

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

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

Coaches: Herreman Kurt

Coaches: Horr  Milan

Coaches: Vansteenkiste Xavier HEADCOACH

PB => Personal Best time

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

Event number: 3: 200M MEDLEY MEN 15-16							Heat:4, starttime: 09:31	
Heat: 4/5 Lane : 8 Athlete: BAEYENS WARRE							Q-time: 02:21:84	
PB (25m pool): 02:21.84 Meulebeke 10/05/2026			PB (50m pool): 02:28.27 SB: 02:22.58 Brugge 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		00:30.06		no time		no time		02:21.84
	00:30.06							
								

Coach feedback:

Event number: 3: 200M MEDLEY MEN 15-16							Heat:5, starttime: 09:34	
Heat: 5/5 Lane : 1 Athlete: TACQ NATHAN							Q-time: 02:19:34	
PB (25m pool): 02:19.34 Brugge 04/10/2026			PB (50m pool): 02:22.37 SB: 02:19.34 Brugge 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		00:30.61		01:07.60		01:47.68		02:19.34
	00:30.61		00:36.99		00:40.08		00:31.66	
								

Coach feedback:

Event number: 5: 50M BACKSTROKE MEN 13-14							Heat:4, starttime: 09:54	
Heat: 4/4 Lane : 1 Athlete: COENE TIELE							Q-time: 00:31:59	
PB (25m pool): 00:31.59 Brugge 04/10/2026			PB (50m pool): 00:32.75 SB: 00:31.59 Brugge 04/10/2026					
	2 5 M	5 0 M						
PB		00:31.59						
	00:31.59							
								

Coach feedback:

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Event number: 5: 50M BACKSTROKE MEN 13-14				Heat:4, starttime: 09:54	
Heat: 4/4 Lane : 5 Athlete: VANSTEENKISTE VICTOR				Q-time: 00:28:25	
PB (25m pool): 00:28.25 Brugge 04/10/2026				PB (50m pool): 00:29.22 SB: 00:28.25 Brugge 04/10/2026	
	2 5 M	5 0 M			
PB		00:28.25			
		00:28.25			
					

Coach feedback:

Event number: 6: 50M BACKSTROKE WOMEN 13-14				Heat:3, starttime: 09:59	
Heat: 3/4 Lane : 5 Athlete: THIENPONDY NINA				Q-time: 00:32:82	
PB (25m pool): 00:32.82 Brugge 04/10/2026				PB (50m pool): 00:34.36 SB: 00:32.82 Brugge 04/10/2026	
	2 5 M	5 0 M			
PB		00:32.82			
		00:32.82			
					

Coach feedback:

Event number: 6: 50M BACKSTROKE WOMEN 13-14				Heat:3, starttime: 09:59	
Heat: 3/4 Lane : 7 Athlete: LAGACIE AXELLE				Q-time: 00:33:51	
PB (25m pool): 00:33.51 Brugge 04/10/2026				PB (50m pool): 00:35.04 SB: 00:33.51 Brugge 04/10/2026	
	2 5 M	5 0 M			
PB		00:33.51			
		00:33.51			
					

Coach feedback:

Event number: 7: 100M BUTTERFLY MEN 15-16				Heat:4, starttime: 10:07	
Heat: 4/4 Lane : 8 Athlete: LAMBERT LIAM				Q-time: 01:05:21	
PB (25m pool): 01:07.46 Diksmuide 12/10/2025				PB (50m pool): 01:05.21 SB: no time	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.79		01:07.46	
		00:30.79		00:36.67	
					

Coach feedback:

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Event number: 10: 400M FREESTYLE WOMEN 13-14							Heat:2, starttime: 10:46	
Heat: 2/4 Lane : 4 Athlete: LAGACIE AXELLE							Q-time: 04:56:95	
PB (25m pool): 05:04.95 LAGO Zwevegem 09/06/2025				PB (50m pool): 04:56.95 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		00:33.79		01:11.95		01:51.38		02:30.31
	00:33.79		00:38.16		00:39.43		00:38.93	
								
	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		03:09.45		03:49.01		04:28.39		05:04.95
	00:39.14		00:39.56		00:39.38		00:36.56	
								

Coach feedback: