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

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

Coaches: Vansteenkiste Victor HEADCOACH

Coaches: Herreman Kurt

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

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

Heat: 2/7 Lane : 7 Athlete: VANHEE TIBE — **Q-time: 01:43:19**

PB (50m pool): 01:43.19 Antwerpen 20/07/2025 **PB (25m pool):** 01:44.26 **SB:** 01:44.02 Brugge 01/02/2026

	50M	100M	
PB	00:48.83	01:43.19	
	00:48.83	*00:54.36*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 3/7 Lane : 8 Athlete: VERBELEN FINN — **Q-time: 01:39:71**

PB (50m pool): 01:42.11 Brugge 01/02/2026 **PB (25m pool):** 01:39.71 **SB:** 01:42.11 Brugge 01/02/2026

	50M	100M	
PB	00:47.99	01:42.11	
	00:47.99	*00:54.12*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 2/3 Lane : 6 Athlete: LAGACIE AXELLE — **Q-time: 05:03:65**

PB (50m pool): 05:03.65 Kortrijk 26/12/2025 **PB (25m pool):** 05:04.95 **SB:** 05:03.65 Kortrijk 26/12/2025

	50M	100M	150M	200M	250M	300M	350M	400M
PB	00:33.55	01:11.14	01:50.40	02:29.15	03:08.54	03:48.30	04:27.09	05:03.65
	00:33.55	*00:37.59*	*00:39.26*	*00:38.75*	*00:39.39*	*00:39.76*	*00:38.79*	*00:36.56*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

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

Heat: 2/2 Lane : 4 Athlete: VANSTEENKISTE VICTOR — **Q-time: 04:23:47**

PB (50m pool): 04:33.31 Antwerpen 20/07/2025 **PB (25m pool):** 04:23.47 **SB:** no time

	50M	100M	150M	200M	250M	300M	350M	400M
PB	00:31.85	01:06.23	01:41.24	02:16.32	02:51.36	03:26.66	04:01.15	04:33.31
	00:31.85	*00:34.38*	*00:35.01*	*00:35.08*	*00:35.04*	*00:35.30*	*00:34.49*	*00:32.16*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 2/2 Lane : 6 Athlete: COENE TIELE — **Q-time: 04:45:35**

PB (50m pool): 04:58.80 Antwerpen 20/07/2025 **PB (25m pool):** 04:45.35 **SB:** no time

	50M	100M	150M	200M	250M	300M	350M	400M
PB	00:33.19	01:10.64	01:49.00	02:27.42	03:05.93	03:44.13	04:22.29	04:58.80
	00:33.19	*00:37.45*	*00:38.36*	*00:38.42*	*00:38.51*	*00:38.20*	*00:38.16*	*00:36.51*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 3/7 Lane : 2 Athlete: VERBELEN FINN — **Q-time: 00:38:69**

PB (50m pool): 00:38.69 Brugge 01/02/2026 **PB (25m pool):** 00:40.33 **SB:** 00:38.69 Brugge 01/02/2026

	50M
PB	00:38.69
	00:38.69
	. . : . . : . .

Coach feedback:

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

Heat: 3/7 Lane : 8 Athlete: VANHEE TIBE — **Q-time: 00:39:42**

PB (50m pool): 00:39.80 Brugge 25/01/2026 **PB (25m pool):** 00:39.42 **SB:** 00:39.80 Brugge 25/01/2026

	50M
PB	00:39.80
	00:39.80
	. . : . . : . .

Coach feedback:

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

Event number: 48: 400M MEDLEY MEN 15-16 — Heat:1, starttime: 16:34

Heat: 1/2 Lane : 4 Athlete: TACQ NATHAN — **Q-time: 05:08:29**

PB (50m pool): 05:08.29 Brugge 01/02/2026 — **PB (25m pool):** 05:11.65 **SB:** 05:08.29 Brugge 01/02/2026

	50M	100M	150M	200M	250M	300M	350M	400M
PB	00:34.61	01:15.06	01:55.20	02:35.83	03:17.73	04:00.45	04:35.26	05:08.29
	00:34.61	*00:40.45*	*00:40.14*	*00:40.63*	*00:41.90*	*00:42.72*	*00:34.81*	*00:33.03*
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Coach feedback:

Event number: 50: 100M BACKSTROKE MEN 11-12 — Heat:2, starttime: 17:05

Heat: 2/7 Lane : 6 Athlete: VERBELEN FINN — **Q-time: 01:26:58**

PB (50m pool): 01:26.58 Brugge 01/02/2026 — **PB (25m pool):** 01:27.82 **SB:** 01:26.58 Brugge 01/02/2026

	50M	100M
PB	00:41.31	01:26.58
	00:41.31	*00:45.27*
	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 5/7 Lane : 8 Athlete: VANHEE TIBE — **Q-time: 01:22:45**

PB (50m pool): 01:25.06 Antwerpen 20/07/2025 — **PB (25m pool):** 01:22.45 **SB:** 01:25.56 Brugge 01/02/2026

	50M	100M
PB	00:41.52	01:25.06
	00:41.52	*00:43.54*
	. . : . . : . .	. . : . . : . .

Coach feedback: