

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

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

Coaches: Maene Stefaan HEADCOACH

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

Event number: 2: 100M BREASTSTROKE WOMEN 13-14					Heat:1, starttime: 09:12
Heat: 1/5 Lane : 5 Athlete: KIELB KORNELIA					Q-time: 01:28:17
PB (25m pool): 01:28.17 Temse 17/11/2025					PB (50m pool): 01:31.70 SB: 01:29.23 Brugge 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:41.83		01:28.17	
	00:41.83		00:46.34		
					

Coach feedback:

Event number: 10: 400M FREESTYLE WOMEN 13-14					Heat:1, starttime: 10:40			
Heat: 1/4 Lane : 4 Athlete: KIELB KORNELIA					Q-time: 05:03:44			
PB (25m pool): 05:12.01 Diksmuide 12/10/2025					PB (50m pool): 05:03.44 SB: no time			
	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		00:35.07		01:13.79		01:53.92		02:34.63
	00:35.07		00:38.72		00:40.13		00:40.71	
								
	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		03:15.11		03:55.45		04:35.04		05:12.01
	00:40.48		00:40.34		00:39.59		00:36.97	
								

Coach feedback: