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

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

Coaches: Desot Stefanie HEADCOACH

Coaches: Desmet Carl

Coaches: Backs Hubert

Coaches: De Cramer Renée

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 : 2 Athlete: KINDT LIAM — **Q-time: 04:23:80**

PB (50m pool): 04:23.80 Charleroi 11/01/2026 **PB (25m pool):** 04:22.93 **SB:** 04:23.80 Charleroi 11/01/2026

	50M	100M	150M	200M	250M	300M	350M	400M
PB	00:30.65	01:03.26	01:37.56	02:10.57	02:44.65	03:18.40	03:52.02	04:23.80
	00:30.65	*00:32.61*	*00:34.30*	*00:33.01*	*00:34.08*	*00:33.75*	*00:33.62*	*00:31.78*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 51: 400M FREESTYLE MEN 15-16 — Heat:2, starttime: 09:35

Heat: 2/3 Lane : 6 Athlete: VANDEKERCKHOVE JEROME — **Q-time: 04:22:16**

PB (50m pool): 04:22.16 Gent 08/02/2026 **PB (25m pool):** 04:23.94 **SB:** 04:22.16 Gent 08/02/2026

	50M	100M	150M	200M	250M	300M	350M	400M
PB	no time	01:01.97	no time	02:08.13	no time	no time	no time	04:22.16
	no time							
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 1/2 Lane : 4 Athlete: VANDEKERCKHOVE JULIETTE — **Q-time: 04:40:97**

PB (50m pool): 04:45.29 Antwerpen 20/07/2025 **PB (25m pool):** 04:40.97 **SB:** 04:51.74 Charleroi 11/01/2026

	50M	100M	150M	200M	250M	300M	350M	400M
PB	00:32.68	01:08.72	01:45.02	02:21.63	02:57.86	03:34.86	04:11.24	04:45.29
	00:32.68	*00:36.04*	*00:36.30*	*00:36.61*	*00:36.23*	*00:37.00*	*00:36.38*	*00:34.05*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

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

Heat: 2/2 Lane : 1 Athlete: DESMET LIEZE — **Q-time: 04:40:34**

PB (50m pool): 04:40.34 Antwerp 09/02/2025 — **PB (25m pool):** 04:46.03 **SB:** 04:43.53 Gent 08/02/2026

	50M	100M	150M	200M	250M	300M	350M	400M
PB	00:32.80	01:07.97	01:43.46	02:19.69	02:55.60	03:31.46	04:06.45	04:40.34
	00:32.80	*00:35.17*	*00:35.49*	*00:36.23*	*00:35.91*	*00:35.86*	*00:34.99*	*00:33.89*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 2/2 Lane : 3 Athlete: LAMMENS MARY — **Q-time: 04:30:28**

PB (50m pool): 04:30.52 Antwerp 26/01/2025 — **PB (25m pool):** 04:30.28 **SB:** 04:32.06 Gent 08/02/2026

	50M	100M	150M	200M	250M	300M	350M	400M
PB	00:31.98	01:05.44	01:39.94	02:14.66	02:49.49	03:23.83	03:57.81	04:30.52
	00:31.98	*00:33.46*	*00:34.50*	*00:34.72*	*00:34.83*	*00:34.34*	*00:33.98*	*00:32.71*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 2/2 Lane : 7 Athlete: GANTOIS JANNE — **Q-time: 04:40:08**

PB (50m pool): 04:45.55 Antwerpen 20/07/2025 — **PB (25m pool):** 04:40.08 **SB:** 04:47.71 Gent 08/02/2026

	50M	100M	150M	200M	250M	300M	350M	400M
PB	00:32.57	01:08.62	01:45.59	02:21.74	02:58.57	03:35.24	04:11.83	04:45.55
	00:32.57	*00:36.05*	*00:36.97*	*00:36.15*	*00:36.83*	*00:36.67*	*00:36.59*	*00:33.72*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 1/4 Lane : 6 Athlete: CHRISTIAENS LUCAS — **Q-time: 02:28:02**

PB (50m pool): 02:35.76 Charleroi 11/01/2026 — **PB (25m pool):** 02:28.02 **SB:** 02:35.76 Charleroi 11/01/2026

	50M	100M	150M	200M
PB	no time	no time	no time	02:35.76
	no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

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

Heat: 2/4 Lane : 5 Athlete: THIELEMANS LEON — **Q-time: 02:20:77**

PB (50m pool): 02:22.03 Brugge 01/02/2026 — **PB (25m pool):** 02:20.77 **SB:** 02:22.03 Brugge 01/02/2026

	50 M	100 M	150 M	200 M	
PB	00:31.52	01:06.87	01:44.40	02:22.03	
	00:31.52	*00:35.35*	*00:37.53*	*00:37.63*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 3/6 Lane : 4 Athlete: VERNIEUWE IRENE — **Q-time: 02:22:58**

PB (50m pool): 02:28.07 Gent 08/02/2026 — **PB (25m pool):** 02:22.58 **SB:** 02:28.07 Gent 08/02/2026

	50 M	100 M	150 M	200 M	
PB	no time	01:10.24	no time	02:28.07	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 5/6 Lane : 1 Athlete: HUYBEN ISOLDE — **Q-time: 02:20:11**

PB (50m pool): 02:23.79 Gent 08/02/2026 — **PB (25m pool):** 02:20.11 **SB:** 02:23.79 Gent 08/02/2026

	50 M	100 M	150 M	200 M	
PB	no time	01:09.33	no time	02:23.79	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 3/3 Lane : 5 Athlete: THONON MATISSE — **Q-time: 02:09:88**

PB (50m pool): 02:15.94 Antwerpen 20/07/2025 — **PB (25m pool):** 02:09.88 **SB:** 02:17.24 Brugge 01/02/2026

	50 M	100 M	150 M	200 M	
PB	00:31.78	01:06.65	01:41.31	02:15.94	
	00:31.78	*00:34.87*	*00:34.66*	*00:34.63*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 58: 200M BACKSTROKE WOMEN 15-16 **Heat:1, starttime: 10:51**

Heat: 1/3 Lane : 5 Athlete: DARRAS NINA **Q-time: 02:34:26**

PB (50m pool): **02:35.91** **Antwerpen** **20/07/2025** **PB (25m pool):** 02:34.26 **SB:** 02:40.06 Charleroi 11/01/2026

	50M	100M	150M	200M	
PB	00:36.88	01:16.15	01:56.44	02:35.91	
	00:36.88	*00:39.27*	*00:40.29*	*00:39.47*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback: