

VJK KB Diksmuide 26: Session: 1: COACH evaluation sheet for TEAM: AST

Coachinfo: Warming up from: 07:30 untill 08:45. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Bahnmüller Jana HEADCOACH

Coaches: Bahnmüller Michael

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

Event number: 6: 50M BACKSTROKE WOMEN 13-14					Heat:1, starttime: 09:56				
Heat: 1/4 Lane : 7 Athlete: BOTERBERGH LIEKE					Q-time: 00:36:37				
PB (25m pool): 00:35.32 Sint-Amandsberg 18/10/2026					PB (50m pool): 00:36.37 SB: 00:35.32 Sint-Amandsberg 18/10/2026				
	2 5 M		5 0 M						
PB			00:35.32						
			00:35.32						
									

Coach feedback:

Event number: 8: 100M BUTTERFLY WOMEN 15-16				Heat:3, starttime: 10:13	
Heat: 3/5 Lane : 1 Athlete: GUISET JELLE				Q-time: 01:09:86	
PB (25m pool): 01:09.86 Sint-Amandsberg 19/10/2025				PB (50m pool): 01:11.99 SB: 01:12.19 Sint-Amandsberg 18/10/2026	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.75		01:09.86	
	00:32.75		00:37.11		
					

Coach feedback:

Event number: 9: 400M FREESTYLE MEN 13-14						Heat:4, starttime: 10:35		
Heat: 4/4 Lane : 5 Athlete: WACHTELAER CELLE						Q-time: 04:18:96		
PB (25m pool): 04:18.96 Sportoase De Watermolen 21/07/2026						PB (50m pool): 04:23.16 SB: 04:24.05 Sint-Amandsberg 18/10/2026		
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		00:28.68		01:00.94		01:34.03		02:07.40
	00:28.68		00:32.26		00:33.09		00:33.37	
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		02:40.29		03:13.81		03:47.74		04:18.96
	00:32.89		00:33.52		00:33.93		00:31.22	
								

Coach feedback:

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Event number: 11: 1500M FREESTYLE MEN 15-16							Heat:1, starttime: 11:03	
Heat: 1/1 Lane : 3 Athlete: CHERRETT� BALDER							Q-time: 17:12:35	
PB (25m pool): 17:31.57 Zwevegem 26/10/2025			PB (50m pool): 17:12.35 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB	00:31.30	01:06.15	no time	02:15.97	no time	no time	no time	04:37.69
	00:31.30	00:34.85						
								
	4 5 0 M	5 0 0 M	5 5 0 M	6 0 0 M	6 5 0 M	7 0 0 M	7 5 0 M	8 0 0 M
PB	no time	no time	no time	no time	no time	no time	no time	09:20.10
								
	8 5 0 M	9 0 0 M	9 5 0 M	1 0 0 0 M	1 0 5 0 M	1 1 0 0 M	1 1 5 0 M	1 2 0 0 M
PB	no time	no time	no time	no time	no time	no time	no time	no time
								
	1 1 5 0 M	1 3 0 0 M	1 3 5 0 M	1 4 0 0 M	1 4 5 0 M	1 5 0 0 M		
PB	no time	no time	no time	no time	no time	17:31.57		
								

Coach feedback: