

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

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

Coaches: Wouters Maxim HEADCOACH

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

Event number: 2: 100M BREASTSTROKE WOMEN 13-14					Heat:2, starttime: 09:14
Heat: 2/5 Lane : 3 Athlete: VAN LOMMEL ANTHE					Q-time: 01:24:26
PB (25m pool): 01:24.24 Nijlen 18/10/2026					PB (50m pool): 01:28.04 SB: 01:24.24 Nijlen 18/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.14		01:24.24	
	00:39.14		00:45.10		
					

Coach feedback:

Event number: 4: 200M MEDLEY WOMEN 15-16							Heat:1, starttime: 09:37	
Heat: 1/4 Lane : 7 Athlete: DURT REINE							Q-time: 02:38:10	
PB (25m pool): 02:38.10 3500 Hasselt 23/11/2025							PB (50m pool): 02:42.29SB: 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		00:33.56		01:16.62		02:01.01		02:38.10
	00:33.56		00:43.06		00:44.39		00:37.09	
								

Coach feedback:

Event number: 4: 200M MEDLEY WOMEN 15-16							Heat:3, starttime: 09:43	
Heat: 3/4 Lane : 1 Athlete: BELLENS LORE							Q-time: 02:32:09	
PB (25m pool): 02:32.09 3500 Hasselt 23/11/2025				PB (50m pool): 02:37.96SB: 02:38.46 Mol 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		00:32.04		01:11.77		01:56.57		02:32.09
	00:32.04		00:39.73		00:44.80		00:35.52	
								

Coach feedback:

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Event number: 4: 200M MEDLEY WOMEN 15-16							Heat:4, starttime: 09:46	
Heat: 4/4 Lane : 1 Athlete: MERTENS FEMKE							Q-time: 02:28:01	
PB (25m pool): 02:28.01 Mol 04/10/2026				PB (50m pool): 02:32.01SB: 02:28.01 Mol 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		00:31.28		01:08.63		01:52.77		02:28.01
	00:31.28		00:37.35		00:44.14		00:35.24	
								

Coach feedback:

Event number: 4: 200M MEDLEY WOMEN 15-16							Heat:4, starttime: 09:46	
Heat: 4/4 Lane : 8 Athlete: BOVEN AXELLE							Q-time: 02:28:29	
PB (25m pool): 02:28.29 Mol 04/10/2026				PB (50m pool): 02:28.29SB: 02:28.29 Mol 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		00:31.91		01:11.74		01:54.11		02:28.29
	00:31.91		00:39.83		00:42.37		00:34.18	
								

Coach feedback:

Event number: 6: 50M BACKSTROKE WOMEN 13-14							Heat:1, starttime: 09:56	
Heat: 1/4 Lane : 6 Athlete: VAN LOMMEL ANTHE							Q-time: 00:35:94	
PB (25m pool): 00:35.94 Herentals 09/05/2026							PB (50m pool): 00:37.37 SB: no time	
	2 5 M		5 0 M					
PB			00:35.94					
			00:35.94					
								

Coach feedback:

Event number: 6: 50M BACKSTROKE WOMEN 13-14							Heat:3, starttime: 09:59		
Heat: 3/4 Lane : 4 Athlete: BIERINCKX MIE							Q-time: 00:32:69		
PB (25m pool): 00:32.69 Stedelijk Zwembad Geel 15/02/2026							PB (50m pool): 00:33.25SB: 00:32.92 Mol 04/10/2026		
	2 5 M		5 0 M						
PB			00:32.69						
			00:32.69						
									

Coach feedback:

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Event number: 8: 100M BUTTERFLY WOMEN 15-16					Heat:2, starttime: 10:11
Heat: 2/5 Lane : 7 Athlete: DURT REINE					Q-time: 01:12:40
PB (25m pool): 01:12.40 Herentals 17/05/2025					PB (50m pool): 01:13.27 SB: 01:13.15 Mol 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.64		01:12.40	
	00:33.64		00:38.76		
					

Coach feedback:

Event number: 8: 100M BUTTERFLY WOMEN 15-16					Heat:3, starttime: 10:13
Heat: 3/5 Lane : 2 Athlete: BELLENS LORE					Q-time: 01:08:03
PB (25m pool): 01:06.62 Nijlen 18/10/2026					PB (50m pool): 01:10.15 SB: 01:06.62 Nijlen 18/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.78		01:06.62	
	00:30.78		00:35.84		
					

Coach feedback:

Event number: 8: 100M BUTTERFLY WOMEN 15-16					Heat:5, starttime: 10:16
Heat: 5/5 Lane : 3 Athlete: BOVEN AXELLE					Q-time: 01:06:54
PB (25m pool): 01:06.54 Stedelijk Zwembad Geel 15/02/2026					PB (50m pool): 01:08.87 SB: 01:08.84 Nijlen 18/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.71		01:06.54	
	00:30.71		00:35.83		
					

Coach feedback: