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

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

Coaches: Moerman Pieter

Coaches: Van der Elst Astrid

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 : 5 Athlete: DEBECKER MATHEO — **Q-time: 04:28:86**

PB (50m pool): 04:28.86 Antwerpen 20/07/2025 **PB (25m pool):** 04:22.85 **SB:** 04:30.21 Brugge 01/02/2026

	50M	100M	150M	200M	250M	300M	350M	400M
PB	00:29.96	01:02.41	01:35.96	02:09.82	02:44.68	03:19.62	03:54.91	04:28.86
	00:29.96	*00:32.45*	*00:33.55*	*00:33.86*	*00:34.86*	*00:34.94*	*00:35.29*	*00:33.95*
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Coach feedback:

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

Heat: 1/4 Lane : 8 Athlete: SYRYN JASPER — **Q-time: 02:34:42**

PB (50m pool): 02:34.42 Antwerpen 13/07/2025 **PB (25m pool):** 02:22.40 **SB:** no time

	50M	100M	150M	200M	
PB	00:34.63	01:14.56	01:56.00	02:34.42	
	00:34.63	*00:39.93*	*00:41.44*	*00:38.42*	
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Coach feedback:

Event number: 57: 200M BACKSTROKE MEN 15-16 — Heat:1, starttime: 10:41

Heat: 1/3 Lane : 4 Athlete: DEBECKER MATHEO — **Q-time: 02:23:27**

PB (50m pool): 02:23.27 Antwerpen 20/07/2025 **PB (25m pool):** 02:18.72 **SB:** 02:25.40 Brugge 01/02/2026

	50M	100M	150M	200M	
PB	00:33.50	01:09.85	01:46.87	02:23.27	
	00:33.50	*00:36.35*	*00:37.02*	*00:36.40*	
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Coach feedback: