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

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

Coaches: Hanssens Yash

Coaches: Verluyten Philippe

Coaches: Guldentops Kevin

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

Event number: 37: 100M BREASTSTROKE WOMEN 11-12 — Heat:7, starttime: 14:43

Heat: 7/7 Lane : 7 Athlete: DERRE FLEUR — **Q-time: 01:26:35**

PB (50m pool): 01:29.51 Antwerpen 20/07/2025 **PB (25m pool):** 01:26.35 **SB:** 01:31.01 Lochristi 01/02/2026

	50 M	100 M	
PB	00:43.70	01:29.51	
	00:43.70	*00:45.81*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 2/7 Lane : 6 Athlete: OSSELAER VAN NIEUWENHUYZE KIAN — **Q-time: 01:41:44**

PB (50m pool): 01:42.65 Gent 08/02/2026 **PB (25m pool):** 01:39.76 **SB:** 01:42.65 Gent 08/02/2026

	50 M	100 M	
PB	00:48.77	01:42.65	
	00:48.77	*00:53.88*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 3/3 Lane : 4 Athlete: VERLUYTEN NIENE — **Q-time: 04:46:34**

PB (50m pool): 04:54.79 Antwerp 26/01/2025 **PB (25m pool):** 04:46.34 **SB:** no time

	50 M	100 M	150 M	200 M	250 M	300 M	350 M	400 M
PB	00:32.95	01:09.32	01:46.86	02:24.50	03:02.09	03:40.35	04:17.72	04:54.79
	00:32.95	*00:36.37*	*00:37.54*	*00:37.64*	*00:37.59*	*00:38.26*	*00:37.37*	*00:37.07*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

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

Heat: 1/2 Lane : 7 Athlete: AERENS JEF — **Q-time: 05:08:06**

PB (50m pool): 05:08.97 Antwerp 26/01/2025 **PB (25m pool):** 05:08.06 **SB:** no time

	50M	100M	150M	200M	250M	300M	350M	400M
PB	00:34.74	01:13.70	01:53.49	02:32.65	03:12.44	03:51.58	04:30.33	05:08.97
	00:34.74	*00:38.96*	*00:39.79*	*00:39.16*	*00:39.79*	*00:39.14*	*00:38.75*	*00:38.64*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 1/2 Lane : 8 Athlete: KARER MALIK — **Q-time: 05:21:74**

PB (50m pool): 05:33.47 Mol 22/06/2025 **PB (25m pool):** 05:21.74 **SB:** no time

	50M	100M	150M	200M	250M	300M	350M	400M
PB	00:36.99	01:17.83	02:00.91	02:43.91	03:27.62	04:10.30	04:53.90	05:33.47
	00:36.99	*00:40.84*	*00:43.08*	*00:43.00*	*00:43.71*	*00:42.68*	*00:43.60*	*00:39.57*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 2/2 Lane : 7 Athlete: SCIACCA EMILIO — **Q-time: 04:51:97**

PB (50m pool): 04:56.53 Lochristi 01/02/2026 **PB (25m pool):** 04:51.97 **SB:** 04:56.53 Lochristi 01/02/2026

	50M	100M	150M	200M	250M	300M	350M	400M
PB	no time	01:09.96	no time	02:24.42	no time	no time	no time	04:56.53
	no time							
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 41: 50M BUTTERFLY WOMEN 15-16 — Heat:2, starttime: 15:31

Heat: 2/6 Lane : 3 Athlete: GAUDAEN MAUD — **Q-time: 00:31:73**

PB (50m pool): 00:31.37 Luxembourg 01/02/2026 **PB (25m pool):** 00:31.73 **SB:** 00:31.37 Luxembourg 01/02/2026

	50M	
PB	00:31.37	
	00:31.37	
	. . : . . : . .	

Coach feedback:

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

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

Heat: 4/6 Lane : 1 Athlete: STESSENS EMMA-LOUISE — **Q-time: 00:30:87**

PB (50m pool): 00:31.23 Wezenberg 03/01/2026 **PB (25m pool):** 00:30.87 **SB:** 00:31.23 Wezenberg 03/01/2026

	5 0 M
PB	00:31.23
	00:31.23
	. . : . . : . .

Coach feedback:

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

Heat: 6/6 Lane : 3 Athlete: VAN BUNDER AMY — **Q-time: 00:29:68**

PB (50m pool): 00:29.84 Lochristi 01/02/2026 **PB (25m pool):** 00:29.68 **SB:** 00:29.84 Lochristi 01/02/2026

	5 0 M
PB	00:29.84
	00:29.84
	. . : . . : . .

Coach feedback:

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

Heat: 1/4 Lane : 4 Athlete: SCHRAUWEN BJARNE — **Q-time: 00:28:98**

PB (50m pool): 00:30.87 Aalst 28/06/2025 **PB (25m pool):** 00:28.98 **SB:** no time

	5 0 M
PB	00:30.87
	00:30.87
	. . : . . : . .

Coach feedback:

Event number: 42: 50M BUTTERFLY MEN 15-16 — Heat:3, starttime: 15:39

Heat: 3/4 Lane : 8 Athlete: SCIACCA LEANDRO — **Q-time: 00:28:94**

PB (50m pool): 00:30.81 Eindhoven 16/03/2025 **PB (25m pool):** 00:28.94 **SB:** no time

	5 0 M
PB	00:30.81
	00:30.81
	. . : . . : . .

Coach feedback:

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

Event number: 42: 50M BUTTERFLY MEN 15-16 — Heat:4, starttime: 15:40

Heat: 4/4 Lane : 6 Athlete: MICHIELS SIBE — **Q-time: 00:27:59**

PB (50m pool): 00:28.28 Wezenberg 03/01/2026 **PB (25m pool):** 00:27.59 **SB:** 00:28.28 Wezenberg 03/01/2026

	5 0 M
PB	00:28.28
	00:28.28
	. . : . . : . .

Coach feedback:

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

Heat: 7/7 Lane : 6 Athlete: DERRE FLEUR — **Q-time: 00:33:70**

PB (50m pool): 00:33.73 Wezenberg 04/01/2026 **PB (25m pool):** 00:33.70 **SB:** 00:33.73 Wezenberg 04/01/2026

	5 0 M
PB	00:33.73
	00:33.73
	. . : . . : . .

Coach feedback:

Event number: 44: 50M BUTTERFLY MEN 11-12 — Heat:1, starttime: 15:50

Heat: 1/7 Lane : 6 Athlete: OSSELAER VAN NIEUWENHUYZE KIAN — **Q-time: 00:42:08**

PB (50m pool): 00:42.08 Mol 22/06/2025 **PB (25m pool):** 00:42.21 **SB:** 00:42.87 Wezenberg 04/01/2026

	5 0 M
PB	00:42.08
	00:42.08
	. . : . . : . .

Coach feedback:

Event number: 45: 100M BUTTERFLY MEN 13-14 — Heat:5, starttime: 16:05

Heat: 5/5 Lane : 7 Athlete: SCIACCA EMILIO — **Q-time: 01:10:95**

PB (50m pool): 01:13.12 Wezenberg 04/01/2026 **PB (25m pool):** 01:10.95 **SB:** 01:13.12 Wezenberg 04/01/2026

	5 0 M	1 0 0 M
PB	00:34.02	01:13.12
	00:34.02	*00:39.10*
	. . : . . : . .	. . : . . : . .

Coach feedback:

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

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

Heat: 3/4 Lane : 4 Athlete: DEBRABANDERE LEONIE — **Q-time: 01:08:94**

PB (50m pool): 01:20.87 Mol 22/06/2025 **PB (25m pool):** 01:08.94 **SB:** no time

	50M	100M	
PB	00:36.07	01:20.87	
	00:36.07	*00:44.80*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 46: 100M BUTTERFLY WOMEN 13-14 — Heat:4, starttime: 16:13

Heat: 4/4 Lane : 4 Athlete: VAN BUNDER INEZ — **Q-time: 01:07:99**

PB (50m pool): 01:10.33 Wezenberg 04/01/2026 **PB (25m pool):** 01:07.99 **SB:** 01:10.33 Wezenberg 04/01/2026

	50M	100M	
PB	00:33.47	01:10.33	
	00:33.47	*00:36.86*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 1/3 Lane : 3 Athlete: GAUDAEN MAUD — **Q-time: 05:38:14**

PB (50m pool): 05:38.14 Aalst 28/06/2025 **PB (25m pool):** 06:02.82 **SB:** no time

	50M	100M	150M	200M	250M	300M	350M	400M
PB	00:34.48	01:14.34	01:57.82	02:41.15	03:30.79	04:21.79	05:00.39	05:38.14
	00:34.48	*00:39.86*	*00:43.48*	*00:43.33*	*00:49.64*	*00:51.00*	*00:38.60*	*00:37.75*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 47: 400M MEDLEY WOMEN 15-16 — Heat:2, starttime: 16:21

Heat: 2/3 Lane : 4 Athlete: VAN BUNDER AMY — **Q-time: 05:23:50**

PB (50m pool): 05:27.06 Antwerpen 27/07/2025 **PB (25m pool):** 05:23.50 **SB:** 05:27.60 Lochristi 01/02/2026

	50M	100M	150M	200M	250M	300M	350M	400M
PB	00:32.57	01:11.11	01:53.45	02:35.14	03:23.29	04:11.70	04:50.21	05:27.06
	00:32.57	*00:38.54*	*00:42.34*	*00:41.69*	*00:48.15*	*00:48.41*	*00:38.51*	*00:36.85*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

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

Heat: 7/7 Lane : 6 Athlete: DERRE FLEUR — **Q-time: 01:14:77**

PB (50m pool): 01:18.49 Wezenberg 04/01/2026 — **PB (25m pool):** 01:14.77 **SB:** 01:18.49 Wezenberg 04/01/2026

	50 M	100 M	
PB	00:38.32	01:18.49	
	00:38.32	*00:40.17*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 2/7 Lane : 4 Athlete: OSSELAER VAN NIEUWENHUYZE KIAN — **Q-time: 01:26:37**

PB (50m pool): 01:26.37 Gent 08/02/2026 — **PB (25m pool):** 01:29.88 **SB:** 01:26.37 Gent 08/02/2026

	50 M	100 M	
PB	00:42.34	01:26.37	
	00:42.34	*00:44.03*	
	. . : . . : . .	. . : . . : . .	

Coach feedback: