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

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

Coaches: VANGELUWE KATLIJN

Coaches: LEPLA MARTINE

Coaches: DE GEETER CHARLOTTE

Coaches: DRUART ANNELIES 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 : 2 Athlete: HOOGHE MAURO — **Q-time: 04:33:93**

PB (50m pool): 04:33.93 Brugge 01/02/2026 **PB (25m pool):** 04:27.98 **SB:** 04:33.93 Brugge 01/02/2026

	50M	100M	150M	200M	250M	300M	350M	400M
PB	00:29.91	01:04.05	01:39.61	02:15.43	02:50.65	03:25.71	04:00.66	04:33.93
	00:29.91	*00:34.14*	*00:35.56*	*00:35.82*	*00:35.22*	*00:35.06*	*00:34.95*	*00:33.27*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 51: 400M FREESTYLE MEN 15-16 — Heat:3, starttime: 09:40

Heat: 3/3 Lane : 8 Athlete: DELIE VICO — **Q-time: 04:20:23**

PB (50m pool): 04:20.23 Antwerpen 27/04/2025 **PB (25m pool):** 04:53.66 **SB:** no time

	50M	100M	150M	200M	250M	300M	350M	400M
PB	00:29.66	01:01.95	01:35.13	02:08.72	02:42.10	03:15.86	03:49.53	04:20.23
	00:29.66	*00:32.29*	*00:33.18*	*00:33.59*	*00:33.38*	*00:33.76*	*00:33.67*	*00:30.70*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 53: 200M BREASTSTROKE MEN 15-16 — Heat:1, starttime: 09:57

Heat: 1/2 Lane : 3 Athlete: PAUWELS MILLAU — **Q-time: 02:47:47**

PB (50m pool): 02:53.48 Antwerpen 20/07/2025 **PB (25m pool):** 02:47.47 **SB:** no time

	50M	100M	150M	200M	
PB	00:38.42	01:22.85	02:07.79	02:53.48	
	00:38.42	*00:44.43*	*00:44.94*	*00:45.69*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 1/4 Lane : 1 Athlete: DIERCKX ANDREAS — **Q-time: 02:33:78**

PB (50m pool): 02:33.78 Antwerpen 20/04/2025 **PB (25m pool):** 03:05.79 **SB:** no time

	50 M	100 M	150 M	200 M	
PB	00:35.09	01:15.00	01:55.87	02:33.78	
	00:35.09	*00:39.91*	*00:40.87*	*00:37.91*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 1/4 Lane : 2 Athlete: DE BRUYNE SANDER — **Q-time: 02:29:49**

PB (50m pool): 02:36.59 Kortrijk 26/12/2024 **PB (25m pool):** 02:29.49 **SB:** no time

	50 M	100 M	150 M	200 M	
PB	00:35.95	01:15.98	01:56.76	02:36.59	
	00:35.95	*00:40.03*	*00:40.78*	*00:39.83*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 3/4 Lane : 2 Athlete: CLAEYS YBO — **Q-time: 02:19:41**

PB (50m pool): 02:19.41 Brugge 01/02/2026 **PB (25m pool):** 02:28.52 **SB:** 02:19.41 Brugge 01/02/2026

	50 M	100 M	150 M	200 M	
PB	00:31.46	01:07.06	01:43.63	02:19.41	
	00:31.46	*00:35.60*	*00:36.57*	*00:35.78*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 3/4 Lane : 3 Athlete: BERVILLE BRICE — **Q-time: 02:18:64**

PB (50m pool): 02:20.63 Brugge 01/02/2026 **PB (25m pool):** 02:18.64 **SB:** 02:20.63 Brugge 01/02/2026

	50 M	100 M	150 M	200 M	
PB	00:33.26	01:09.73	01:46.61	02:20.63	
	00:33.26	*00:36.47*	*00:36.88*	*00:34.02*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 3/4 Lane : 6 Athlete: BEHEYT MATHIS — **Q-time: 02:19:15**

PB (50m pool): 02:21.29 Brugge 01/02/2026 — **PB (25m pool):** 02:19.15 **SB:** 02:21.29 Brugge 01/02/2026

	50 M	100 M	150 M	200 M	
PB	00:32.02	01:08.57	01:45.57	02:21.29	
	00:32.02	*00:36.55*	*00:37.00*	*00:35.72*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 55: 200M FREESTYLE MEN 13-14 — Heat:4, starttime: 10:20

Heat: 4/4 Lane : 1 Athlete: HAUSPIE NIEL — **Q-time: 02:14:77**

PB (50m pool): 02:16.24 Brugge 01/02/2026 — **PB (25m pool):** 02:14.77 **SB:** 02:16.24 Brugge 01/02/2026

	50 M	100 M	150 M	200 M	
PB	00:31.19	01:06.22	01:41.75	02:16.24	
	00:31.19	*00:35.03*	*00:35.53*	*00:34.49*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 55: 200M FREESTYLE MEN 13-14 — Heat:4, starttime: 10:20

Heat: 4/4 Lane : 6 Athlete: VINCENT RUNE — **Q-time: 02:09:48**

PB (50m pool): 02:10.37 Antwerpen 20/07/2025 — **PB (25m pool):** 02:09.48 **SB:** 02:11.51 Brugge 01/02/2026

	50 M	100 M	150 M	200 M	
PB	00:30.28	01:03.90	01:37.47	02:10.37	
	00:30.28	*00:33.62*	*00:33.57*	*00:32.90*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 56: 200M FREESTYLE WOMEN 13-14 — Heat:6, starttime: 10:38

Heat: 6/6 Lane : 7 Athlete: DEKEIN YUTA — **Q-time: 02:17:09**

PB (50m pool): 02:22.27 Brugge 01/02/2026 — **PB (25m pool):** 02:17.09 **SB:** 02:22.27 Brugge 01/02/2026

	50 M	100 M	150 M	200 M	
PB	00:32.65	01:08.81	01:45.30	02:22.27	
	00:32.65	*00:36.16*	*00:36.49*	*00:36.97*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 57: 200M BACKSTROKE MEN 15-16 — Heat:3, starttime: 10:48

Heat: 3/3 Lane : 1 Athlete: HOOGHE MAURO — **Q-time: 02:18:56**

PB (50m pool): 02:23.36 Antwerpen 20/07/2025 **PB (25m pool):** 02:18.56 **SB:** no time

	50M	100M	150M	200M	
PB	00:31.98	01:08.27	01:46.51	02:23.36	
	00:31.98	*00:36.29*	*00:38.24*	*00:36.85*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 57: 200M BACKSTROKE MEN 15-16 — Heat:3, starttime: 10:48

Heat: 3/3 Lane : 2 Athlete: SEYS WOUT — **Q-time: 02:15:91**

PB (50m pool): 02:18.79 Antwerpen 27/04/2025 **PB (25m pool):** 02:15.14 **SB:** 02:22.63 Aalst 20/12/2025

	50M	100M	150M	200M	
PB	00:32.80	01:08.68	01:45.02	02:18.79	
	00:32.80	*00:35.88*	*00:36.34*	*00:33.77*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 59: 400M MEDLEY MEN 13-14 — Heat:3, starttime: 11:15

Heat: 3/3 Lane : 1 Athlete: CLAEYS YBO — **Q-time: 05:26:47**

PB (50m pool): 05:27.49 Brugge 01/02/2026 **PB (25m pool):** 05:26.47 **SB:** 05:27.49 Brugge 01/02/2026

	50M	100M	150M	200M	250M	300M	350M	400M
PB	00:34.89	01:15.48	01:58.52	02:39.99	03:26.42	04:12.69	04:51.19	05:27.49
	00:34.89	*00:40.59*	*00:43.04*	*00:41.47*	*00:46.43*	*00:46.27*	*00:38.50*	*00:36.30*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 59: 400M MEDLEY MEN 13-14 — Heat:3, starttime: 11:15

Heat: 3/3 Lane : 2 Athlete: HAUSPIE NIEL — **Q-time: 05:22:04**

PB (50m pool): 05:22.04 Brugge 01/02/2026 **PB (25m pool):** 06:02.20 **SB:** 05:22.04 Brugge 01/02/2026

	50M	100M	150M	200M	250M	300M	350M	400M
PB	00:33.76	01:12.97	01:57.54	02:39.94	03:23.02	04:07.38	04:45.72	05:22.04
	00:33.76	*00:39.21*	*00:44.57*	*00:42.40*	*00:43.08*	*00:44.36*	*00:38.34*	*00:36.32*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback: