

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

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

Coaches: Iannino David HEADCOACH

Coaches: Januarius Elke

Coaches: Januarius Bart

Coaches: Leemans Mats

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

Event number: 1: 100M BREASTSTROKE MEN 13-14					Heat:6, starttime: 09:09
Heat: 6/6 Lane : 5 Athlete: LESCRAUWAET MAX					Q-time: 01:13:35
PB (25m pool): 01:13.35 Leuven 12/10/2025					PB (50m pool): 01:14.87 SB: 01:14.66 Leuven 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.96		01:13.35	
		00:34.96		00:38.39	
					

Coach feedback:

Event number: 3: 200M MEDLEY MEN 15-16							Heat:1, starttime: 09:22	
Heat: 1/5 Lane : 5 Athlete: HALLET BRENT							Q-time: 02:29:06	
PB (25m pool): 02:27.96 Sint-Pieters-Leeuw 18/10/2026				PB (50m pool): 02:32.88SB: 02:27.96 Sint-Pieters-Leeuw 18/10/2026				
	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		00:30.99		no time		no time		02:27.96
	00:30.99							
								

Coach feedback:

Event number: 3: 200M MEDLEY MEN 15-16							Heat:2, starttime: 09:25	
Heat: 2/5 Lane : 2 Athlete: BAS BRIEK							Q-time: 02:25:59	
PB (25m pool): 02:25.59 Leuven 04/10/2026				PB (50m pool): 02:44.89SB: 02:25.59 Leuven 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		00:30.80		01:08.66		01:50.28		02:25.59
	00:30.80		00:37.86		00:41.62		00:35.31	
								

Coach feedback:

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Event number: 6: 50M BACKSTROKE WOMEN 13-14							Heat:2, starttime: 09:58		
Heat: 2/4 Lane : 4 Athlete: DHONDT ANNELIEN							Q-time: 00:33:94		
PB (25m pool): 00:33.94 Zwembad De Wauwer 13/09/2026							PB (50m pool): no time SB: 00:33.94 Zwembad De Wauwer 13/09/2026		
	2 5 M		5 0 M						
PB			00:33.94						
	00:33.94								
									

Coach feedback:

Event number: 6: 50M BACKSTROKE WOMEN 13-14							Heat:4, starttime: 10:01		
Heat: 4/4 Lane : 1 Athlete: AELEN BENTE							Q-time: 00:32:64		
PB (25m pool): 00:32.64 Leuven 04/10/2026							PB (50m pool): 00:32.75 SB: 00:32.64 Leuven 04/10/2026		
	2 5 M		5 0 M						
PB			00:32.64						
			00:32.64						
									

Coach feedback:

Event number: 7: 100M BUTTERFLY MEN 15-16				Heat:1, starttime: 10:02	
Heat: 1/4 Lane : 1 Athlete: HALLET BRENT				Q-time: 01:11:68	
PB (25m pool): 01:11.68 Liedekerke 11/11/2025				PB (50m pool): 01:25.44 SB: no time	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.08		01:11.68	
	00:32.08		00:39.60		
					

Coach feedback:

Event number: 7: 100M BUTTERFLY MEN 15-16				Heat:1, starttime: 10:02	
Heat: 1/4 Lane : 7 Athlete: BAS BRIEK				Q-time: 01:09:44	
PB (25m pool): 01:06.55 Sint-Pieters-Leeuw 18/10/2026				PB (50m pool): 01:09.44 SB: 01:06.55 Sint-Pieters-Leeuw 18/10/2026	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.51		01:06.55	
	00:30.51		00:36.04		
					

Coach feedback: