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

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

Coaches: Van der Plas Koen 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 : 2 Athlete: VANDER HOOGERSTRAETE NORA | **Q-time: 01:30:80**

PB (50m pool): 01:34.03 Lochristi 01/02/2026 **PB (25m pool):** 01:30.80 **SB:** 01:34.03 Lochristi 01/02/2026

	50M	100M	
PB	no time	01:34.03	
	no time		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 2/7 Lane : 5 Athlete: VAN DEN BRANDEN CAMIEL | **Q-time: 01:40:89**

PB (50m pool): 01:40.89 Lochristi 01/02/2026 **PB (25m pool):** 01:41.75 **SB:** 01:40.89 Lochristi 01/02/2026

	50M	100M	
PB	no time	01:40.89	
	no time		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 38: 100M BREASTSTROKE MEN 11-12 Heat:4, starttime: 14:52

Heat: 4/7 Lane : 1 Athlete: VAN THILLO BASTIJN | **Q-time: 01:37:07**

PB (50m pool): 01:37.07 Lochristi 01/02/2026 **PB (25m pool):** 01:34.31 **SB:** 01:37.07 Lochristi 01/02/2026

	50M	100M	
PB	no time	01:37.07	
	no time		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 38: 100M BREASTSTROKE MEN 11-12 — Heat:5, starttime: 14:54

Heat: 5/7 Lane : 7 Athlete: TEIRLINCK TIGO — **Q-time: 01:34:02**

PB (50m pool): 01:37.13 Antwerpen 20/07/2025 — **PB (25m pool):** 01:34.02 **SB:** 01:37.21 Lochristi 01/02/2026

	50 M	100 M	
PB	00:46.85	01:37.13	
	00:46.85	*00:50.28*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 7/7 Lane : 4 Athlete: DE VREESE SEPPE — **Q-time: 01:22:86**

PB (50m pool): 01:22.86 Gent 08/02/2026 — **PB (25m pool):** 01:24.26 **SB:** 01:22.86 Gent 08/02/2026

	50 M	100 M	
PB	00:40.19	01:22.86	
	00:40.19	*00:42.67*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 2/3 Lane : 5 Athlete: TAVERNIER LUCIA — **Q-time: 05:03:43**

PB (50m pool): 05:05.21 Antwerpen 20/07/2025 — **PB (25m pool):** 05:03.43 **SB:** no time

	50 M	100 M	150 M	200 M	250 M	300 M	350 M	400 M
PB	00:34.77	01:12.73	01:51.21	02:30.49	03:10.08	03:49.05	04:28.09	05:05.21
	00:34.77	*00:37.96*	*00:38.48*	*00:39.28*	*00:39.59*	*00:38.97*	*00:39.04*	*00:37.12*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 3/6 Lane : 1 Athlete: DE RUIJTER ELISE — **Q-time: 00:31:50**

PB (50m pool): 00:31.61 Gent 08/02/2026 — **PB (25m pool):** 00:31.50 **SB:** 00:31.61 Gent 08/02/2026

	50 M	
PB	00:31.61	
	00:31.61	
	. . : . . : . .	

Coach feedback:

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

Event number: 41: 50M BUTTERFLY WOMEN 15-16 — Heat:4, starttime: 15:33

Heat: 4/6 Lane : 7 Athlete: SCHRAM MILA — **Q-time: 00:30:55**

PB (50m pool): 00:30.70 Amersfoort 22/02/2026 **PB (25m pool):** 00:30.55 **SB:** 00:30.70 Amersfoort 22/02/2026

	5 0 M	
PB	00:30.70	
	00:30.70	
	. . : . . : . .	

Coach feedback:

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

Heat: 6/6 Lane : 2 Athlete: DE DECKER FEBE — **Q-time: 00:30:11**

PB (50m pool): 00:30.11 Antwerpen 27/07/2025 **PB (25m pool):** 00:30.05 **SB:** 00:30.42 Luxembourg 01/02/2026

	5 0 M	
PB	00:30.11	
	00:30.11	
	. . : . . : . .	

Coach feedback:

Event number: 42: 50M BUTTERFLY MEN 15-16 — Heat:1, starttime: 15:37

Heat: 1/4 Lane : 3 Athlete: LOEYS EWOUT — **Q-time: 00:29:29**

PB (50m pool): 00:29.29 Gent 08/02/2026 **PB (25m pool):** 00:29.24 **SB:** 00:29.29 Gent 08/02/2026

	5 0 M	
PB	00:29.29	
	00:29.29	
	. . : . . : . .	

Coach feedback:

Event number: 42: 50M BUTTERFLY MEN 15-16 — Heat:1, starttime: 15:37

Heat: 1/4 Lane : 6 Athlete: LAFAUT JEROME — **Q-time: 00:29:61**

PB (50m pool): 00:29.61 Gent 08/02/2026 **PB (25m pool):** 00:28.41 **SB:** 00:29.61 Gent 08/02/2026

	5 0 M	
PB	00:29.61	
	00:29.61	
	. . : . . : . .	

Coach feedback:

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

Event number: 43: 50M BUTTERFLY WOMEN 11-12 — Heat:4, starttime: 15:45

Heat: 4/7 Lane : 7 Athlete: VANDER HOOGERSTRAETE NORA — **Q-time: 00:37:81**

PB (50m pool): 00:39.99 Lochristi 01/02/2026 **PB (25m pool):** 00:37.81 **SB:** 00:39.99 Lochristi 01/02/2026

	5 0 M	
PB	00:39.99	
	00:39.99	
	. . : . . : . .	

Coach feedback:

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

Heat: 3/7 Lane : 3 Athlete: TEIRLINCK TIGO — **Q-time: 00:38:21**

PB (50m pool): 00:38.21 Lochristi 01/02/2026 **PB (25m pool):** 00:40.35 **SB:** 00:38.21 Lochristi 01/02/2026

	5 0 M	
PB	00:38.21	
	00:38.21	
	. . : . . : . .	

Coach feedback:

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

Heat: 3/7 Lane : 7 Athlete: VAN THILLO BASTIJN — **Q-time: 00:38:90**

PB (50m pool): 00:38.90 Lochristi 01/02/2026 **PB (25m pool):** 00:38.43 **SB:** 00:38.90 Lochristi 01/02/2026

	5 0 M	
PB	00:38.90	
	00:38.90	
	. . : . . : . .	

Coach feedback:

Event number: 44: 50M BUTTERFLY MEN 11-12 — Heat:4, starttime: 15:53

Heat: 4/7 Lane : 1 Athlete: VAN DEN BRANDEN CAMIEL — **Q-time: 00:37:79**

PB (50m pool): 00:37.79 Lochristi 01/02/2026 **PB (25m pool):** 00:39.27 **SB:** 00:37.79 Lochristi 01/02/2026

	5 0 M	
PB	00:37.79	
	00:37.79	
	. . : . . : . .	

Coach feedback:

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

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

Heat: 6/7 Lane : 1 Athlete: DE VREESE SEPPE — **Q-time: 00:35:50**

PB (50m pool): 00:35.50 Lochristi 01/02/2026 **PB (25m pool):** 00:36.14 **SB:** 00:35.50 Lochristi 01/02/2026

	50 M
PB	00:35.50
	00:35.50
	. . : . . : . .

Coach feedback:

Event number: 45: 100M BUTTERFLY MEN 13-14 — Heat:1, starttime: 15:58

Heat: 1/5 Lane : 4 Athlete: BOGAERTS SANDER — **Q-time: 01:18:66**

PB (50m pool): 01:18.66 Zwembad Brigitte Becue 30/05/2025 **PB (25m pool):** 01:18.26 **SB:** no time

	50 M	100 M
PB	00:35.38	01:18.66
	00:35.38	*00:43.28*
	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 45: 100M BUTTERFLY MEN 13-14 — Heat:1, starttime: 15:58

Heat: 1/5 Lane : 5 Athlete: MARTELé STAN — **Q-time: 01:20:82**

PB (50m pool): 01:22.27 Gent 08/02/2026 **PB (25m pool):** 01:20.82 **SB:** 01:22.27 Gent 08/02/2026

	50 M	100 M
PB	00:37.00	01:22.27
	00:37.00	*00:45.27*
	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 3/4 Lane : 8 Athlete: TAVERNIER LUCIA — **Q-time: 01:17:63**

PB (50m pool): 01:17.63 Antwerpen 20/07/2025 **PB (25m pool):** 01:19.84 **SB:** no time

	50 M	100 M
PB	00:36.04	01:17.63
	00:36.04	*00:41.59*
	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Event number: 49: 100M BACKSTROKE WOMEN 11-12 — Heat:7, starttime: 17:00

Heat: 7/7 Lane : 2 Athlete: VANDER HOOGERSTRAETE NORA — **Q-time: 01:14:97**

PB (50m pool): 01:15.51 Antwerpen 20/07/2025 **PB (25m pool):** 01:14.97 **SB:** 01:16.40 Lochristi 01/02/2026

	50 M	100 M	
PB	00:36.99	01:15.51	
	00:36.99	*00:38.52*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 50: 100M BACKSTROKE MEN 11-12 — Heat:1, starttime: 17:03

Heat: 1/7 Lane : 3 Athlete: VAN THILLO BASTIJN — **Q-time: 01:30:17**

PB (50m pool): 01:30.17 Lochristi 01/02/2026 **PB (25m pool):** 01:23.67 **SB:** 01:30.17 Lochristi 01/02/2026

	50 M	100 M	
PB	no time	01:30.17	
	no time		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 3/7 Lane : 8 Athlete: VAN DEN BRANDEN CAMIEL — **Q-time: 01:25:86**

PB (50m pool): 01:25.86 Lochristi 01/02/2026 **PB (25m pool):** 01:20.86 **SB:** 01:25.86 Lochristi 01/02/2026

	50 M	100 M	
PB	no time	01:25.86	
	no time		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 6/7 Lane : 2 Athlete: TEIRLINCK TIGO — **Q-time: 01:18:10**

PB (50m pool): 01:19.01 Antwerpen 20/07/2025 **PB (25m pool):** 01:18.10 **SB:** 01:19.27 Gent 08/02/2026

	50 M	100 M	
PB	00:38.37	01:19.01	
	00:38.37	*00:40.64*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 50: 100M BACKSTROKE MEN 11-12 **Heat:7, starttime: 17:17**

Heat: 7/7 Lane : 8 Athlete: DE VREESE SEPPE **Q-time: 01:16:72**

PB (50m pool): 01:16.72 Gent 08/02/2026 **PB (25m pool):** 01:17.25 **SB:** 01:16.72 Gent 08/02/2026

	50 M	100 M	
PB	00:37.58	01:16.72	
	00:37.58	*00:39.14*	
	. . : . . : . .	. . : . . : . .	

Coach feedback: