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

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

Coaches: Desot Stefanie HEADCOACH

Coaches: Desmet Carl

Coaches: Backs Hubert

Coaches: De Cramer Renée

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

Event number: 37: 100M BREASTSTROKE WOMEN 11-12 — Heat:3, starttime: 14:34

Heat: 3/7 Lane : 2 Athlete: HUYBEN STIEN — **Q-time: 01:37:03**

PB (50m pool): 01:37.03 Gent 08/02/2026 **PB (25m pool):** 01:39.23 **SB:** 01:37.03 Gent 08/02/2026

	5 0 M	1 0 0 M	
PB	00:46.77	01:37.03	
	00:46.77	*00:50.26*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 3/7 Lane : 1 Athlete: GEERS ARNOUT — **Q-time: 01:39:67**

PB (50m pool): 01:47.85 Kortrijk 04/05/2025 **PB (25m pool):** 01:39.67 **SB:** no time

	5 0 M	1 0 0 M	
PB	00:51.39	01:47.85	
	00:51.39	*00:56.46*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 3/7 Lane : 7 Athlete: MOEYAERT ALEC — **Q-time: 01:39:36**

PB (50m pool): 01:39.36 Gent 08/02/2026 **PB (25m pool):** 01:47.69 **SB:** 01:39.36 Gent 08/02/2026

	5 0 M	1 0 0 M	
PB	00:48.01	01:39.36	
	00:48.01	*00:51.35*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 39: 400M FREESTYLE WOMEN 13-14 — Heat:1, starttime: 15:01

Heat: 1/3 Lane : 5 Athlete: CLAEYS ELENA — **Q-time: 05:12:43**

PB (50m pool): 05:12.43 Brugge 01/02/2026 — **PB (25m pool):** 05:16.32 **SB:** 05:12.43 Brugge 01/02/2026

	50M	100M	150M	200M	250M	300M	350M	400M
PB	00:35.81	01:15.25	01:54.82	02:34.80	03:13.97	03:53.71	04:33.08	05:12.43
	00:35.81	*00:39.44*	*00:39.57*	*00:39.98*	*00:39.17*	*00:39.74*	*00:39.37*	*00:39.35*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 1/2 Lane : 1 Athlete: CHRISTIAENS LUCAS — **Q-time: 05:09:12**

PB (50m pool): 05:09.12 Brugge 01/02/2026 — **PB (25m pool):** 05:12.13 **SB:** 05:09.12 Brugge 01/02/2026

	50M	100M	150M	200M	250M	300M	350M	400M
PB	00:34.12	01:13.23	01:53.24	02:33.21	03:13.06	03:52.76	04:31.89	05:09.12
	00:34.12	*00:39.11*	*00:40.01*	*00:39.97*	*00:39.85*	*00:39.70*	*00:39.13*	*00:37.23*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 1/2 Lane : 4 Athlete: THIELEMANS LEON — **Q-time: 04:59:40**

PB (50m pool): 05:03.26 Gent 08/02/2026 — **PB (25m pool):** 04:59.40 **SB:** 05:03.26 Gent 08/02/2026

	50M	100M	150M	200M	250M	300M	350M	400M
PB	00:33.70	01:12.27	01:51.16	02:30.26	03:09.63	03:48.36	04:26.82	05:03.26
	00:33.70	*00:38.57*	*00:38.89*	*00:39.10*	*00:39.37*	*00:38.73*	*00:38.46*	*00:36.44*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 3/6 Lane : 3 Athlete: GANTOIS JANNE — **Q-time: 00:31:21**

PB (50m pool): 00:31.21 Brugge 14/02/2026 — **PB (25m pool):** 00:33.12 **SB:** 00:31.21 Brugge 14/02/2026

	50M	
PB	00:31.21	
	00:31.21	
	. . : . . : . .	

Coach feedback:

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

Event number: 41: 50M BUTTERFLY WOMEN 15-16 — Heat:5, starttime: 15:34

Heat: 5/6 Lane : 5 Athlete: LAMMENS MARY — **Q-time: 00:28:97**

PB (50m pool): 00:28.97 Brugge 01/02/2026 **PB (25m pool):** 00:29.99 **SB:** 00:28.97 Brugge 01/02/2026

	5 0 M
PB	00:28.97
	00:28.97
	. . : . . : . .

Coach feedback:

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

Heat: 6/6 Lane : 4 Athlete: DE BRUYCKER CHLOë — **Q-time: 00:28:19**

PB (50m pool): 00:28.96 Zwembad Brigitte Becue 30/05/2025 **PB (25m pool):** 00:28.19 **SB:** 00:29.17 Brugge 14/02/2026

	5 0 M
PB	00:28.96
	00:28.96
	. . : . . : . .

Coach feedback:

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

Heat: 6/6 Lane : 5 Athlete: DESMET LIEZE — **Q-time: 00:28:70**

PB (50m pool): 00:28.70 Brugge 14/02/2026 **PB (25m pool):** 00:29.07 **SB:** 00:28.70 Brugge 14/02/2026

	5 0 M
PB	00:28.70
	00:28.70
	. . : . . : . .

Coach feedback:

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

Heat: 6/6 Lane : 8 Athlete: VANDEKERCKHOVE JULIETTE — **Q-time: 00:30:98**

PB (50m pool): 00:30.98 Gent 08/02/2026 **PB (25m pool):** 00:33.60 **SB:** 00:30.98 Gent 08/02/2026

	5 0 M
PB	00:30.98
	00:30.98
	. . : . . : . .

Coach feedback:

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

Event number: 43: 50M BUTTERFLY WOMEN 11-12 — Heat:1, starttime: 15:41

Heat: 1/7 Lane : 7 Athlete: HUYBEN STIEN — **Q-time: 00:42:84**

PB (50m pool): 00:44.12 Brugge 01/02/2026 **PB (25m pool):** 00:42.84 **SB:** 00:44.12 Brugge 01/02/2026

	50 M
PB	00:44.12
	00:44.12
	. . : . . : . .

Coach feedback:

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

Heat: 1/7 Lane : 5 Athlete: GEERS ARNOUT — **Q-time: 00:41:96**

PB (50m pool): 00:41.96 Brugge 01/02/2026 **PB (25m pool):** 00:42.46 **SB:** 00:41.96 Brugge 01/02/2026

	50 M
PB	00:41.96
	00:41.96
	. . : . . : . .

Coach feedback:

Event number: 44: 50M BUTTERFLY MEN 11-12 — Heat:2, starttime: 15:51

Heat: 2/7 Lane : 2 Athlete: MOEYAERT ALEC — **Q-time: 00:41:01**

PB (50m pool): 00:41.01 Brugge 01/02/2026 **PB (25m pool):** no time **SB:** 00:41.01 Brugge 01/02/2026

	50 M
PB	00:41.01
	00:41.01
	. . : . . : . .

Coach feedback:

Event number: 46: 100M BUTTERFLY WOMEN 13-14 — Heat:2, starttime: 16:09

Heat: 2/4 Lane : 1 Athlete: HUYBEN ISOLDE — **Q-time: 01:16:99**

PB (50m pool): 01:20.36 Antwerp 26/01/2025 **PB (25m pool):** 01:16.99 **SB:** no time

	50 M	100 M
PB	00:36.80	01:20.36
	00:36.80	*00:43.56*
	. . : . . : . .	. . : . . : . .

Coach feedback:

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

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

Heat: 4/4 Lane : 7 Athlete: VERNIEUWE IRENE — **Q-time: 01:13:86**

PB (50m pool): 01:13.26 Amersfoort 22/02/2026 — **PB (25m pool):** 01:13.86 **SB:** 01:13.26 Amersfoort 22/02/2026

	50 M	100 M
PB	00:33.10	01:13.26
	00:33.10	*00:40.16*
	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 48: 400M MEDLEY MEN 15-16 — Heat:2, starttime: 16:40

Heat: 2/2 Lane : 3 Athlete: KINDT LIAM — **Q-time: 05:00:03**

PB (50m pool): 05:00.03 Eindhoven 16/03/2025 — **PB (25m pool):** 05:16.15 **SB:** no time

	50 M	100 M	150 M	200 M	250 M	300 M	350 M	400 M
PB	00:30.95	01:07.90	01:46.20	02:23.32	03:07.31	03:53.86	04:28.20	05:00.03
	00:30.95	*00:36.95*	*00:38.30*	*00:37.12*	*00:43.99*	*00:46.55*	*00:34.34*	*00:31.83*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 48: 400M MEDLEY MEN 15-16 — Heat:2, starttime: 16:40

Heat: 2/2 Lane : 7 Athlete: VANDEKERCKHOVE JEROME — **Q-time: 05:05:80**

PB (50m pool): 05:05.80 Antwerp 09/02/2025 — **PB (25m pool):** 05:17.22 **SB:** no time

	50 M	100 M	150 M	200 M	250 M	300 M	350 M	400 M
PB	00:32.17	01:10.65	01:51.31	02:29.74	03:12.05	03:56.88	04:33.17	05:05.80
	00:32.17	*00:38.48*	*00:40.66*	*00:38.43*	*00:42.31*	*00:44.83*	*00:36.29*	*00:32.63*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 49: 100M BACKSTROKE WOMEN 11-12 — Heat:2, starttime: 16:48

Heat: 2/7 Lane : 3 Athlete: HUYBEN STIEN — **Q-time: 01:25:79**

PB (50m pool): 01:25.79 Gent 08/02/2026 — **PB (25m pool):** 01:26.44 **SB:** 01:25.79 Gent 08/02/2026

	50 M	100 M
PB	00:41.71	01:25.79
	00:41.71	*00:44.08*
	. . : . . : . .	. . : . . : . .

Coach feedback:

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

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

Heat: 2/7 Lane : 8 Athlete: MOEYAERT ALEC — **Q-time: 01:28:15**

PB (50m pool): 01:28.99 Charleroi 11/01/2026 — **PB (25m pool):** 01:28.15 **SB:** 01:28.99 Charleroi 11/01/2026

	50 M	100 M	
PB	00:44.15	01:28.99	
	00:44.15	*00:44.84*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 5/7 Lane : 6 Athlete: GEERS ARNOUT — **Q-time: 01:21:66**

PB (50m pool): 01:27.90 Charleroi 11/01/2026 — **PB (25m pool):** 01:21.66 **SB:** 01:27.90 Charleroi 11/01/2026

	50 M	100 M	
PB	00:42.07	01:27.90	
	00:42.07	*00:45.83*	
	. . : . . : . .	. . : . . : . .	

Coach feedback: