

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

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

Coaches: Ryckeman Brian

Coaches: Taveirne Bea HEADCOACH

Coaches: Valcke Rik

Coaches: Vercooren cheyenne

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

Event number: 2: 100M BREASTSTROKE WOMEN 13-14					Heat:4, starttime: 09:18
Heat: 4/5 Lane : 8 Athlete: DEVUYST OONA					Q-time: 01:23:24
PB (25m pool): 01:23.24 Zwevegem 31/05/2026					PB (50m pool): 01:27.17 SB: 01:27.83 Brugge 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.52		01:23.24	
	00:39.52		00:43.72		
					

Coach feedback:

Event number: 8: 100M BUTTERFLY WOMEN 15-16					Heat:4, starttime: 10:14
Heat: 4/5 Lane : 7 Athlete: CLAEYS DITTE					Q-time: 01:08:39
PB (25m pool): 01:06.41 Diksmuide 17/11/2024					PB (50m pool): 01:08.39 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.01		01:06.41	
	00:31.01		00:35.40		
					

Coach feedback:

Event number: 9: 400M FREESTYLE MEN 13-14						Heat:3, starttime: 10:29		
Heat: 3/4 Lane : 6 Athlete: DEVOS MATHIS						Q-time: 04:44:22		
PB (25m pool): 04:48.68 Herentals 04/10/2025						PB (50m pool): 04:44.22 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		00:33.56		01:10.34		01:47.09		02:23.39
	00:33.56		00:36.78		00:36.75		00:36.30	
								
	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		03:00.44		03:37.23		04:13.15		04:48.68
	00:37.05		00:36.79		00:35.92		00:35.53	
								

Coach feedback:

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Event number: 9: 400M FREESTYLE MEN 13-14							Heat:4, starttime: 10:35	
Heat: 4/4 Lane : 8 Athlete: VANDEVIJVERE LARS							Q-time: 04:38:73	
PB (25m pool): 04:38.73 Herentals 10/10/2026				PB (50m pool): 04:50.41 SB: 04:38.73 Herentals 10/10/2026				
	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		00:31.87		01:08.18		01:43.65		02:19.14
	00:31.87		00:36.31		00:35.47		00:35.49	
								
	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		02:54.99		03:31.20		04:06.64		04:38.73
	00:35.85		00:36.21		00:35.44		00:32.09	
								

Coach feedback:

Event number: 11: 1500M FREESTYLE MEN 15-16							Heat:1, starttime: 11:03	
Heat: 1/1 Lane : 2 Athlete: QUARTIER MATISSE							Q-time: 18:10:83	
PB (25m pool): 18:10.83 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	01:08.65	no time	02:22.36	no time	no time	no time	04:50.08
	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
PB	no time	no time	no time	no time	no time	no time	no time	09:45.03
								
	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	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		
PB	no time	no time	no time	no time	no time	18:10.83		
								

Coach feedback: