

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

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

Coaches: Mackens Vicky HEADCOACH

Coaches: Claes Steven

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

Event number: 4: 200M MEDLEY WOMEN 15-16							Heat:3, starttime: 09:43	
Heat: 3/4 Lane : 3 Athlete: VAN DER MEEREN LOTTE							Q-time: 02:30:64	
PB (25m pool): 02:30.64 Leuven 04/10/2026				PB (50m pool): 02:37.96 SB: 02:30.64 Leuven 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		00:33.28		01:13.66		01:56.40		02:30.64
	00:33.28		00:40.38		00:42.74		00:34.24	
								

Coach feedback:

Event number: 6: 50M BACKSTROKE WOMEN 13-14							Heat:2, starttime: 09:58			
Heat: 2/4 Lane : 5 Athlete: WYFFELS LOUISE MARIE							Q-time: 00:33:99			
PB (25m pool): 00:33.99 Tervuren 30/05/2026				PB (50m pool): 00:35.78 SB: 00:34.57 Leuven 04/10/2026						
	2 5 M		5 0 M							
PB			00:33.99							
	00:33.99									
										

Coach feedback:

Event number: 9: 400M FREESTYLE MEN 13-14							Heat:2, starttime: 10:24	
Heat: 2/4 Lane : 8 Athlete: JACQUEMYNS KOBE							Q-time: 04:56:35	
PB (25m pool): 04:56.35 Leuven 04/10/2026				PB (50m pool): 05:01.84SB: 04:56.35 Leuven 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		00:33.05		01:10.69		01:48.91		02:26.83
	00:33.05		00:37.64		00:38.22		00:37.92	
								
	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		03:05.32		03:43.78		04:22.35		04:56.35
	00:38.49		00:38.46		00:38.57		00:34.00	
								

Coach feedback: