

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

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

Coaches: Lejeune Melanie

Coaches: Lejeune Yves HEADCOACH

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

Event number: 5: 50M BACKSTROKE MEN 13-14				Heat:3, starttime: 09:53	
Heat: 3/4 Lane : 5 Athlete: WAUTERS SACHA				Q-time: 00:32:68	
PB (25m pool): 00:32.68 Dilbeek 27/09/2026				PB (50m pool): 00:42.91 SB: 00:32.68 Dilbeek 27/09/2026	
	2 5 M	5 0 M			
PB		00:32.68			
		00:32.68			
					

Coach feedback:

Event number: 7: 100M BUTTERFLY MEN 15-16					Heat:3, starttime: 10:06	
Heat: 3/4 Lane : 4 Athlete: VAN SINTEJAN ROMAIN					Q-time: 00:58:98	
PB (25m pool): 00:59.27 Mons 26/10/2025					PB (50m pool): 00:58.98 SB: 01:00.25 Leuven 04/10/2026	
	2 5 M	5 0 M	7 5 M	1 0 0 M		
PB		00:27.55		00:59.27		
		00:27.55		00:31.72		
						

Coach feedback:

Event number: 8: 100M BUTTERFLY WOMEN 15-16					Heat:4, starttime: 10:14	
Heat: 4/5 Lane : 5 Athlete: VEDERNIKOVA VERA					Q-time: 01:04:97	
PB (25m pool): 01:04.97 ARRAS 29/12/2025					PB (50m pool): 01:05.30 SB: 01:05.83 Leuven 04/10/2026	
	2 5 M	5 0 M	7 5 M	1 0 0 M		
PB		00:30.52		01:04.97		
		00:30.52		00:34.45		
						

Coach feedback:

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Event number: 8: 100M BUTTERFLY WOMEN 15-16					Heat:4, starttime: 10:14
Heat: 4/5 Lane : 6 Athlete: EL MARGOUM INES					Q-time: 01:07:71
PB (25m pool): 01:07.71 ARRAS 29/12/2025					PB (50m pool): 01:08.16 SB: 01:08.47 Leuven 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.77		01:07.71	
	00:31.77		00:35.94		
					

Coach feedback:

Event number: 10: 400M FREESTYLE WOMEN 13-14					Heat:3, starttime: 10:52			
Heat: 3/4 Lane : 7 Athlete: MASAITE MILDA					Q-time: 04:53:78			
PB (25m pool): 04:53.78 Leuven 04/10/2026					PB (50m pool): 05:00.30 SB: 04:53.78 Leuven 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		00:32.39		01:07.95		01:44.73		02:22.47
	00:32.39		00:35.56		00:36.78		00:37.74	
								
	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		03:00.49		03:39.06		04:17.30		04:53.78
	00:38.02		00:38.57		00:38.24		00:36.48	
								

Coach feedback:

Event number: 12: 800M FREESTYLE WOMEN 15-16					Heat:2, starttime: 11:34			
Heat: 2/2 Lane : 4 Athlete: VEDERNIKOVA VERA					Q-time: 09:11:78			
PB (25m pool): 09:11.78 Meise 02/11/2025					PB (50m pool): 09:15.63 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	01:04.50	no time	02:14.61	no time	no time	no time	04:33.36
	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	09:11.78
								

Coach feedback:

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Event number: 12: 800M FREESTYLE WOMEN 15-16							Heat:2, starttime: 11:34	
Heat: 2/2 Lane : 6 Athlete: GANSEMANS KESSY							Q-time: 09:40:80	
PB (25m pool): 09:40.80 Meise 02/11/2025			PB (50m pool): 11:13.00SB: 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	01:08.73	no time	02:21.25	no time	no time	no time	04:49.06
	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	09:40.80
								

Coach feedback: