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

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

Coaches: Coenen Remco

Coaches: Appeltans Ruth

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 : 4 Athlete: VANDEPOEL QUINTEN — **Q-time: 04:20:57**

PB (50m pool): 04:20.57 Antwerpen 27/07/2025 **PB (25m pool):** 04:16.87 **SB:** 04:22.60 Genk 01/02/2026

	50M	100M	150M	200M	250M	300M	350M	400M
PB	00:29.77	01:02.04	01:34.88	02:08.20	02:41.50	03:15.05	03:48.72	04:20.57
	00:29.77	*00:32.27*	*00:32.84*	*00:33.32*	*00:33.30*	*00:33.55*	*00:33.67*	*00:31.85*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 2/4 Lane : 8 Athlete: JAMAR KAMIEL — **Q-time: 02:23:55**

PB (50m pool): 02:23.55 Genk 01/02/2026 **PB (25m pool):** 02:16.26 **SB:** 02:23.55 Genk 01/02/2026

	50M	100M	150M	200M	
PB	00:32.43	01:09.13	01:47.11	02:23.55	
	00:32.43	*00:36.70*	*00:37.98*	*00:36.44*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback: