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

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

Coaches: Lievens Stijn

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

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

Heat: 3/3 Lane : 1 Athlete: DE WITTE LEO — **Q-time: 04:20:21**

PB (50m pool): 04:30.27 Molenbeek 01/02/2026 **PB (25m pool):** 04:20.21 **SB:** 04:30.27 Molenbeek 01/02/2026

	50M	100M	150M	200M	250M	300M	350M	400M
PB	no time	01:04.09	no time	02:13.72	no time	no time	no time	04:30.27
	no time							
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 4/4 Lane : 7 Athlete: VOET LARS — **Q-time: 02:13:45**

PB (50m pool): 02:14.78 Antwerpen 20/07/2025 **PB (25m pool):** 02:13.45 **SB:** 02:18.63 Molenbeek 01/02/2026

	50M	100M	150M	200M	
PB	00:30.52	01:04.76	01:40.74	02:14.78	
	00:30.52	*00:34.24*	*00:35.98*	*00:34.04*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 57: 200M BACKSTROKE MEN 15-16 — Heat:2, starttime: 10:45

Heat: 2/3 Lane : 5 Athlete: DE WITTE LEO — **Q-time: 02:20:82**

PB (50m pool): 02:27.49 Molenbeek 01/02/2026 **PB (25m pool):** 02:20.82 **SB:** 02:27.49 Molenbeek 01/02/2026

	50M	100M	150M	200M	
PB	no time	01:11.43	no time	02:27.49	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 58: 200M BACKSTROKE WOMEN 15-16 **Heat:2, starttime: 10:55**

Heat: 2/3 Lane : 8 Athlete: ASSCHERICKX CHLOé **Q-time: 02:33:75**

PB (50m pool): 02:41.07 Antwerpen 13/07/2025 **PB (25m pool):** 02:33.75 **SB:** 02:44.16 Molenbeek 01/02/2026

	50M	100M	150M	200M	
PB	00:36.66	01:17.59	01:59.91	02:41.07	
	00:36.66	*00:40.93*	*00:42.32*	*00:41.16*	
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Coach feedback: