

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

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

Coaches: Smet Kathleen HEADCOACH

Coaches: De Wit Tessa

Coaches: Theunissen Davey

PB => Personal Best time

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

| Event number: 1: 100M BREASTSTROKE MEN 13-14 |           |           |           |           | Heat:6, starttime: 09:09                                |
|----------------------------------------------|-----------|-----------|-----------|-----------|---------------------------------------------------------|
| Heat: 6/6 Lane : 2 Athlete: VERTESSSEN WOUT  |           |           |           |           | Q-time: 01:16:31                                        |
| PB (25m pool): 01:16.31 Hasselt 04/10/2026   |           |           |           |           | PB (50m pool): 01:18.60 SB: 01:16.31 Hasselt 04/10/2026 |
|                                              | 2 5 M     | 5 0 M     | 7 5 M     | 1 0 0 M   |                                                         |
| PB                                           |           | 00:36.39  |           | 01:16.31  |                                                         |
|                                              |           | 00:36.39  |           | 00:39.92  |                                                         |
|                                              | . . . . . | . . . . . | . . . . . | . . . . . |                                                         |

Coach feedback:

| Event number: 2: 100M BREASTSTROKE WOMEN 13-14 |           |           |           |           | Heat:5, starttime: 09:19            |
|------------------------------------------------|-----------|-----------|-----------|-----------|-------------------------------------|
| Heat: 5/5 Lane : 1 Athlete: ENGELEN FLOOR      |           |           |           |           | Q-time: 01:22:78                    |
| PB (25m pool): 01:22.78 Bree 21/12/2025        |           |           |           |           | PB (50m pool): 01:26.77 SB: no time |
|                                                | 2 5 M     | 5 0 M     | 7 5 M     | 1 0 0 M   |                                     |
| PB                                             |           | 00:38.16  |           | 01:22.78  |                                     |
|                                                |           | 00:38.16  |           | 00:44.62  |                                     |
|                                                | . . . . . | . . . . . | . . . . . | . . . . . |                                     |

Coach feedback:

| Event number: 2: 100M BREASTSTROKE WOMEN 13-14 |           |           |           |           | Heat:5, starttime: 09:19                                |
|------------------------------------------------|-----------|-----------|-----------|-----------|---------------------------------------------------------|
| Heat: 5/5 Lane : 4 Athlete: PUT FIEN           |           |           |           |           | Q-time: 01:13:77                                        |
| PB (25m pool): 01:13.77 Hasselt 04/10/2026     |           |           |           |           | PB (50m pool): 01:14.37 SB: 01:13.77 Hasselt 04/10/2026 |
|                                                | 2 5 M     | 5 0 M     | 7 5 M     | 1 0 0 M   |                                                         |
| PB                                             |           | 00:35.34  |           | 01:13.77  |                                                         |
|                                                |           | 00:35.34  |           | 00:38.43  |                                                         |
|                                                | . . . . . | . . . . . | . . . . . | . . . . . |                                                         |

Coach feedback:

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| Event number: 3: 200M MEDLEY MEN 15-16                |           |           |           |                                                                   |           |           | Heat:3, starttime: 09:28 |           |
|-------------------------------------------------------|-----------|-----------|-----------|-------------------------------------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 3/5    Lane : 2    Athlete: FREDERIX LOU        |           |           |           |                                                                   |           |           | Q-time: 02:23:47         |           |
| PB (25m pool): 02:20.96    3500 Hasselt    18/10/2026 |           |           |           | PB (50m pool): 02:25.64SB: 02:20.96    3500 Hasselt    18/10/2026 |           |           |                          |           |
|                                                       | 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                                                    |           | 00:30.59  |           | 01:06.98                                                          |           | 01:47.52  |                          | 02:20.96  |
|                                                       | 00:30.59  |           | 00:36.39  |                                                                   | 00:40.54  |           | 00:33.44                 |           |
|                                                       | . . . . . | . . . . . | . . . . . | . . . . .                                                         | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 3: 200M MEDLEY MEN 15-16           |           |           |           |                                                              |           |           | Heat:3, starttime: 09:28 |           |
|--------------------------------------------------|-----------|-----------|-----------|--------------------------------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 3/5    Lane : 4    Athlete: JANSSEN THIBE  |           |           |           |                                                              |           |           | Q-time: 02:22:64         |           |
| PB (25m pool): 02:22.64    Hasselt    04/10/2026 |           |           |           | PB (50m pool): 02:26.84SB: 02:22.64    Hasselt    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                                               |           | 00:31.22  |           | 01:07.44                                                     |           | 01:49.95  |                          | 02:22.64  |
|                                                  | 00:31.22  |           | 00:36.22  |                                                              | 00:42.51  |           | 00:32.69                 |           |
|                                                  | . . . . . | . . . . . | . . . . . | . . . . .                                                    | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 3: 200M MEDLEY MEN 15-16           |           |           |           |                                                              |           |           | Heat:5, starttime: 09:34 |           |
|--------------------------------------------------|-----------|-----------|-----------|--------------------------------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 5/5    Lane : 4    Athlete: BAELEN TOBE    |           |           |           |                                                              |           |           | Q-time: 02:08:31         |           |
| PB (25m pool): 02:08.31    Hasselt    04/10/2026 |           |           |           | PB (50m pool): 02:13.78SB: 02:08.31    Hasselt    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                                               |           | 00:27.24  |           | 00:59.38                                                     |           | 01:37.88  |                          | 02:08.31  |
|                                                  | 00:27.24  |           | 00:32.14  |                                                              | 00:38.50  |           | 00:30.43                 |           |
|                                                  | . . . . . | . . . . . | . . . . . | . . . . .                                                    | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 4: 200M MEDLEY WOMEN 15-16         |           |           |           |                                                              |           |           | Heat:3, starttime: 09:43 |           |
|--------------------------------------------------|-----------|-----------|-----------|--------------------------------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 3/4    Lane : 2    Athlete: POEL MAREN     |           |           |           |                                                              |           |           | Q-time: 02:31:76         |           |
| PB (25m pool): 02:31.76    Hasselt    04/10/2026 |           |           |           | PB (50m pool): 02:36.08SB: 02:31.76    Hasselt    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                                               |           | 00:33.47  |           | 01:13.00                                                     |           | 01:57.13  |                          | 02:31.76  |
|                                                  | 00:33.47  |           | 00:39.53  |                                                              | 00:44.13  |           | 00:34.63                 |           |
|                                                  | . . . . . | . . . . . | . . . . . | . . . . .                                                    | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

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| Event number: 4: 200M MEDLEY WOMEN 15-16      |           |           |           |                                     |           |           | Heat:4, starttime: 09:46 |           |
|-----------------------------------------------|-----------|-----------|-----------|-------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 4/4    Lane : 2    Athlete: MELOTTE PIA |           |           |           |                                     |           |           | Q-time: 02:26:53         |           |
| PB (25m pool): 02:26.53    Hasselt 12/10/2025 |           |           |           | PB (50m pool): 02:28.16 SB: no time |           |           |                          |           |
|                                               | 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                                            |           | 00:31.35  |           | 01:07.19                            |           | 01:52.17  |                          | 02:26.53  |
|                                               | 00:31.35  |           | 00:35.84  |                                     | 00:44.98  |           | 00:34.36                 |           |
|                                               | . . . . . | . . . . . | . . . . . | . . . . .                           | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 4: 200M MEDLEY WOMEN 15-16             |           |           |           |                                                            |           |           | Heat:4, starttime: 09:46 |           |
|------------------------------------------------------|-----------|-----------|-----------|------------------------------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 4/4    Lane : 4    Athlete: BROUWERS CHARLOTTE |           |           |           |                                                            |           |           | Q-time: 02:18:84         |           |
| PB (25m pool): 02:18.84    Temse 17/11/2025          |           |           |           | PB (50m pool): 02:23.61 SB: 02:22.39    Hasselt 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                                                   |           | 00:30.73  |           | 01:07.67                                                   |           | 01:45.82  |                          | 02:18.84  |
|                                                      | 00:30.73  |           | 00:36.94  |                                                            | 00:38.15  |           | 00:33.02                 |           |
|                                                      | . . . . . | . . . . . | . . . . . | . . . . .                                                  | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 5: 50M BACKSTROKE MEN 13-14      |           |  |           |                                     |  |  | Heat:2, starttime: 09:51 |  |
|------------------------------------------------|-----------|--|-----------|-------------------------------------|--|--|--------------------------|--|
| Heat: 2/4    Lane : 1    Athlete: LEMMENS LARS |           |  |           |                                     |  |  | Q-time: 00:34:02         |  |
| PB (25m pool): 00:35.58    Aarschot 26/04/2026 |           |  |           | PB (50m pool): 00:34.02 SB: no time |  |  |                          |  |
|                                                | 2 5 M     |  | 5 0 M     |                                     |  |  |                          |  |
| PB                                             |           |  | 00:35.58  |                                     |  |  |                          |  |
|                                                | 00:35.58  |  |           |                                     |  |  |                          |  |
|                                                | . . . . . |  | . . . . . |                                     |  |  |                          |  |

Coach feedback:

| Event number: 8: 100M BUTTERFLY WOMEN 15-16       |           |           |           |                                                            |  |  | Heat:4, starttime: 10:14 |  |
|---------------------------------------------------|-----------|-----------|-----------|------------------------------------------------------------|--|--|--------------------------|--|
| Heat: 4/5    Lane : 4    Athlete: VANDEVENNE LIAH |           |           |           |                                                            |  |  | Q-time: 01:02:59         |  |
| PB (25m pool): 01:02.59    Gent 09/11/2025        |           |           |           | PB (50m pool): 01:03.57 SB: 01:04.63    Hasselt 04/10/2026 |  |  |                          |  |
|                                                   | 2 5 M     | 5 0 M     | 7 5 M     | 1 0 0 M                                                    |  |  |                          |  |
| PB                                                |           | 00:29.31  |           | 01:02.59                                                   |  |  |                          |  |
|                                                   | 00:29.31  |           | 00:33.28  |                                                            |  |  |                          |  |
|                                                   | . . . . . | . . . . . | . . . . . | . . . . .                                                  |  |  |                          |  |

Coach feedback:

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| Event number: 11: 1500M FREESTYLE MEN 15-16                                                                   |           |           |           |           |           |           | Heat:1, starttime: 11:03 |           |
|---------------------------------------------------------------------------------------------------------------|-----------|-----------|-----------|-----------|-----------|-----------|--------------------------|-----------|
| Heat: 1/1    Lane : 7    Athlete: JANSSEN THIBE                                                               |           |           |           |           |           |           | Q-time: 19:09:62         |           |
| PB (25m pool): 20:42.78    3500 Hasselt 14/04/2024                      PB (50m pool): no time    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                                                                                                            | no time   | no time   | no time   | no time   | no time   | no time   | no time                  | no time   |
|                                                                                                               | no time   |           |           |           |           |           |                          |           |
|                                                                                                               | .....     | .....     | .....     | .....     | .....     | .....     | .....                    | .....     |
|                                                                                                               | 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                  | no time   |
|                                                                                                               |           |           |           |           |           |           |                          |           |
|                                                                                                               | .....     | .....     | .....     | .....     | .....     | .....     | .....                    | .....     |
|                                                                                                               | 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   | 20:42.78  |                          |           |
|                                                                                                               |           |           |           |           |           |           |                          |           |
|                                                                                                               | .....     | .....     | .....     | .....     | .....     | .....     |                          |           |

Coach feedback: