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

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

Coaches: Vansteenkiste Victor HEADCOACH

Coaches: Herreman Kurt

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

Event number: 51: 400M FREESTYLE MEN 15-16 — Heat:1, starttime: 09:30

Heat: 1/3 Lane : 4 Athlete: BAERT MIEL — **Q-time: 04:28:72**

PB (50m pool): 04:33.88 Antwerpen 20/07/2025 **PB (25m pool):** 04:28.72 **SB:** 04:36.75 Kortrijk 26/12/2025

	50M	100M	150M	200M	250M	300M	350M	400M
PB	00:30.13	01:04.50	01:39.24	02:14.20	02:48.99	03:24.56	04:00.38	04:33.88
	00:30.13	*00:34.37*	*00:34.74*	*00:34.96*	*00:34.79*	*00:35.57*	*00:35.82*	*00:33.50*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 53: 200M BREASTSTROKE MEN 15-16 — Heat:2, starttime: 10:00

Heat: 2/2 Lane : 8 Athlete: TACQ NATHAN — **Q-time: 02:36:85**

PB (50m pool): 02:40.72 Brugge 01/02/2026 **PB (25m pool):** 02:36.85 **SB:** 02:40.72 Brugge 01/02/2026

	50M	100M	150M	200M	
PB	00:37.06	01:17.77	01:59.42	02:40.72	
	00:37.06	*00:40.71*	*00:41.65*	*00:41.30*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 3/4 Lane : 5 Athlete: COENE TIELE — **Q-time: 02:17:80**

PB (50m pool): 02:30.18 Antwerp 26/01/2025 **PB (25m pool):** 02:17.80 **SB:** no time

	50M	100M	150M	200M	
PB	00:34.29	01:12.71	01:52.57	02:30.18	
	00:34.29	*00:38.42*	*00:39.86*	*00:37.61*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 3/6 Lane : 5 Athlete: THIENPONDT NINA — **Q-time: 02:24:20**

PB (50m pool): 02:25.20 Antwerpen 20/07/2025 **PB (25m pool):** 02:24.20 **SB:** 02:27.02 Brugge 01/02/2026

	50M	100M	150M	200M	
PB	00:32.86	01:10.30	01:48.31	02:25.20	
	00:32.86	*00:37.44*	*00:38.01*	*00:36.89*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 56: 200M FREESTYLE WOMEN 13-14 — Heat:4, starttime: 10:32

Heat: 4/6 Lane : 7 Athlete: LAGACIE AXELLE — **Q-time: 02:22:51**

PB (50m pool): 02:25.18 Brugge 01/02/2026 **PB (25m pool):** 02:22.51 **SB:** 02:25.18 Brugge 01/02/2026

	50M	100M	150M	200M	
PB	00:33.60	01:11.01	01:49.85	02:25.18	
	00:33.60	*00:37.41*	*00:38.84*	*00:35.33*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 3/3 Lane : 8 Athlete: BAERT MIEL — **Q-time: 02:19:39**

PB (50m pool): 02:21.12 Antwerpen 20/07/2025 **PB (25m pool):** 02:19.39 **SB:** no time

	50M	100M	150M	200M	
PB	00:33.60	01:10.01	01:46.65	02:21.12	
	00:33.60	*00:36.41*	*00:36.64*	*00:34.47*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 3/3 Lane : 4 Athlete: VANSTEENKISTE VICTOR — **Q-time: 04:58:86**

PB (50m pool): 05:07.27 Antwerpen 20/07/2025 **PB (25m pool):** 04:58.86 **SB:** 05:07.89 Brugge 01/02/2026

	50M	100M	150M	200M	250M	300M	350M	400M
PB	00:33.27	01:12.26	01:53.05	02:31.91	03:15.60	04:00.08	04:34.51	05:07.27
	00:33.27	*00:38.99*	*00:40.79*	*00:38.86*	*00:43.69*	*00:44.48*	*00:34.43*	*00:32.76*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Event number: 60: 400M MEDLEY WOMEN 13-14 **Heat:1, starttime: 11:21**

Heat: 1/3 Lane : 4 Athlete: LAGACIE AXELLE **Q-time: 06:09:53**

PB (50m pool): 06:19.57 Kortrijk 04/05/2025 **PB (25m pool):** 06:09.53 **SB:** no time

	50M	100M	150M	200M	250M	300M	350M	400M
PB	00:38.97	01:31.37	02:18.68	03:02.61	04:00.64	04:58.58	05:39.95	06:19.57
	00:38.97	*00:52.40*	*00:47.31*	*00:43.93*	*00:58.03*	*00:57.94*	*00:41.37*	*00:39.62*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback: