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

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

Coaches: Ryckeman Brian

Coaches: Taveirne Bea HEADCOACH

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

Event number: 52: 400M FREESTYLE WOMEN 15-16 — Heat:2, starttime: 09:51

Heat: 2/2 Lane : 6 Athlete: CLAEYS DITTE — **Q-time: 04:35:91**

PB (50m pool): 04:35.91 Antwerpen 27/07/2025 **PB (25m pool):** 04:35.55 **SB:** 04:41.57 Brugge 01/02/2026

	50M	100M	150M	200M	250M	300M	350M	400M
PB	00:32.33	01:07.97	01:43.55	02:18.69	02:53.47	03:28.55	04:02.65	04:35.91
	00:32.33	*00:35.64*	*00:35.58*	*00:35.14*	*00:34.78*	*00:35.08*	*00:34.10*	*00:33.26*
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Coach feedback:

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

Heat: 3/6 Lane : 3 Athlete: DEVUYST OONA — **Q-time: 02:24:83**

PB (50m pool): 02:26.28 Brugge 01/02/2026 **PB (25m pool):** 02:24.83 **SB:** 02:26.28 Brugge 01/02/2026

	50M	100M	150M	200M	
PB	00:33.81	01:12.30	01:51.02	02:26.28	
	00:33.81	*00:38.49*	*00:38.72*	*00:35.26*	
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Coach feedback:

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

Heat: 3/3 Lane : 2 Athlete: DEPAEPE ELIZE — **Q-time: 02:22:85**

PB (50m pool): 02:30.63 Lago Gent Rozebroeken 04/05/2025 **PB (25m pool):** 02:22.85 **SB:** 02:33.42 Brugge 01/02/2026

	50M	100M	150M	200M	
PB	00:35.65	01:14.30	01:53.43	02:30.63	
	00:35.65	*00:38.65*	*00:39.13*	*00:37.20*	
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Coach feedback:

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

Event number: 59: 400M MEDLEY MEN 13-14 **Heat:2, starttime: 11:09**

Heat: 2/3 Lane : 4 Athlete: DEVOS MATHIS **Q-time: 05:30:93**

PB (50m pool): 05:30.93 Antwerpen 20/07/2025 **PB (25m pool):** 05:30.29 **SB:** 05:32.33 Brugge 01/02/2026

	50M	100M	150M	200M	250M	300M	350M	400M
PB	00:35.17	01:16.22	01:58.35	02:38.91	03:27.44	04:16.18	04:54.11	05:30.93
	00:35.17	*00:41.05*	*00:42.13*	*00:40.56*	*00:48.53*	*00:48.74*	*00:37.93*	*00:36.82*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback: