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

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

Coaches: Kindt Joachim HEADCOACH

Coaches: Kindt Maarten

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

Event number: 63: 200M BREASTSTROKE WOMEN 13-14 Heat:4, starttime: 14:52

Heat: 4/4 Lane : 1 Athlete: DE SMET LILY **Q-time: 02:56:35**

PB (50m pool): 03:00.67 Lochristi 01/02/2026 **PB (25m pool):** 02:56.35 **SB:** 03:00.67 Lochristi 01/02/2026

	50 M	100 M	150 M	200 M	
PB	no time	01:27.94	no time	03:00.67	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 64: 200M BREASTSTROKE MEN 13-14 Heat:2, starttime: 14:59

Heat: 2/3 Lane : 3 Athlete: WALTNIEL BAVO **Q-time: 02:52:66**

PB (50m pool): 02:52.66 Lochristi 01/02/2026 **PB (25m pool):** 02:54.51 **SB:** 02:52.66 Lochristi 01/02/2026

	50 M	100 M	150 M	200 M	
PB	no time	01:23.92	no time	02:52.66	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 67: 50M FREESTYLE WOMEN 13-14 Heat:5, starttime: 15:30

Heat: 5/6 Lane : 3 Athlete: BAYENS NINA **Q-time: 00:29:37**

PB (50m pool): 00:30.39 Antwerpen 20/04/2025 **PB (25m pool):** 00:29.37 **SB:** 00:30.84 Gent 08/02/2026

	50 M	
PB	00:30.39	
	00:30.39	
	. . : . . : . .	

Coach feedback:

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

Event number: 67: 50M FREESTYLE WOMEN 13-14 — Heat:6, starttime: 15:31

Heat: 6/6 Lane : 3 Athlete: EELBODE EMELIE — **Q-time: 00:28:19**

PB (50m pool): 00:28.31 Lochristi 01/02/2026 **PB (25m pool):** 00:28.19 **SB:** 00:28.31 Lochristi 01/02/2026

	50 M
PB	00:28.31
	00:28.31
	. . : . . : . .

Coach feedback:

Event number: 68: 50M FREESTYLE MEN 13-14 — Heat:1, starttime: 15:32

Heat: 1/4 Lane : 3 Athlete: WALTNIEL BAVO — **Q-time: 00:30:48**

PB (50m pool): 00:30.48 Gent 08/02/2026 **PB (25m pool):** 00:29.53 **SB:** 00:30.48 Gent 08/02/2026

	50 M
PB	00:30.48
	00:30.48
	. . : . . : . .

Coach feedback:

Event number: 68: 50M FREESTYLE MEN 13-14 — Heat:3, starttime: 15:34

Heat: 3/4 Lane : 6 Athlete: VERNAILLEN SEPPE — **Q-time: 00:28:82**

PB (50m pool): 00:30.21 LOCHRISTI 25/01/2026 **PB (25m pool):** 00:28.82 **SB:** 00:30.21 LOCHRISTI 25/01/2026

	50 M
PB	00:30.21
	00:30.21
	. . : . . : . .

Coach feedback:

Event number: 69: 100M BREASTSTROKE WOMEN 15-16 — Heat:3, starttime: 15:41

Heat: 3/3 Lane : 6 Athlete: RUYSSINCK DIEDE — **Q-time: 01:19:20**

PB (50m pool): 01:22.30 Lago Gent Rozebroeken 04/05/2025 **PB (25m pool):** 01:19.20 **SB:** 01:23.32 Lochristi 01/02/2026

	50 M	100 M
PB	00:38.72	01:22.30
	00:38.72	*00:43.58*
	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Event number: 71: 200M BACKSTROKE WOMEN 13-14 — Heat:1, starttime: 15:49

Heat: 1/5 Lane : 4 Athlete: DE SMET LILY — **Q-time: 02:46:07**

PB (50m pool): 02:46.07 Gent 08/02/2026 **PB (25m pool):** 02:45.69 **SB:** 02:46.07 Gent 08/02/2026

	50 M	100 M	150 M	200 M	
PB	00:38.78	01:20.25	02:03.49	02:46.07	
	00:38.78	*00:41.47*	*00:43.24*	*00:42.58*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 71: 200M BACKSTROKE WOMEN 13-14 — Heat:2, starttime: 15:53

Heat: 2/5 Lane : 1 Athlete: BAYENS NINA — **Q-time: 02:46:00**

PB (50m pool): 02:50.94 Antwerpen 13/07/2025 **PB (25m pool):** 02:44.35 **SB:** no time

	50 M	100 M	150 M	200 M	
PB	00:42.08	01:25.88	02:09.66	02:50.94	
	00:42.08	*00:43.80*	*00:43.78*	*00:41.28*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 71: 200M BACKSTROKE WOMEN 13-14 — Heat:4, starttime: 16:00

Heat: 4/5 Lane : 4 Athlete: EELBODE EMELIE — **Q-time: 02:34:90**

PB (50m pool): 02:34.90 Antwerpen 20/07/2025 **PB (25m pool):** 02:37.63 **SB:** no time

	50 M	100 M	150 M	200 M	
PB	00:36.66	01:16.92	01:56.64	02:34.90	
	00:36.66	*00:40.26*	*00:39.72*	*00:38.26*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 72: 200M BACKSTROKE MEN 13-14 — Heat:2, starttime: 16:12

Heat: 2/4 Lane : 1 Athlete: VERNAILLEN SEPPE — **Q-time: 02:41:85**

PB (50m pool): 02:41.85 Lochristi 01/02/2026 **PB (25m pool):** 02:30.85 **SB:** 02:41.85 Lochristi 01/02/2026

	50 M	100 M	150 M	200 M	
PB	no time	01:20.30	no time	02:41.85	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback: