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

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

Coaches: Vandeputte Debby

Coaches: Vandeputte Pedro

Coaches: Desmet Lindsay

Coaches: Demeyere Linda HEADCOACH

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

Event number: 52: 400M FREESTYLE WOMEN 15-16 — Heat:1, starttime: 09:45

Heat: 1/2 Lane : 7 Athlete: SCHACHT HANNE — **Q-time: 04:58:28**

PB (50m pool): 04:58.28 Antwerpen 20/07/2025 **PB (25m pool):** 04:55.33 **SB:** 04:58.45 Kortrijk 26/12/2025

	50M	100M	150M	200M	250M	300M	350M	400M
PB	00:32.85	01:09.59	01:47.34	02:25.74	03:04.04	03:42.63	04:21.16	04:58.28
	00:32.85	*00:36.74*	*00:37.75*	*00:38.40*	*00:38.30*	*00:38.59*	*00:38.53*	*00:37.12*
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Coach feedback:

Event number: 56: 200M FREESTYLE WOMEN 13-14 — Heat:5, starttime: 10:35

Heat: 5/6 Lane : 2 Athlete: VERSTRAETE LINDE — **Q-time: 02:19:85**

PB (50m pool): 02:28.99 Antwerpen 20/07/2025 **PB (25m pool):** 02:19.85 **SB:** no time

	50M	100M	150M	200M	
PB	00:34.59	01:12.81	01:51.84	02:28.99	
	00:34.59	*00:38.22*	*00:39.03*	*00:37.15*	
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Coach feedback:

Event number: 60: 400M MEDLEY WOMEN 13-14 — Heat:2, starttime: 11:28

Heat: 2/3 Lane : 4 Athlete: VERSTRAETE LINDE — **Q-time: 05:46:67**

PB (50m pool): 05:50.95 Antwerpen 20/07/2025 **PB (25m pool):** 05:46.67 **SB:** no time

	50M	100M	150M	200M	250M	300M	350M	400M
PB	00:37.37	01:22.14	02:08.90	02:53.30	03:43.86	04:34.43	05:13.55	05:50.95
	00:37.37	*00:44.77*	*00:46.76*	*00:44.40*	*00:50.56*	*00:50.57*	*00:39.12*	*00:37.40*
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Coach feedback:

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

Event number: 60: 400M MEDLEY WOMEN 13-14 **Heat:3, starttime: 11:35**

Heat: 3/3 Lane : 5 Athlete: VELGHE LAURA **Q-time: 05:23:43**

PB (50m pool): 05:28.03 Antwerpen 20/07/2025 **PB (25m pool):** 05:23.43 **SB:** 05:28.87 Brugge 01/02/2026

	50M	100M	150M	200M	250M	300M	350M	400M
PB	00:35.52	01:17.83	01:59.96	02:40.84	03:27.41	04:14.83	04:52.55	05:28.03
	00:35.52	*00:42.31*	*00:42.13*	*00:40.88*	*00:46.57*	*00:47.42*	*00:37.72*	*00:35.48*
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Coach feedback: