starttime: 15:30

Heat: 1/6 Lane : 4 Athlete: FEYS FARAH — **Q-time: 00:32:31**

PB (50m pool): 00:32.31 Kortrijk 15/02/2026 **PB (25m pool):** 00:37.06 **SB:** 00:32.31 Kortrijk 15/02/2026

	5 0 M
PB	00:32.31
	00:32.31
	. . : . . : . .

Coach feedback:

Event number: 41: 50M BUTTERFLY WOMEN 15-16 — Heat:6, starttime: 15:35

Heat: 6/6 Lane : 6 Athlete: DECOUTERE IMANI — **Q-time: 00:29:99**

PB (50m pool): 00:30.28 Antwerpen 27/04/2025 **PB (25m pool):** 00:29.99 **SB:** 00:30.70 Brugge 01/02/2026

	5 0 M
PB	00:30.28
	00:30.28
	. . : . . : . .

Coach feedback:

Event number: 42: 50M BUTTERFLY MEN 15-16 — Heat:2, starttime: 15:38

Heat: 2/4 Lane : 6 Athlete: DEBRUYNE HANNES — **Q-time: 00:28:05**

PB (50m pool): 00:28.07 Antwerpen 27/07/2025 **PB (25m pool):** 00:28.05 **SB:** no time

	5 0 M
PB	00:28.07
	00:28.07
	. . : . . : . .

Coach feedback:

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

Heat: 6/7 Lane : 6 Athlete: GOEMAERE CYRIEL — **Q-time: 00:34:99**

PB (50m pool): 00:34.99 Brugge 01/02/2026 **PB (25m pool):** 00:36.03 **SB:** 00:34.99 Brugge 01/02/2026

	5 0 M
PB	00:34.99
	00:34.99
	. . : . . : . .

Coach feedback:

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

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

Heat: 2/5 Lane : 6 Athlete: VANDEMAELE EGON — **Q-time: 01:17:29**

PB (50m pool): 01:17.29 Wezenberg 04/01/2026 **PB (25m pool):** 01:20.06 **SB:** 01:17.29 Wezenberg 04/01/2026

	50 M	100 M	
PB	00:34.96	01:17.29	
	00:34.96	*00:42.33*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 45: 100M BUTTERFLY MEN 13-14 — Heat:3, starttime: 16:02

Heat: 3/5 Lane : 2 Athlete: VANNESTE DAAN — **Q-time: 01:10:59**

PB (50m pool): 01:11.07 Gent 08/02/2026 **PB (25m pool):** 01:10.59 **SB:** 01:11.07 Gent 08/02/2026

	50 M	100 M	
PB	00:33.40	01:11.07	
	00:33.40	*00:37.67*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 45: 100M BUTTERFLY MEN 13-14 — Heat:3, starttime: 16:02

Heat: 3/5 Lane : 8 Athlete: DE BAL LUCAS — **Q-time: 01:15:32**

PB (50m pool): 01:17.27 Wezenberg 04/01/2026 **PB (25m pool):** 01:15.32 **SB:** 01:17.27 Wezenberg 04/01/2026

	50 M	100 M	
PB	00:34.91	01:17.27	
	00:34.91	*00:42.36*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 4/5 Lane : 4 Athlete: PICEU SEPPE — **Q-time: 01:04:41**

PB (50m pool): 01:05.05 Wezenberg 04/01/2026 **PB (25m pool):** 01:04.41 **SB:** 01:05.05 Wezenberg 04/01/2026

	50 M	100 M	
PB	00:30.01	01:05.05	
	00:30.01	*00:35.04*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 46: 100M BUTTERFLY WOMEN 13-14 — Heat:1, starttime: 16:08

Heat: 1/4 Lane : 5 Athlete: ROMBAUT CéLINE — **Q-time: 01:19:78**

PB (50m pool): 01:19.78 Brugge 01/02/2026 **PB (25m pool):** 01:23.91 **SB:** 01:19.78 Brugge 01/02/2026

	50M	100M
PB	00:35.77	01:19.78
	00:35.77	*00:44.01*
	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 47: 400M MEDLEY WOMEN 15-16 — Heat:1, starttime: 16:15

Heat: 1/3 Lane : 4 Athlete: FEYS FARAH — **Q-time: 05:31:78**

PB (50m pool): 05:36.77 Antwerpen 20/07/2025 **PB (25m pool):** 05:31.78 **SB:** no time

	50M	100M	150M	200M	250M	300M	350M	400M
PB	00:34.84	01:15.29	01:58.99	02:41.19	03:30.33	04:21.91	05:01.23	05:36.77
	00:34.84	*00:40.45*	*00:43.70*	*00:42.20*	*00:49.14*	*00:51.58*	*00:39.32*	*00:35.54*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 3/3 Lane : 3 Athlete: DECOUTERE IMANI — **Q-time: 05:05:86**

PB (50m pool): 05:14.46 Antwerpen 27/07/2025 **PB (25m pool):** 05:05.86 **SB:** 05:26.30 Brugge 01/02/2026

	50M	100M	150M	200M	250M	300M	350M	400M
PB	00:32.19	01:10.18	01:49.65	02:28.40	03:15.48	04:03.44	04:39.62	05:14.46
	00:32.19	*00:37.99*	*00:39.47*	*00:38.75*	*00:47.08*	*00:47.96*	*00:36.18*	*00:34.84*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 6/7 Lane : 3 Athlete: GOEMAERE CYRIEL — **Q-time: 01:17:34**

PB (50m pool): 01:20.89 Gent 08/02/2026 **PB (25m pool):** 01:17.34 **SB:** 01:20.89 Gent 08/02/2026

	50M	100M
PB	00:39.36	01:20.89
	00:39.36	*00:41.53*
	. . : . . : . .	. . : . . : . .

Coach feedback: