

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

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

Coaches: De Smedt Leny HEADCOACH

Coaches: Bijloos Annie

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

Event number: 2: 100M BREASTSTROKE WOMEN 13-14					Heat:4, starttime: 09:18
Heat: 4/5 Lane : 6 Athlete: VAN DE WINKEL LOLA					Q-time: 01:20:50
PB (25m pool): 01:20.50 Temse 31/05/2026					PB (50m pool): 01:22.62 SB: 01:21.36 EEKLO 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.55		01:20.50	
		00:38.55		00:41.95	
					

Coach feedback:

Event number: 3: 200M MEDLEY MEN 15-16							Heat:3, starttime: 09:28	
Heat: 3/5 Lane : 6 Athlete: VERHULST MEINDERT							Q-time: 02:23:25	
PB (25m pool): 02:23.25 EEKLO 04/10/2026				PB (50m pool): 02:29.10SB: 02:23.25 EEKLO 04/10/2026				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:31.28		no time		no time		02:23.25
	00:31.28							
								

Coach feedback:

Event number: 4: 200M MEDLEY WOMEN 15-16							Heat:3, starttime: 09:43	
Heat: 3/4 Lane : 7 Athlete: VAN DEN BREMT SARAH							Q-time: 02:32:03	
PB (25m pool): 02:32.03 Gent 23/02/2025				PB (50m pool): 02:36.18SB: 02:36.19 EEKLO 04/10/2026				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:33.00		01:11.49		01:57.51		02:32.03
	00:33.00		00:38.49		00:46.02		00:34.52	
								

Coach feedback:

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

Event number: 10: 400M FREESTYLE WOMEN 13-14							Heat:2, starttime: 10:46	
Heat: 2/4 Lane : 1 Athlete: VAN DE WINKEL LOLA							Q-time: 05:00:90	
PB (25m pool): 05:00.90 EEKLO 04/10/2026				PB (50m pool): 05:15.69SB: 05:00.90 EEKLO 04/10/2026				
	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		no time		01:11.53		no time		02:28.53
	no time							
								
	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		no time		no time		no time		05:00.90
								

Coach feedback:

Event number: 12: 800M FREESTYLE WOMEN 15-16							Heat:2, starttime: 11:34	
Heat: 2/2 Lane : 1 Athlete: VAN DEN BREMT SARAH							Q-time: 09:43:07	
PB (25m pool): 09:47.28 4053 - Embourg 18/05/2025				PB (50m pool): 09:43.07 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	00:32.18	01:07.75	no time	02:20.68	no time	no time	no time	04:49.56
	00:32.18	00:35.57						
								
	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	09:47.28
								

Coach feedback: