

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

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

Coaches: Goossens Nicole HEADCOACH

Coaches: Vandermeulen Eric

PB => Personal Best time

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

Event number: 1: 100M BREASTSTROKE MEN 13-14 Heat:4, starttime: 09:06

Heat: 4/6 Lane : 4 Athlete: VAN GOETHEM ARTHUR Q-time: 01:12:89

PB (25m pool): 01:11.00 Sint-Amandsberg 18/10/2026 PB (50m pool): 01:14.53 SB: 01:11.00 Sint-Amandsberg 18/10/2026

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.61		01:11.00	
		00:33.61		00:37.39	
					

Coach feedback:

Event number: 3: 200M MEDLEY MEN 15-16 Heat:2, starttime: 09:25

Heat: 2/5 Lane : 5 Athlete: BOURDIAUDHY THIBAU Q-time: 02:24:85

PB (25m pool): 02:24.85 Sportoase De Watermolen 21/07/2026 PB (50m pool): 02:28.04 SB: 02:26.11 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		00:32.49		01:09.82		01:52.16		02:24.85
		00:32.49		00:37.33		00:42.34		00:32.69
								

Coach feedback:

Event number: 5: 50M BACKSTROKE MEN 13-14 Heat:3, starttime: 09:53

Heat: 3/4 Lane : 2 Athlete: ROGIERS LOUIS Q-time: 00:32:80

PB (25m pool): 00:32.80 EEKLO 04/10/2026 PB (50m pool): 00:34.42 SB: 00:32.80 EEKLO 04/10/2026

	2 5 M	5 0 M	
PB		00:32.80	
		00:32.80	
			

Coach feedback:

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Event number: 6: 50M BACKSTROKE WOMEN 13-14				Heat:2, starttime: 09:58
Heat: 2/4 Lane : 6 Athlete: LAMMENS ALIX				Q-time: 00:34:01
PB (25m pool): 00:34.01 Sportoase De Watermolen 21/07/2026 PB (50m pool): 00:34.85 SB: no time				
	2 5 M	5 0 M		
PB		00:34.01		
	00:34.01			
				

Coach feedback:

Event number: 7: 100M BUTTERFLY MEN 15-16				Heat:2, starttime: 10:04
Heat: 2/4 Lane : 1 Athlete: VAN HOEY BILLIET RAPHAËL				Q-time: 01:05:14
PB (25m pool): 01:05.14 EEKLO 04/10/2026 PB (50m pool): 01:11.19 SB: 01:05.14 EEKLO 04/10/2026				
	2 5 M	5 0 M	7 5 M	1 0 0 M
PB		00:29.73		01:05.14
	00:29.73		00:35.41	
				

Coach feedback:

Event number: 9: 400M FREESTYLE MEN 13-14						Heat:3, starttime: 10:29
Heat: 3/4 Lane : 2 Athlete: VAN GOETHEM ARTHUR						Q-time: 04:45:02
PB (25m pool): 04:45.87 Sinbad 22/07/2025 PB (50m pool): 04:45.02 SB: no time						
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M
PB		00:30.06		01:04.45		no time
	00:30.06		00:34.39			
						
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0
PB		no time		no time		no time
						

Coach feedback:

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Event number: 10: 400M FREESTYLE WOMEN 13-14							Heat:3, starttime: 10:52	
Heat: 3/4 Lane : 1 Athlete: DE SMET AMÉLIE							Q-time: 04:55:27	
PB (25m pool): 04:45.61 Sint-Amandsberg 18/10/2026				PB (50m pool): 04:55.27 SB: 04:45.61 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		00:33.01		01:09.50		01:46.42		02:22.61
	00:33.01		00:36.49		00:36.92		00:36.19	
								
	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		02:58.94		03:35.01		04:11.07		04:45.61
	00:36.33		00:36.07		00:36.06		00:34.54	
								

Coach feedback: