VJTC 2026: Session: 6: COACH evaluation sheet for TEAM: STZC

Coachinfo: Warming up from: 13:15 untill 14:15. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Coenen Remco

Coaches: Appeltans Ruth

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

Event number: 62: 200M BUTTERFLY MEN 15-16 — Heat:1, starttime: 14:37

Heat: 1/1 Lane : 7 Athlete: VANDEPOEL QUINTEN — **Q-time: 02:26:08**

PB (50m pool): 02:26.08 Genk 01/02/2026 **PB (25m pool):** 02:19.52 **SB:** 02:26.08 Genk 01/02/2026

	50 M	100 M	150 M	200 M	
PB	00:32.20	01:09.40	01:48.32	02:26.08	
	00:32.20	*00:37.20*	*00:38.92*	*00:37.76*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 63: 200M BREASTSTROKE WOMEN 13-14 — Heat:3, starttime: 14:48

Heat: 3/4 Lane : 5 Athlete: DAS LOUISE — **Q-time: 02:59:11**

PB (50m pool): no time **PB (25m pool):** 02:59.11 **SB:** no time

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

Coach feedback:

Event number: 68: 50M FREESTYLE MEN 13-14 — Heat:2, starttime: 15:33

Heat: 2/4 Lane : 3 Athlete: JAMAR KAMIEL — **Q-time: 00:29:59**

PB (50m pool): 00:29.59 Genk 01/02/2026 **PB (25m pool):** 00:30.16 **SB:** 00:29.59 Genk 01/02/2026

	50 M	
PB	00:29.59	
	00:29.59	
	. . : . . : . .	

Coach feedback:

VJTC 2026: Session: 6: COACH evaluation sheet for TEAM: STZC

Event number: 71: 200M BACKSTROKE WOMEN 13-14 — Heat:3, starttime: 15:57

Heat: 3/5 Lane : 2 Athlete: DAS LOUISE — **Q-time: 02:39:66**

PB (50m pool): 02:39.66 Genk 01/02/2026 **PB (25m pool):** 02:33.23 **SB:** 02:39.66 Genk 01/02/2026

	50M	100M	150M	200M	
PB	00:36.63	01:17.56	01:59.36	02:39.66	
	00:36.63	*00:40.93*	*00:41.80*	*00:40.30*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 72: 200M BACKSTROKE MEN 13-14 — Heat:3, starttime: 16:15

Heat: 3/4 Lane : 8 Athlete: JAMAR KAMIEL — **Q-time: 02:38:95**

PB (50m pool): 02:38.95 Genk 01/02/2026 **PB (25m pool):** 02:29.73 **SB:** 02:38.95 Genk 01/02/2026

	50M	100M	150M	200M	
PB	00:36.22	01:18.06	02:00.14	02:38.95	
	00:36.22	*00:41.84*	*00:42.08*	*00:38.81*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback: