

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

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

Coaches: Vandeputte Pedro

Coaches: Desmet Lindsay

Coaches: Vandeputte Debby

Coaches: Demeyere Linda

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 : 2 Athlete: NOPPE PAULINE					Q-time: 01:30:10
PB (25m pool): 01:30.10 Diksmuide 08/02/2026					PB (50m pool): 01:34.35 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:42.99		01:30.10	
	00:42.99		00:47.11		
					

Coach feedback:

Event number: 10: 400M FREESTYLE WOMEN 13-14					Heat:4, starttime: 10:57			
Heat: 4/4 Lane : 3 Athlete: VERSTRAETE LINDE					Q-time: 04:45:30			
PB (25m pool): 04:45.30 Brugge 04/10/2026					PB (50m pool): 04:57.95 SB: 04:45.30 Brugge 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		00:33.07		01:09.73		01:46.67		02:23.60
	00:33.07		00:36.66		00:36.94		00:36.93	
								
	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		02:59.53		03:36.10		04:11.96		04:45.30
	00:35.93		00:36.57		00:35.86		00:33.34	
								

Coach feedback:

Event number: 10: 400M FREESTYLE WOMEN 13-14					Heat:4, starttime: 10:57			
Heat: 4/4 Lane : 5 Athlete: VELGHE LAURA					Q-time: 04:42:68			
PB (25m pool): 04:42.68 Diksmuide 12/10/2025					PB (50m pool): 04:51.16 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		00:32.19		01:07.17		01:42.67		02:18.62
	00:32.19		00:34.98		00:35.50		00:35.95	
								
	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		02:54.85		03:31.40		04:08.20		04:42.68
	00:36.23		00:36.55		00:36.80		00:34.48	
								