VJTC 2026: Session: 5: COACH evaluation sheet for TEAM: DMB

Coachinfo: Warming up from: 08:15 untill 09:15. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Geerits Valerie

Coaches: Smeets Sara HEADCOACH

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

Event number: 51: 400M FREESTYLE MEN 15-16 — Heat:1, starttime: 09:30

Heat: 1/3 Lane : 3 Athlete: EVENS MATS — **Q-time: 04:31:38**

PB (50m pool): 04:31.38 Neuss 07/12/2025 **PB (25m pool):** 04:20.93 **SB:** 04:31.38 Neuss 07/12/2025

	50M	100M	150M	200M	250M	300M	350M	400M
PB	00:29.34	01:03.16	01:37.27	02:12.13	02:46.99	03:22.78	03:57.35	04:31.38
	00:29.34	*00:33.82*	*00:34.11*	*00:34.86*	*00:34.86*	*00:35.79*	*00:34.57*	*00:34.03*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 53: 200M BREASTSTROKE MEN 15-16 — Heat:2, starttime: 10:00

Heat: 2/2 Lane : 4 Athlete: METTEN VINCE — **Q-time: 02:27:90**

PB (50m pool): 02:27.90 Genk 01/02/2026 **PB (25m pool):** 02:22.13 **SB:** 02:27.90 Genk 01/02/2026

	50M	100M	150M	200M	
PB	00:34.45	01:12.73	01:50.49	02:27.90	
	00:34.45	*00:38.28*	*00:37.76*	*00:37.41*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 55: 200M FREESTYLE MEN 13-14 — Heat:1, starttime: 10:11

Heat: 1/4 Lane : 7 Athlete: GEUTJENS MAXIME — **Q-time: 02:32:40**

PB (50m pool): 02:32.40 Antwerp 26/01/2025 **PB (25m pool):** 02:22.06 **SB:** no time

	50M	100M	150M	200M	
PB	00:34.04	01:13.27	01:53.26	02:32.40	
	00:34.04	*00:39.23*	*00:39.99*	*00:39.14*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

VJTC 2026: Session: 5: COACH evaluation sheet for TEAM: DMB

Event number: 55: 200M FREESTYLE MEN 13-14 — Heat:2, starttime: 10:14

Heat: 2/4 Lane : 3 Athlete: WALTERUS KILYAN — **Q-time: 02:21:39**

PB (50m pool): 02:21.39 Antwerpen 20/07/2025 — **PB (25m pool):** 02:18.20 **SB:** 02:23.16 Genk 01/02/2026

	50M	100M	150M	200M	
PB	00:32.15	01:09.60	01:47.85	02:21.39	
	00:32.15	*00:37.45*	*00:38.25*	*00:33.54*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 55: 200M FREESTYLE MEN 13-14 — Heat:3, starttime: 10:17

Heat: 3/4 Lane : 4 Athlete: VANDIJCK SAMUEL — **Q-time: 02:17:08**

PB (50m pool): 02:17.08 Genk 01/02/2026 — **PB (25m pool):** 02:15.92 **SB:** 02:17.08 Genk 01/02/2026

	50M	100M	150M	200M	
PB	00:30.46	01:05.95	01:43.10	02:17.08	
	00:30.46	*00:35.49*	*00:37.15*	*00:33.98*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 56: 200M FREESTYLE WOMEN 13-14 — Heat:1, starttime: 10:23

Heat: 1/6 Lane : 4 Athlete: JORISKES LORE — **Q-time: 02:32:00**

PB (50m pool): 02:32.00 Genk 01/02/2026 — **PB (25m pool):** 02:24.00 **SB:** 02:32.00 Genk 01/02/2026

	50M	100M	150M	200M	
PB	00:34.59	01:13.41	01:53.40	02:32.00	
	00:34.59	*00:38.82*	*00:39.99*	*00:38.60*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 56: 200M FREESTYLE WOMEN 13-14 — Heat:2, starttime: 10:26

Heat: 2/6 Lane : 1 Athlete: NOUWEN FLEUR — **Q-time: 02:30:35**

PB (50m pool): 02:30.35 Antwerpen 20/04/2025 — **PB (25m pool):** 02:21.72 **SB:** no time

	50M	100M	150M	200M	
PB	00:36.01	01:16.02	01:55.17	02:30.35	
	00:36.01	*00:40.01*	*00:39.15*	*00:35.18*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

VJTC 2026: Session: 5: COACH evaluation sheet for TEAM: DMB

Event number: 56: 200M FREESTYLE WOMEN 13-14 — Heat:2, starttime: 10:26

Heat: 2/6 Lane : 6 Athlete: DE BELDER KATO — **Q-time: 02:29:83**

PB (50m pool): 02:29.83 Genk 01/02/2026 **PB (25m pool):** 02:37.28 **SB:** 02:29.83 Genk 01/02/2026

	50M	100M	150M	200M	
PB	00:33.81	01:11.22	01:51.27	02:29.83	
	00:33.81	*00:37.41*	*00:40.05*	*00:38.56*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 56: 200M FREESTYLE WOMEN 13-14 — Heat:3, starttime: 10:29

Heat: 3/6 Lane : 8 Athlete: SCHOUTEDEN NIENKE — **Q-time: 02:29:09**

PB (50m pool): 02:29.09 Genk 01/02/2026 **PB (25m pool):** 02:23.34 **SB:** 02:29.09 Genk 01/02/2026

	50M	100M	150M	200M	
PB	00:33.95	01:11.61	01:50.72	02:29.09	
	00:33.95	*00:37.66*	*00:39.11*	*00:38.37*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 56: 200M FREESTYLE WOMEN 13-14 — Heat:4, starttime: 10:32

Heat: 4/6 Lane : 1 Athlete: THEUWISSEN NORE — **Q-time: 02:22:55**

PB (50m pool): 02:22.55 Genk 01/02/2026 **PB (25m pool):** 02:19.60 **SB:** 02:22.55 Genk 01/02/2026

	50M	100M	150M	200M	
PB	00:32.01	01:08.29	01:46.62	02:22.55	
	00:32.01	*00:36.28*	*00:38.33*	*00:35.93*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 59: 400M MEDLEY MEN 13-14 — Heat:2, starttime: 11:09

Heat: 2/3 Lane : 7 Athlete: VANDIJCK SAMUEL — **Q-time: 05:37:62**

PB (50m pool): 05:37.62 Antwerpen 20/07/2025 **PB (25m pool):** 05:32.23 **SB:** no time

	50M	100M	150M	200M	250M	300M	350M	400M
PB	00:33.84	01:14.90	01:59.76	02:42.91	03:33.10	04:24.18	05:01.79	05:37.62
	00:33.84	*00:41.06*	*00:44.86*	*00:43.15*	*00:50.19*	*00:51.08*	*00:37.61*	*00:35.83*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

VJTC 2026: Session: 5: COACH evaluation sheet for TEAM: DMB

Event number: 60: 400M MEDLEY WOMEN 13-14 **Heat:1, starttime: 11:21**

Heat: 1/3 Lane : 5 Athlete: RUELENS COBIEN **Q-time: 06:09:82**

PB (50m pool): 06:09.82 Genk 01/02/2026 **PB (25m pool):** 05:54.95 **SB:** 06:09.82 Genk 01/02/2026

	50M	100M	150M	200M	250M	300M	350M	400M
PB	00:39.21	01:24.50	02:17.86	03:09.03	03:58.74	04:49.10	05:32.57	06:09.82
	00:39.21	*00:45.29*	*00:53.36*	*00:51.17*	*00:49.71*	*00:50.36*	*00:43.47*	*00:37.25*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback: