

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

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

Coaches: VANDENBERGHE HANNAH

Coaches: VANMEENEN SARA

Coaches: VANMEENEN LAURA

Coaches: LEPLA MARTINE

Coaches: DRUART ANNELIES HEADCOACH

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

Event number: 1: 100M BREASTSTROKE MEN 13-14					Heat:3, starttime: 09:04
Heat: 3/6 Lane : 3 Athlete: MEUL RUNE					Q-time: 01:20:89
PB (25m pool): 01:21.75 Temse 17/11/2025					PB (50m pool): 01:20.89SB: 01:22.36 Brugge 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.09		01:21.75	
	00:38.09		00:43.66		
					

Coach feedback:

Event number: 1: 100M BREASTSTROKE MEN 13-14					Heat:5, starttime: 09:08
Heat: 5/6 Lane : 4 Athlete: HAUSPIE NIEL					Q-time: 01:12:52
PB (25m pool): 01:12.52 Brugge 04/10/2026					PB (50m pool): 01:15.53SB: 01:12.52 Brugge 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.12		01:12.52	
	00:34.12		00:38.40		
					

Coach feedback:

Event number: 3: 200M MEDLEY MEN 15-16							Heat:5, starttime: 09:34	
Heat: 5/5 Lane : 8 Athlete: HOOGHE MAURO							Q-time: 02:19:43	
PB (25m pool): 02:19.43 Temse 17/11/2025				PB (50m pool): 02:24.19SB: 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		00:30.31		01:06.01		01:47.82		02:19.43
	00:30.31		00:35.70		00:41.81		00:31.61	
								

Coach feedback:

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Event number: 4: 200M MEDLEY WOMEN 15-16							Heat:1, starttime: 09:37	
Heat: 1/4 Lane : 5 Athlete: DE BRUYNE SILKE							Q-time: 02:36:62	
PB (25m pool): 02:36.62 Brugge 04/10/2026				PB (50m pool): 02:39.72 SB: 02:36.62 Brugge 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		00:35.75		01:15.37		02:01.28		02:36.62
	00:35.75		00:39.62		00:45.91		00:35.34	
								

Coach feedback:

Event number: 5: 50M BACKSTROKE MEN 13-14							Heat:1, starttime: 09:50			
Heat: 1/4 Lane : 3 Athlete: CLAEYS YBO							Q-time: 00:34:69			
PB (25m pool): 00:34.75 Waregem 26/09/2026				PB (50m pool): 00:34.69 SB: 00:34.75 Waregem 26/09/2026						
	2 5 M		5 0 M							
PB			00:34.75							
	00:34.75									
										

Coach feedback:

Event number: 5: 50M BACKSTROKE MEN 13-14							Heat:1, starttime: 09:50	
Heat: 1/4 Lane : 6 Athlete: DIERCKX ANDREAS							Q-time: 00:34:70	
PB (25m pool): 00:38.74 Waregem 28/09/2024				PB (50m pool): 00:34.70 SB: no time				
	2 5 M		5 0 M					
PB			00:38.74					
			00:38.74					
								

Coach feedback:

Event number: 9: 400M FREESTYLE MEN 13-14							Heat:3, starttime: 10:29	
Heat: 3/4 Lane : 7 Athlete: HAUSPIE NIEL							Q-time: 04:45:20	
PB (25m pool): 04:48.32 Diksmuide 12/10/2025				PB (50m pool): 04:45.20 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		00:32.51		01:09.16		01:45.91		02:23.19
	00:32.51		00:36.65		00:36.75		00:37.28	
								
	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		02:59.69		03:36.75		04:12.66		04:48.32
	00:36.50		00:37.06		00:35.91		00:35.66	
								

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Event number: 9: 400M FREESTYLE MEN 13-14							Heat:4, starttime: 10:35	
Heat: 4/4 Lane : 6 Athlete: VINCENT RUNE							Q-time: 04:31:75	
PB (25m pool): 04:42.54 Diksmuide 12/10/2025				PB (50m pool): 04:31.75 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		00:30.14		01:04.99		01:41.41		02:18.49
	00:30.14		00:34.85		00:36.42		00:37.08	
								
	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		02:54.97		03:31.30		04:07.88		04:42.54
	00:36.48		00:36.33		00:36.58		00:34.66	
								

Coach feedback:

Event number: 11: 1500M FREESTYLE MEN 15-16							Heat:1, starttime: 11:03	
Heat: 1/1 Lane : 4 Athlete: DELIE VICO							Q-time: 16:48:45	
PB (25m pool): 16:48.45 Zwevegem 26/10/2025				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	01:04.49	no time	02:12.24	no time	no time	no time	04:27.37
	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
	no time	no time	no time	no time	no time	no time	no time	08:57.77
								
PB	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
	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		
	no time	no time	no time	no time	no time	16:48.45		
								

Coach feedback:

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Event number: 12: 800M FREESTYLE WOMEN 15-16							Heat:2, starttime: 11:34	
Heat: 2/2 Lane : 3 Athlete: VANDERMARLIERE JUNA							Q-time: 09:35:07	
PB (25m pool): 09:35.07 Zwevegem 26/10/2025 PB (50m pool): 09:54.72 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	00:32.03	01:07.81	01:43.91	02:20.13	02:56.89	03:33.06	04:09.39	04:45.87
	00:32.03	00:35.78	00:36.10	00:36.22	00:36.76	00:36.17	00:36.33	00:36.48
								
	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	05:22.91	05:59.15	06:35.77	07:12.28	07:48.28	08:24.66	09:00.94	09:35.07
	00:37.04	00:36.24	00:36.62	00:36.51	00:36.00	00:36.38	00:36.28	00:34.13
								

Coach feedback: