

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

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

Coaches: Van Renterghem Delphine HEADCOACH

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

Event number: 1: 100M BREASTSTROKE MEN 13-14					Heat:2, starttime: 09:02
Heat: 2/6 Lane : 2 Athlete: BOGAERTS SANDER					Q-time: 01:25:38
PB (25m pool): 01:30.09 Diksmuide 17/11/2024					PB (50m pool): 01:25.38 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:42.49		01:30.09	
	00:42.49		00:47.60		
					

Coach feedback:

Event number: 1: 100M BREASTSTROKE MEN 13-14					Heat:4, starttime: 09:06
Heat: 4/6 Lane : 8 Athlete: HINDRYCKX MAURO					Q-time: 01:20:02
PB (25m pool): 01:20.02 EEKLO 04/10/2026					PB (50m pool): 01:21.70 SB: 01:20.02 EEKLO 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.72		01:20.02	
	00:37.72		00:42.30		
					

Coach feedback:

Event number: 2: 100M BREASTSTROKE WOMEN 13-14					Heat:3, starttime: 09:16
Heat: 3/5 Lane : 8 Athlete: POTIER JOLIE					Q-time: 01:23:35
PB (25m pool): 01:22.64 Sint-Amandsberg 18/10/2026					PB (50m pool): 01:24.00 SB: 01:22.64 Sint-Amandsberg 18/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.08		01:22.64	
	00:39.08		00:43.56		
					

Coach feedback:

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Event number: 2: 100M BREASTSTROKE WOMEN 13-14					Heat:4, starttime: 09:18
Heat: 4/5 Lane : 2 Athlete: WAIGNEIN ROSIE					Q-time: 01:20:86
PB (25m pool): 01:20.86 EEKLO 04/10/2026			PB (50m pool): 01:23.75 SB: 01:20.86 EEKLO 04/10/2026		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.44		01:20.86	
	00:38.44		00:42.42		
					

Coach feedback:

Event number: 2: 100M BREASTSTROKE WOMEN 13-14					Heat:5, starttime: 09:19
Heat: 5/5 Lane : 5 Athlete: VAN DER PLAS LOTTE					Q-time: 01:17:20
PB (25m pool): 01:17.20 Temse 17/11/2025			PB (50m pool): 01:19.43 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.19		01:17.20	
	00:36.19		00:41.01		
					

Coach feedback:

Event number: 3: 200M MEDLEY MEN 15-16							Heat:4, starttime: 09:31	
Heat: 4/5 Lane : 6 Athlete: DE DECKER TIBE							Q-time: 02:20:51	
PB (25m pool): 02:20.51 LAGO Zwevegem 25/05/2026				PB (50m pool): 02:29.11 SB: 02:23.45 EEKLO 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		00:31.62		01:06.67		01:48.75		02:20.51
	00:31.62		00:35.05		00:42.08		00:31.76	
								

Coach feedback:

Event number: 5: 50M BACKSTROKE MEN 13-14										Heat:1, starttime: 09:50																			
Heat: 1/4 Lane : 5 Athlete: MARTELÉ STAN																				Q-time: 00:34:58									
PB (25m pool): 00:34.58 Sint-Amandsberg 19/10/2025										PB (50m pool): 00:35.54 SB: 00:34.66 EEKLO 04/10/2026																			
	2 5 M					5 0 M																							
PB						00:34.58																							
						00:34.58																							
																													

Coach feedback:

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Event number: 5: 50M BACKSTROKE MEN 13-14				Heat:1, starttime: 09:50	
Heat: 1/4 Lane : 7 Athlete: BOGAERTS SANDER				Q-time: 00:35:94	
PB (25m pool): 00:35.10 Sint-Amandsberg 18/10/2026				PB (50m pool): 00:37.00 SB: 00:35.10 Sint-Amandsberg 18/10/2026	
	2 5 M	5 0 M			
PB		00:35.10			
		00:35.10			
					

Coach feedback:

Event number: 6: 50M BACKSTROKE WOMEN 13-14				Heat:3, starttime: 09:59	
Heat: 3/4 Lane : 2 Athlete: DE VREESE JULIE				Q-time: 00:33:41	
PB (25m pool): 00:33.41 Eeklo 21/09/2025				PB (50m pool): 00:33.70 SB: no time	
	2 5 M	5 0 M			
PB		00:33.41			
		00:33.41			
					

Coach feedback:

Event number: 6: 50M BACKSTROKE WOMEN 13-14				Heat:4, starttime: 10:01	
Heat: 4/4 Lane : 2 Athlete: BLANCQUAERT CAMILLE				Q-time: 00:32:11	
PB (25m pool): 00:32.04 Sint-Amandsberg 18/10/2026				PB (50m pool): 00:32.11 SB: 00:32.04 Sint-Amandsberg 18/10/2026	
	2 5 M	5 0 M			
PB		00:32.04			
		00:32.04			
					

Coach feedback:

Event number: 7: 100M BUTTERFLY MEN 15-16					Heat:2, starttime: 10:04	
Heat: 2/4 Lane : 7 Athlete: LAFAUT JEROME					Q-time: 01:03:76	
PB (25m pool): 01:04.81 Eeklo 06/04/2026					PB (50m pool): 01:03.76 SB: no time	
	2 5 M	5 0 M	7 5 M	1 0 0 M		
PB		00:29.57		01:04.81		
		00:29.57		00:35.24		
						

Coach feedback:

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Event number: 7: 100M BUTTERFLY MEN 15-16					Heat:3, starttime: 10:06
Heat: 3/4 Lane : 1 Athlete: LOEYS EWOUT					Q-time: 01:04:42
PB (25m pool): 01:03.00 Sint-Amandsberg 18/10/2026			PB (50m pool): 01:06.53 SB: 01:03.00 Sint-Amandsberg 18/10/2026		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:29.10		01:03.00	
	00:29.10		00:33.90		
					

Coach feedback:

Event number: 8: 100M BUTTERFLY WOMEN 15-16					Heat:1, starttime: 10:09
Heat: 1/5 Lane : 3 Athlete: VAN HERPE MILLY					Q-time: 01:12:85
PB (25m pool): 01:09.95 Sint-Amandsberg 18/10/2026			PB (50m pool): 01:12.85 SB: 01:09.95 Sint-Amandsberg 18/10/2026		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.22		01:09.95	
	00:32.22		00:37.73		
					

Coach feedback:

Event number: 8: 100M BUTTERFLY WOMEN 15-16					Heat:3, starttime: 10:13
Heat: 3/5 Lane : 5 Athlete: DE DECKER FEBE					Q-time: 01:05:12
PB (25m pool): 01:05.12 Aachen 12/10/2025			PB (50m pool): 01:05.69 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.64		01:05.12	
	00:30.64		00:34.48		
					

Coach feedback:

Event number: 8: 100M BUTTERFLY WOMEN 15-16					Heat:5, starttime: 10:16
Heat: 5/5 Lane : 2 Athlete: SCHRAM MILA					Q-time: 01:07:85
PB (25m pool): 01:07.85 Aachen 11/10/2026			PB (50m pool): 01:09.45 SB: 01:07.85 Aachen 11/10/2026		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.55		01:07.85	
	00:31.55		00:36.30		
					

Coach feedback:

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Event number: 9: 400M FREESTYLE MEN 13-14							Heat:1, starttime: 10:18	
Heat: 1/4 Lane : 4 Athlete: TURPIJN JULES							Q-time: 04:57:41	
PB (25m pool): 04:57.41 EEKLO 04/10/2026				PB (50m pool): 05:18.34SB: 04:57.41 EEKLO 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		no time		01:12.82		no time		02:29.00
	no time							
								
	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		no time		no time		no time		04:57.41
								

Coach feedback:

Event number: 9: 400M FREESTYLE MEN 13-14							Heat:2, starttime: 10:24	
Heat: 2/4 Lane : 7 Athlete: VANHULLE WILLEM							Q-time: 04:55:05	
PB (25m pool): 04:55.05 EEKLO 04/10/2026				PB (50m pool): 05:14.86SB: 04:55.05 EEKLO 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		no time		01:10.34		no time		02:26.01
	no time							
								
	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		no time		no time		no time		04:55.05
								

Coach feedback:

Event number: 10: 400M FREESTYLE WOMEN 13-14							Heat:1, starttime: 10:40	
Heat: 1/4 Lane : 2 Athlete: POTIER JOLIE							Q-time: 05:10:94	
PB (25m pool): 05:04.16 Sint-Amandsberg 18/10/2026				PB (50m pool): 05:43.98 SB: 05:04.16 Sint-Amandsberg 18/10/2026				
	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		00:34.38		01:12.15		01:50.91		02:29.58
	00:34.38		00:37.77		00:38.76		00:38.67	
								
	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		03:08.12		03:47.02		04:26.14		05:04.16
	00:38.54		00:38.90		00:39.12		00:38.02	
								

Coach feedback:

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Event number: 10: 400M FREESTYLE WOMEN 13-14							Heat:1, starttime: 10:40	
Heat: 1/4 Lane : 7 Athlete: VAN BEYLEN STELLA							Q-time: 05:32:22	
PB (25m pool): 04:48.62 Sint-Amandsberg 18/10/2026				PB (50m pool): no time SB: 04:48.62 Sint-Amandsberg 18/10/2026				
	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		00:32.46		01:08.71		01:45.00		02:21.98
	00:32.46		00:36.25		00:36.29		00:36.98	
								
	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		02:58.32		03:35.69		04:12.66		04:48.62
	00:36.34		00:37.37		00:36.97		00:35.96	
								

Coach feedback:

Event number: 10: 400M FREESTYLE WOMEN 13-14							Heat:3, starttime: 10:52	
Heat: 3/4 Lane : 3 Athlete: VANHAECKE JULIETTE							Q-time: 04:52:73	
PB (25m pool): 04:51.84 Sint-Amandsberg 18/10/2026				PB (50m pool): 05:08.18SB: 04:51.84 Sint-Amandsberg 18/10/2026				
	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		00:31.88		01:08.64		01:45.54		02:23.11
	00:31.88		00:36.76		00:36.90		00:37.57	
								
	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		02:59.96		03:37.56		04:15.29		04:51.84
	00:36.85		00:37.60		00:37.73		00:36.55	
								

Coach feedback:

Event number: 10: 400M FREESTYLE WOMEN 13-14							Heat:3, starttime: 10:52	
Heat: 3/4 Lane : 5 Athlete: DE VREESE JULIE							Q-time: 04:52:39	
PB (25m pool): 04:53.18 Sint-Amandsberg 19/10/2025				PB (50m pool): 04:52.39 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		00:33.83		01:10.81		01:48.14		02:25.58
	00:33.83		00:36.98		00:37.33		00:37.44	
								
	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		03:02.96		03:40.73		04:17.62		04:53.18
	00:37.38		00:37.77		00:36.89		00:35.56	
								

Coach feedback: