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

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

Coaches: Lefever Elisa

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

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

Heat: 2/4 Lane : 6 Athlete: VAN BRABANT BENJAMIN — **Q-time: 02:21:51**

PB (50m pool): 03:06.42 Lago Kortrijk Weide 28/04/2024 **PB (25m pool):** 02:21.51 **SB:** no time

	50M	100M	150M	200M	
PB	no time	no time	no time	03:06.42	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 56: 200M FREESTYLE WOMEN 13-14 — Heat:1, starttime: 10:23

Heat: 1/6 Lane : 5 Athlete: DEMAREST HAILEY — **Q-time: 02:34:85**

PB (50m pool): 02:34.85 Antwerp 26/01/2025 **PB (25m pool):** 02:29.47 **SB:** 02:35.90 Brugge 01/02/2026

	50M	100M	150M	200M	
PB	00:36.10	01:16.57	01:56.91	02:34.85	
	00:36.10	*00:40.47*	*00:40.34*	*00:37.94*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 56: 200M FREESTYLE WOMEN 13-14 — Heat:2, starttime: 10:26

Heat: 2/6 Lane : 3 Athlete: CASTELEYN YANA — **Q-time: 02:29:56**

PB (50m pool): 02:29.56 Kortrijk 04/05/2025 **PB (25m pool):** 02:22.60 **SB:** 02:30.82 Brugge 01/02/2026

	50M	100M	150M	200M	
PB	00:35.05	01:13.76	01:52.23	02:29.56	
	00:35.05	*00:38.71*	*00:38.47*	*00:37.33*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 3/6 Lane : 7 Athlete: DELPORTE ELLE **Q-time: 02:27:35**

PB (50m pool): 02:27.35 Brugge 01/02/2026 **PB (25m pool):** 02:22.24 **SB:** 02:27.35 Brugge 01/02/2026

	50M	100M	150M	200M	
PB	00:34.60	01:12.50	01:51.27	02:27.35	
	00:34.60	*00:37.90*	*00:38.77*	*00:36.08*	
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Coach feedback: