

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

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

Coaches: Smeets Mirthe

Coaches: Broux Yves

PB => Personal Best time

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

Event number: 2: 100M BREASTSTROKE WOMEN 13-14 Heat:5, starttime: 09:19

Heat: 5/5 Lane : 7 Athlete: JANSSEN LAUREN Q-time: 01:20:97

PB (25m pool): 01:20.54 Nijlen 18/10/2026 PB (50m pool): 01:21.37 SB: 01:20.54 Nijlen 18/10/2026

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.19		01:20.54	
		00:38.19		00:42.35	
					

Coach feedback:

Event number: 4: 200M MEDLEY WOMEN 15-16 Heat:4, starttime: 09:46

Heat: 4/4 Lane : 5 Athlete: VERVLOET ZOÉ Q-time: 02:20:32

PB (25m pool): 02:20.32 Gent 09/11/2025 PB (50m pool): 02:23.93 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		00:30.33		01:06.20		01:47.69		02:20.32
		00:30.33		00:35.87		00:41.49		00:32.63
								

Coach feedback:

Event number: 7: 100M BUTTERFLY MEN 15-16 Heat:1, starttime: 10:02

Heat: 1/4 Lane : 6 Athlete: MIJSLINSKI JAYDEN Q-time: 01:06:66

PB (25m pool): 01:06.66 Hasselt 04/10/2026 PB (50m pool): 01:06.73 SB: 01:06.66 Hasselt 04/10/2026

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.43		01:06.66	
		00:30.43		00:36.23	
					

Coach feedback:

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Event number: 8: 100M BUTTERFLY WOMEN 15-16					Heat:2, starttime: 10:11
Heat: 2/5 Lane : 5 Athlete: LUTS EMILIA					Q-time: 01:10:43
PB (25m pool): 01:10.59 Aarschot 04/05/2025					PB (50m pool): 01:10.43 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.51		01:10.59	
	00:33.51		00:37.08		
					

Coach feedback:

Event number: 10: 400M FREESTYLE WOMEN 13-14							Heat:3, starttime: 10:52
Heat: 3/4 Lane : 2 Athlete: JANSSEN LAUREN							Q-time: 04:53:09
PB (25m pool): 04:53.09 Hasselt 12/10/2025							PB (50m pool): 04:58.52 SB: 04:56.23 Hasselt 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		00:32.58		01:09.42		01:47.03	02:24.41
	00:32.58		00:36.84		00:37.61		00:37.38
							
	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		03:02.29		03:40.15		04:17.78	04:53.09
	00:37.88		00:37.86		00:37.63		00:35.31
							

Coach feedback: