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

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

Coaches: Luyten Sjobbe HEADCOACH

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

Event number: 38: 100M BREASTSTROKE MEN 11-12 — Heat:6, starttime: 14:56

Heat: 6/7 Lane : 5 Athlete: VAN HOVE NAND — **Q-time: 01:28:64**

PB (50m pool): 01:30.39 Wezenberg 01/02/2026 **PB (25m pool):** 01:28.64 **SB:** 01:30.39 Wezenberg 01/02/2026

	50M	100M
PB	00:43.79	01:30.39
	00:43.79	*00:46.60*
	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 2/2 Lane : 3 Athlete: VERACHTEN LOUIS — **Q-time: 04:42:61**

PB (50m pool): 04:46.97 Antwerpen 20/07/2025 **PB (25m pool):** 04:42.61 **SB:** no time

	50M	100M	150M	200M	250M	300M	350M	400M
PB	00:32.68	01:08.67	01:45.20	02:21.93	02:58.83	03:35.51	04:12.27	04:46.97
	00:32.68	*00:35.99*	*00:36.53*	*00:36.73*	*00:36.90*	*00:36.68*	*00:36.76*	*00:34.70*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 4/6 Lane : 6 Athlete: KEMPS ELIZE — **Q-time: 00:30:08**

PB (50m pool): 00:30.87 Wezenberg 01/02/2026 **PB (25m pool):** 00:30.08 **SB:** 00:30.87 Wezenberg 01/02/2026

	50M
PB	00:30.87
	00:30.87
	. . : . . : . .

Coach feedback:

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

Event number: 44: 50M BUTTERFLY MEN 11-12 — Heat:7, starttime: 15:57

Heat: 7/7 Lane : 7 Athlete: VAN HOVE NAND — **Q-time: 00:34:03**

PB (50m pool): 00:34.08 Wezenberg 01/02/2026 — **PB (25m pool):** 00:34.03 **SB:** 00:34.08 Wezenberg 01/02/2026

	5 0 M	
PB	00:34.08	
	00:34.08	
	. . : . . : . .	

Coach feedback:

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

Heat: 6/7 Lane : 1 Athlete: VAN HOVE NAND — **Q-time: 01:20:24**

PB (50m pool): 01:22.41 Wezenberg 01/02/2026 — **PB (25m pool):** 01:20.24 **SB:** 01:22.41 Wezenberg 01/02/2026

	5 0 M	1 0 0 M	
PB	00:40.94	01:22.41	
	00:40.94	*00:41.47*	
	. . : . . : . .	. . : . . : . .	

Coach feedback: