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

Coachinfo: Warming up from: 13:15 untill 14:15. 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: 66: 100M FREESTYLE MEN 15-16 — Heat:1, starttime: 15:16

Heat: 1/6 Lane : 5 Athlete: DEMEYERE LARS — **Q-time: 00:58:63**

PB (50m pool): 01:00.08 Brugge 01/02/2026 **PB (25m pool):** 00:58.63 **SB:** 01:00.08 Brugge 01/02/2026

	50 M	100 M	
PB	00:29.36	01:00.08	
	00:29.36	*00:30.72*	
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Coach feedback:

Event number: 70: 100M BREASTSTROKE MEN 15-16 — Heat:3, starttime: 15:47

Heat: 3/3 Lane : 7 Athlete: BALCAEN SANDER — **Q-time: 01:17:59**

PB (50m pool): 01:19.47 Brugge 01/02/2026 **PB (25m pool):** 01:17.59 **SB:** 01:19.47 Brugge 01/02/2026

	50 M	100 M	
PB	00:36.52	01:19.47	
	00:36.52	*00:42.95*	
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Coach feedback: