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

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

Coaches: Duck Chantal

Coaches: Dewulf Bart HEADCOACH

Coaches: Vanhaeke Heidi

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

Event number: 51: 400M FREESTYLE MEN 15-16 — Heat:2, starttime: 09:35

Heat: 2/3 Lane : 1 Athlete: DECUPERE ALEX — **Q-time: 04:25:37**

PB (50m pool): 04:25.37 Antwerpen 27/07/2025 **PB (25m pool):** 04:23.05 **SB:** no time

	50M	100M	150M	200M	250M	300M	350M	400M
PB	00:29.38	01:02.95	01:37.43	02:11.16	02:44.87	03:18.70	03:52.63	04:25.37
	00:29.38	*00:33.57*	*00:34.48*	*00:33.73*	*00:33.71*	*00:33.83*	*00:33.93*	*00:32.74*
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Coach feedback:

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

Heat: 2/4 Lane : 4 Athlete: DE BAL LUCAS — **Q-time: 02:20:66**

PB (50m pool): 02:21.35 Kortrijk 26/12/2025 **PB (25m pool):** 02:20.66 **SB:** 02:21.35 Kortrijk 26/12/2025

	50M	100M	150M	200M	
PB	00:32.55	01:09.34	01:46.38	02:21.35	
	00:32.55	*00:36.79*	*00:37.04*	*00:34.97*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 3/4 Lane : 1 Athlete: VANDEMAELE EGON — **Q-time: 02:19:91**

PB (50m pool): 02:23.94 Brugge 01/02/2026 **PB (25m pool):** 02:19.91 **SB:** 02:23.94 Brugge 01/02/2026

	50M	100M	150M	200M	
PB	00:32.84	01:10.03	01:47.66	02:23.94	
	00:32.84	*00:37.19*	*00:37.63*	*00:36.28*	
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Coach feedback:

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

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

Heat: 5/6 Lane : 8 Athlete: DECUPERE LAURENCE — **Q-time: 02:20:37**

PB (50m pool): 02:23.26 Gent 08/02/2026 **PB (25m pool):** 02:20.37 **SB:** 02:23.26 Gent 08/02/2026

	50 M	100 M	150 M	200 M	
PB	no time	01:09.28	no time	02:23.26	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 3/3 Lane : 7 Athlete: DECUPERE ALEX — **Q-time: 02:17:30**

PB (50m pool): 02:19.13 Gent 08/02/2026 **PB (25m pool):** 02:17.30 **SB:** 02:19.13 Gent 08/02/2026

	50 M	100 M	150 M	200 M	
PB	00:32.72	01:07.83	01:44.19	02:19.13	
	00:32.72	*00:35.11*	*00:36.36*	*00:34.94*	
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Coach feedback:

Event number: 58: 200M BACKSTROKE WOMEN 15-16 — Heat:3, starttime: 10:59

Heat: 3/3 Lane : 6 Athlete: DECOUTERE IMANI — **Q-time: 02:21:79**

PB (50m pool): 02:37.65 Lago Gent Rozebroeken 05/05/2024 **PB (25m pool):** 02:21.79 **SB:** no time

	50 M	100 M	150 M	200 M	
PB	no time	no time	no time	02:37.65	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 3/3 Lane : 5 Athlete: PICEU SEPPE — **Q-time: 05:13:34**

PB (50m pool): 05:13.42 Antwerpen 20/07/2025 **PB (25m pool):** 05:13.34 **SB:** 05:15.89 Brugge 01/02/2026

	50 M	100 M	150 M	200 M	250 M	300 M	350 M	400 M
PB	00:31.96	01:11.44	01:52.02	02:32.17	03:16.26	04:02.11	04:38.17	05:13.42
	00:31.96	*00:39.48*	*00:40.58*	*00:40.15*	*00:44.09*	*00:45.85*	*00:36.06*	*00:35.25*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

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

Heat: 3/3 Lane : 8 Athlete: VANNESTE DAAN **Q-time: 05:29:11**

PB (50m pool): 05:34.94 Brugge 01/02/2026 **PB (25m pool):** 05:29.11 **SB:** 05:34.94 Brugge 01/02/2026

	50M	100M	150M	200M	250M	300M	350M	400M
PB	00:34.76	01:15.52	02:01.02	02:43.14	03:30.41	04:19.28	04:57.96	05:34.94
	00:34.76	*00:40.76*	*00:45.50*	*00:42.12*	*00:47.27*	*00:48.87*	*00:38.68*	*00:36.98*
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Coach feedback: