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

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

Coaches: Van der Plas Koen HEADCOACH

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

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

Heat: 2/4 Lane : 2 Athlete: BOGAERTS SANDER — **Q-time: 02:22:30**

PB (50m pool): 02:22.30 Gent 08/02/2026 **PB (25m pool):** 02:20.12 **SB:** 02:22.30 Gent 08/02/2026

	50M	100M	150M	200M	
PB	00:31.84	01:08.05	01:45.52	02:22.30	
	00:31.84	*00:36.21*	*00:37.47*	*00:36.78*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 56: 200M FREESTYLE WOMEN 13-14 — Heat:1, starttime: 10:23

Heat: 1/6 Lane : 3 Athlete: WAIGNEIN ROSIE — **Q-time: 02:35:15**

PB (50m pool): 02:35.15 Lago Gent Rozebroeken 04/05/2025 **PB (25m pool):** 02:23.99 **SB:** no time

	50M	100M	150M	200M	
PB	00:35.69	01:15.14	01:55.28	02:35.15	
	00:35.69	*00:39.45*	*00:40.14*	*00:39.87*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 56: 200M FREESTYLE WOMEN 13-14 — Heat:2, starttime: 10:26

Heat: 2/6 Lane : 4 Athlete: POTIER JOLIE — **Q-time: 02:29:25**

PB (50m pool): 02:31.69 Lochristi 01/02/2026 **PB (25m pool):** 02:29.25 **SB:** 02:31.69 Lochristi 01/02/2026

	50M	100M	150M	200M	
PB	no time	01:14.21	no time	02:31.69	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 56: 200M FREESTYLE WOMEN 13-14 — Heat:3, starttime: 10:29

Heat: 3/6 Lane : 2 Athlete: BLANCQUAERT CAMILLE — **Q-time: 02:25:92**

PB (50m pool): 02:25.92 Gent 08/02/2026 **PB (25m pool):** 02:22.96 **SB:** 02:25.92 Gent 08/02/2026

	50M	100M	150M	200M	
PB	no time	01:10.14	no time	02:25.92	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 56: 200M FREESTYLE WOMEN 13-14 — Heat:3, starttime: 10:29

Heat: 3/6 Lane : 6 Athlete: TAVERNIER LUCIA — **Q-time: 02:25:34**

PB (50m pool): 02:29.12 Lago Gent Rozebroeken 04/05/2025 **PB (25m pool):** 02:25.34 **SB:** no time

	50M	100M	150M	200M	
PB	00:34.30	01:12.87	01:52.26	02:29.12	
	00:34.30	*00:38.57*	*00:39.39*	*00:36.86*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 5/6 Lane : 5 Athlete: CLAEYS ROMEE — **Q-time: 02:19:12**

PB (50m pool): 02:25.98 Gent 08/02/2026 **PB (25m pool):** 02:19.12 **SB:** 02:25.98 Gent 08/02/2026

	50M	100M	150M	200M	
PB	no time	01:10.30	no time	02:25.98	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 2/3 Lane : 1 Athlete: DE RUIJTER ELISE — **Q-time: 02:33:21**

PB (50m pool): 02:36.02 Gent 08/02/2026 **PB (25m pool):** 02:33.21 **SB:** 02:36.02 Gent 08/02/2026

	50M	100M	150M	200M	
PB	00:36.28	01:15.46	01:55.87	02:36.02	
	00:36.28	*00:39.18*	*00:40.41*	*00:40.15*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 3/3 Lane : 7 Athlete: SCHRAM MILA — **Q-time: 02:25:17**

PB (50m pool): 02:30.98 Amersfoort 22/02/2026 **PB (25m pool):** 02:25.17 **SB:** 02:30.98 Amersfoort 22/02/2026

	50M	100M	150M	200M	
PB	00:35.25	01:13.67	01:52.46	02:30.98	
	00:35.25	*00:38.42*	*00:38.79*	*00:38.52*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 3/3 Lane : 1 Athlete: DE VREESE JULIE — **Q-time: 05:37:52**

PB (50m pool): 05:37.52 Antwerpen 20/07/2025 **PB (25m pool):** no time **SB:** no time

	50M	100M	150M	200M	250M	300M	350M	400M
PB	00:37.06	01:22.72	02:04.97	02:45.90	03:32.85	04:20.93	05:00.57	05:37.52
	00:37.06	*00:45.66*	*00:42.25*	*00:40.93*	*00:46.95*	*00:48.08*	*00:39.64*	*00:36.95*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback: