

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

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

Coaches: Mulkers Lander HEADCOACH

PB => Personal Best time

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

Event number: 4: 200M MEDLEY WOMEN 15-16							Heat:1, starttime: 09:37	
Heat: 1/4 Lane : 1 Athlete: BEUNCKENS TESS							Q-time: 02:38:51	
PB (25m pool): 02:39.60 Pelt 27/09/2026			PB (50m pool): 02:40.97 SB: 02:39.60 Pelt 27/09/2026					
	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		00:35.86		no time		no time		02:39.60
	00:35.86							
								

Coach feedback:

Event number: 7: 100M BUTTERFLY MEN 15-16							Heat:4, starttime: 10:07	
Heat: 4/4 Lane : 1 Athlete: BERGMANS MATS							Q-time: 01:03:82	
PB (25m pool): 01:03.82 Hasselt 04/05/2025							PB (50m pool): 01:04.93SB: no time	
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:30.43		01:03.82				
	00:30.43		00:33.39					
								

Coach feedback:

Event number: 8: 100M BUTTERFLY WOMEN 15-16							Heat:1, starttime: 10:09	
Heat: 1/5 Lane : 4 Athlete: CLAESSENS ELLA-LOUISE							Q-time: 01:12:59	
PB (25m pool): 01:12.86 Hasselt 12/10/2025				PB (50m pool): 01:12.59SB: 01:14.40 Hasselt 04/10/2026				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:33.52		01:12.86				
	00:33.52		00:39.34					
								

Coach feedback:

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Event number: 8: 100M BUTTERFLY WOMEN 15-16					Heat:2, starttime: 10:11
Heat: 2/5 Lane : 3 Athlete: SARGESJAN NALA					Q-time: 01:11:72
PB (25m pool): 01:11.72 Hasselt 12/10/2025					PB (50m pool): 01:12.05 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.28		01:11.72	
		00:32.28		00:39.44	
					

Coach feedback:

Event number: 8: 100M BUTTERFLY WOMEN 15-16					Heat:2, starttime: 10:11
Heat: 2/5 Lane : 6 Athlete: VERLEYSSEN NOA					Q-time: 01:12:11
PB (25m pool): 01:12.59 Temse 17/11/2025					PB (50m pool): 01:12.11 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.98		01:12.59	
		00:34.98		00:37.61	
					

Coach feedback:

Event number: 11: 1500M FREESTYLE MEN 15-16							Heat:1, starttime: 11:03	
Heat: 1/1 Lane : 5 Athlete: VANDEPOEL QUINTEN							Q-time: 16:49:07	
PB (25m pool): 16:49.07 LEUVEN 21/12/2025				PB (50m pool): 17:38.11 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	00:30.07	01:01.93	01:34.56	02:07.45	02:40.78	03:13.84	03:47.35	04:20.65
	00:30.07	00:31.86	00:32.63	00:32.89	00:33.33	00:33.06	00:33.51	00:33.30
								
	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	04:54.14	05:27.69	06:01.36	06:35.15	07:09.37	07:42.98	08:16.93	08:51.19
	00:33.49	00:33.55	00:33.67	00:33.79	00:34.22	00:33.61	00:33.95	00:34.26
								
	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	09:24.96	09:59.02	10:33.33	11:07.66	11:41.77	12:16.16	12:50.33	13:24.70
	00:33.77	00:34.06	00:34.31	00:34.33	00:34.11	00:34.39	00:34.17	00:34.37
								
	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	13:59.41	14:33.69	15:08.27	15:42.78	16:17.15	16:49.07		
	00:34.71	00:34.28	00:34.58	00:34.51	00:34.37	00:31.92		
								

Coach feedback: