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

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

Coaches: Hanssens Yash

Coaches: Verluyten Philippe

Coaches: Guldentops Kevin

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

Event number: 51: 400M FREESTYLE MEN 15-16 — Heat:3, starttime: 09:40

Heat: 3/3 Lane : 6 Athlete: MICHIELS SIBE — **Q-time: 04:16:42**

PB (50m pool): 04:24.20 Antwerpen 27/07/2025 **PB (25m pool):** 04:16.42 **SB:** no time

	50M	100M	150M	200M	250M	300M	350M	400M
PB	00:28.63	01:00.40	01:33.77	02:08.20	02:41.98	03:17.47	03:52.86	04:24.20
	00:28.63	*00:31.77*	*00:33.37*	*00:34.43*	*00:33.78*	*00:35.49*	*00:35.39*	*00:31.34*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 52: 400M FREESTYLE WOMEN 15-16 — Heat:1, starttime: 09:45

Heat: 1/2 Lane : 2 Athlete: GAUDAEN MAUD — **Q-time: 04:56:09**

PB (50m pool): 04:56.09 Antwerpen 20/07/2025 **PB (25m pool):** 04:56.09 **SB:** no time

	50M	100M	150M	200M	250M	300M	350M	400M
PB	00:32.11	01:07.85	01:45.60	02:23.75	03:02.33	03:40.87	04:19.52	04:56.09
	00:32.11	*00:35.74*	*00:37.75*	*00:38.15*	*00:38.58*	*00:38.54*	*00:38.65*	*00:36.57*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 2/2 Lane : 5 Athlete: SCIACCA LEANDRO — **Q-time: 02:28:07**

PB (50m pool): 02:32.69 Luxembourg 01/02/2026 **PB (25m pool):** 02:28.07 **SB:** 02:32.69 Luxembourg 01/02/2026

	50M	100M	150M	200M	
PB	00:33.34	01:13.24	01:52.93	02:32.69	
	00:33.34	*00:39.90*	*00:39.69*	*00:39.76*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 55: 200M FREESTYLE MEN 13-14 — Heat:1, starttime: 10:11

Heat: 1/4 Lane : 5 Athlete: KARER MALIK — **Q-time: 02:24:68**

PB (50m pool): 02:33.21 Antwerpen 13/07/2025 **PB (25m pool):** 02:24.68 **SB:** no time

	50M	100M	150M	200M	
PB	00:35.31	01:14.58	01:54.50	02:33.21	
	00:35.31	*00:39.27*	*00:39.92*	*00:38.71*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 5/6 Lane : 3 Athlete: DEBRABANDERE LEONIE — **Q-time: 02:19:23**

PB (50m pool): 02:24.58 Lochristi 01/02/2026 **PB (25m pool):** 02:19.23 **SB:** 02:24.58 Lochristi 01/02/2026

	50M	100M	150M	200M	
PB	no time	01:09.17	no time	02:24.58	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 56: 200M FREESTYLE WOMEN 13-14 — Heat:6, starttime: 10:38

Heat: 6/6 Lane : 1 Athlete: DE JONG SUZAN — **Q-time: 02:17:18**

PB (50m pool): 02:23.60 Lochristi 01/02/2026 **PB (25m pool):** 02:17.18 **SB:** 02:23.60 Lochristi 01/02/2026

	50M	100M	150M	200M	
PB	no time	01:07.90	no time	02:23.60	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 56: 200M FREESTYLE WOMEN 13-14 — Heat:6, starttime: 10:38

Heat: 6/6 Lane : 2 Athlete: VERLUYTEN NIENE — **Q-time: 02:16:02**

PB (50m pool): 02:20.28 Eindhoven 16/03/2025 **PB (25m pool):** 02:16.02 **SB:** no time

	50M	100M	150M	200M	
PB	00:32.53	01:08.27	01:44.74	02:20.28	
	00:32.53	*00:35.74*	*00:36.47*	*00:35.54*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 57: 200M BACKSTROKE MEN 15-16 — Heat:2, starttime: 10:45

Heat: 2/3 Lane : 7 Athlete: SCHRAUWEN BJARNE — **Q-time: 02:22:55**

PB (50m pool): 02:30.48 Lochristi 01/02/2026 **PB (25m pool):** 02:22.55 **SB:** 02:30.48 Lochristi 01/02/2026

	50 M	100 M	150 M	200 M	
PB	no time	01:11.73	no time	02:30.48	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 3/3 Lane : 3 Athlete: MICHIELS SIBE — **Q-time: 02:11:40**

PB (50m pool): 02:19.61 Antwerpen 27/07/2025 **PB (25m pool):** 02:11.40 **SB:** 02:20.27 Luxembourg 01/02/2026

	50 M	100 M	150 M	200 M	
PB	00:31.99	01:07.04	01:43.82	02:19.61	
	00:31.99	*00:35.05*	*00:36.78*	*00:35.79*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 2/3 Lane : 5 Athlete: STESSENS EMMA-LOUISE — **Q-time: 02:27:63**

PB (50m pool): 02:32.98 Antwerpen 20/07/2025 **PB (25m pool):** 02:27.63 **SB:** 02:37.38 Luxembourg 01/02/2026

	50 M	100 M	150 M	200 M	
PB	00:36.06	01:15.88	01:55.81	02:32.98	
	00:36.06	*00:39.82*	*00:39.93*	*00:37.17*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 3/3 Lane : 8 Athlete: VERLUYTEN LENI — **Q-time: 02:25:94**

PB (50m pool): 02:31.72 Antwerpen 27/07/2025 **PB (25m pool):** 02:25.94 **SB:** 02:35.22 Luxembourg 01/02/2026

	50 M	100 M	150 M	200 M	
PB	00:34.75	01:12.70	01:52.30	02:31.72	
	00:34.75	*00:37.95*	*00:39.60*	*00:39.42*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 59: 400M MEDLEY MEN 13-14 — Heat:1, starttime: 11:02

Heat: 1/3 Lane : 5 Athlete: AERENS JEF — **Q-time: 05:44:01**

PB (50m pool): **05:58.63** **Wezenberg Topsportbad, Antwerp 18/09/2025** **PB (25m pool):** 05:44.01 **SB:** no time

	50M	100M	150M	200M	250M	300M	350M	400M
PB	no time	01:22.88	no time	no time	no time	no time	no time	05:58.63
	no time							
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 2/3 Lane : 1 Athlete: SCIACCA EMILIO — **Q-time: 05:37:92**

PB (50m pool): **no time** **PB (25m pool):** 05:37.92 **SB:** no time

	50M	100M	150M	200M	250M	300M	350M	400M
PB	no time	no time	no time	no time	no time	no time	no time	no time
	no time							
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 3/3 Lane : 8 Athlete: DEBRABANDERE LEONIE — **Q-time: 05:39:74**

PB (50m pool): **05:47.87** **Antwerpen 20/07/2025** **PB (25m pool):** 05:39.74 **SB:** 05:48.75 Lochristi 01/02/2026

	50M	100M	150M	200M	250M	300M	350M	400M
PB	00:34.69	01:17.18	02:03.29	02:48.17	03:39.29	04:30.90	05:10.27	05:47.87
	00:34.69	*00:42.49*	*00:46.11*	*00:44.88*	*00:51.12*	*00:51.61*	*00:39.37*	*00:37.60*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback: