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

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

Coaches: Mabbe Andy

Coaches: Planckaert Pieter

Coaches: Spincemaille Laura

Coaches: Vanden Abeele Syl

Coaches: Demeyere Kristof HEADCOACH

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 : 7 Athlete: BALCAEN SANDER — **Q-time: 04:37:39**

PB (50m pool): 04:49.14 Brugge 01/02/2026 **PB (25m pool):** 04:37.39 **SB:** 04:49.14 Brugge 01/02/2026

	50 M	100 M	150 M	200 M	250 M	300 M	350 M	400 M
PB	00:32.19	01:08.11	01:45.81	02:23.37	03:01.25	03:38.86	04:16.10	04:49.14
	00:32.19	*00:35.92*	*00:37.70*	*00:37.56*	*00:37.88*	*00:37.61*	*00:37.24*	*00:33.04*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 57: 200M BACKSTROKE MEN 15-16 — Heat:1, starttime: 10:41

Heat: 1/3 Lane : 2 Athlete: BALCAEN SANDER — **Q-time: 02:28:35**

PB (50m pool): 02:30.87 Seraing 25/01/2026 **PB (25m pool):** 02:28.35 **SB:** 02:30.87 Seraing 25/01/2026

	50 M	100 M	150 M	200 M	
PB	00:33.57	01:12.43	01:52.44	02:30.87	
	00:33.57	*00:38.86*	*00:40.01*	*00:38.43*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 3/3 Lane : 2 Athlete: LIBBRECHT ZOë — **Q-time: 05:30:24**

PB (50m pool): 05:30.24 Brugge 01/02/2026 **PB (25m pool):** 05:24.77 **SB:** 05:30.24 Brugge 01/02/2026

	50 M	100 M	150 M	200 M	250 M	300 M	350 M	400 M
PB	00:34.49	01:14.29	01:58.29	02:40.83	03:28.97	04:18.26	04:56.18	05:30.24
	00:34.49	*00:39.80*	*00:44.00*	*00:42.54*	*00:48.14*	*00:49.29*	*00:37.92*	*00:34.06*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback: