

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

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

Coaches: Tilmant Nadège HEADCOACH

Coaches: Mattheus Ibe

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

Event number: 2: 100M BREASTSTROKE WOMEN 13-14 Heat:5, starttime: 09:19

Heat: 5/5 Lane : 8 Athlete: MAES JULIE					Q-time: 01:23:09
PB (25m pool): 01:23.09 Leuven 04/10/2026					PB (50m pool): 01:28.64 SB: 01:23.09 Leuven 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.10		01:23.09	
	00:39.10		00:43.99		
					

Coach feedback:

Event number: 9: 400M FREESTYLE MEN 13-14 Heat:3, starttime: 10:29

Heat: 3/4 Lane : 4 Athlete: NIJS BAS							Q-time: 04:41:35	
PB (25m pool): 04:41.35 Leuven 04/10/2026				PB (50m pool): 04:54.60 SB: 04:41.35 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		00:32.20		01:06.81		01:42.57		02:18.87
	00:32.20		00:34.61		00:35.76		00:36.30	
								
	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		02:55.05		03:30.90		04:06.82		04:41.35
	00:36.18		00:35.85		00:35.92		00:34.53	
								

Coach feedback:

Event number: 10: 400M FREESTYLE WOMEN 13-14 Heat:2, starttime: 10:46

Heat: 2/4 Lane : 5 Athlete: MAES JULIE							Q-time: 04:57:04	
PB (25m pool): 04:57.04 Bastogne 05/04/2026				PB (50m pool): 05:06.67 SB: 05:00.16 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		00:33.68		01:10.93		01:48.92		02:27.24
	00:33.68		00:37.25		00:37.99		00:38.32	
								
	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		03:05.48		03:43.78		04:21.95		04:57.04
	00:38.24		00:38.30		00:38.17		00:35.09	
								

Coach feedback: