

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

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

Coaches: Verluyten Philippe

Coaches: Hanssens Yash

Coaches: Michiels Hans HEADCOACH

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

Event number: 1: 100M BREASTSTROKE MEN 13-14					Heat:2, starttime: 09:02
Heat: 2/6 Lane : 5 Athlete: VANDEPUTTE WOUT					Q-time: 01:22:52
PB (25m pool): 01:20.66 Sint-Amandsberg 18/10/2026					PB (50m pool): 01:24.61 SB: 01:20.66 Sint-Amandsberg 18/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.11		01:20.66	
	00:38.11		00:42.55		
					

Coach feedback:

Event number: 1: 100M BREASTSTROKE MEN 13-14					Heat:3, starttime: 09:04
Heat: 3/6 Lane : 2 Athlete: AERENS JEF					Q-time: 01:21:11
PB (25m pool): 01:21.11 EEKLO 04/10/2026					PB (50m pool): 01:26.50 SB: 01:21.11 EEKLO 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.11		01:21.11	
	00:38.11		00:43.00		
					

Coach feedback:

Event number: 1: 100M BREASTSTROKE MEN 13-14					Heat:5, starttime: 09:08
Heat: 5/6 Lane : 7 Athlete: KARER MALIK					Q-time: 01:17:63
PB (25m pool): 01:17.63 Stedelijk Zwembad Geel 15/02/2026					PB (50m pool): 01:19.39 SB: 01:17.99 EEKLO 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.44		01:17.63	
	00:36.44		00:41.19		
					

Coach feedback:

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

Event number: 2: 100M BREASTSTROKE WOMEN 13-14					Heat:1, starttime: 09:12
Heat: 1/5 Lane : 3 Athlete: VERHULST NOOR					Q-time: 01:28:68
PB (25m pool): 01:28.68 EEKLO 04/10/2026					PB (50m pool): 01:31.71 SB: 01:28.68 EEKLO 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:42.30		01:28.68	
	00:42.30		00:46.38		
					

Coach feedback:

Event number: 3: 200M MEDLEY MEN 15-16							Heat:5, starttime: 09:34	
Heat: 5/5 Lane : 7 Athlete: SCIACCA LEANDRO							Q-time: 02:18:56	
PB (25m pool): 02:18.56 Temse 31/05/2026				PB (50m pool): 02:24.90 SB: 02:22.35 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		00:29.45		01:06.85		01:44.85		02:18.56
	00:29.45		00:37.40		00:38.00		00:33.71	
								

Coach feedback:

Event number: 4: 200M MEDLEY WOMEN 15-16							Heat:2, starttime: 09:40	
Heat: 2/4 Lane : 3 Athlete: GAUDAEN MAUD							Q-time: 02:33:27	
PB (25m pool): 02:32.39 Sint-Amandsberg 18/10/2026				PB (50m pool): 02:36.96 SB: 02:32.39 Sint-Amandsberg 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		00:32.57		01:11.63		01:58.15		02:32.39
	00:32.57		00:39.06		00:46.52		00:34.24	
								

Coach feedback:

Event number: 4: 200M MEDLEY WOMEN 15-16							Heat:4, starttime: 09:46	
Heat: 4/4 Lane : 7 Athlete: VAN BUNDER AMY							Q-time: 02:27:02	
PB (25m pool): 02:27.02 Temse 31/05/2026				PB (50m pool): 02:32.57 SB: 02:27.78 Sint-Amandsberg 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		00:31.04		01:09.15		01:52.38		02:27.02
	00:31.04		00:38.11		00:43.23		00:34.64	
								

Coach feedback:

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

Event number: 5: 50M BACKSTROKE MEN 13-14			Heat:2, starttime: 09:51
Heat: 2/4 Lane : 3 Athlete: RENDERS KLAAS			Q-time: 00:33:06
PB (25m pool): 00:33.06 EEKLO 04/10/2026			PB (50m pool): 00:34.47 SB: 00:33.06 EEKLO 04/10/2026
	2 5 M	5 0 M	
PB		00:33.06	
		00:33.06	
			

Coach feedback:

Event number: 5: 50M BACKSTROKE MEN 13-14			Heat:2, starttime: 09:51
Heat: 2/4 Lane : 8 Athlete: VANDEPUTTE WOUT			Q-time: 00:34:17
PB (25m pool): 00:33.13 Sint-Amandsberg 18/10/2026			PB (50m pool): 00:35.09 SB: 00:33.13 Sint-Amandsberg 18/10/2026
	2 5 M	5 0 M	
PB		00:33.13	
		00:33.13	
			

Coach feedback:

Event number: 6: 50M BACKSTROKE WOMEN 13-14			Heat:3, starttime: 09:59
Heat: 3/4 Lane : 3 Athlete: VERLUYTEN NIENE			Q-time: 00:33:05
PB (25m pool): 00:33.05 Stedelijk Zwembad Geel 15/02/2026			PB (50m pool): 00:33.66 SB: 00:34.44 Zwembad De Wauwer 13/09/2026
	2 5 M	5 0 M	
PB		00:33.05	
		00:33.05	
			

Coach feedback:

Event number: 6: 50M BACKSTROKE WOMEN 13-14			Heat:4, starttime: 10:01
Heat: 4/4 Lane : 4 Athlete: DE JONG SUZAN			Q-time: 00:30:75
PB (25m pool): 00:30.51 Sint-Amandsberg 18/10/2026			PB (50m pool): 00:31.53 SB: 00:30.51 Sint-Amandsberg 18/10/2026
	2 5 M	5 0 M	
PB		00:30.51	
		00:30.51	
			

Coach feedback:

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

Event number: 8: 100M BUTTERFLY WOMEN 15-16					Heat:4, starttime: 10:14
Heat: 4/5 Lane : 2 Athlete: GAUDAEN MAUD					Q-time: 01:08:02
PB (25m pool): 01:08.22 EEKLO 04/10/2026					PB (50m pool): 01:08.02 SB: 01:08.22 EEKLO 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.94		01:08.22	
	00:30.94		00:37.28		
					

Coach feedback:

Event number: 8: 100M BUTTERFLY WOMEN 15-16					Heat:4, starttime: 10:14
Heat: 4/5 Lane : 3 Athlete: VAN BUNDER AMY					Q-time: 01:06:88
PB (25m pool): 01:05.48 Sint-Amandsberg 18/10/2026					PB (50m pool): 01:07.22 SB: 01:05.48 Sint-Amandsberg 18/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.45		01:05.48	
	00:30.45		00:35.03		
					

Coach feedback:

Event number: 9: 400M FREESTYLE MEN 13-14					Heat:1, starttime: 10:18			
Heat: 1/4 Lane : 6 Athlete: AERENS JEF					Q-time: 05:01:74			
PB (25m pool): 05:00.17 Sint-Amandsberg 18/10/2026					PB (50m pool): 05:01.74 SB: 05:00.17 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		00:32.15		01:09.31		01:47.91		02:26.66
	00:32.15		00:37.16		00:38.60		00:38.75	
								
	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		03:05.42		03:44.60		04:23.96		05:00.17
	00:38.76		00:39.18		00:39.36		00:36.21	
								

Coach feedback:

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

Event number: 9: 400M FREESTYLE MEN 13-14							Heat:2, starttime: 10:24	
Heat: 2/4 Lane : 4 Athlete: SCIACCA EMILIO							Q-time: 04:48:12	
PB (25m pool): 04:48.12 EEKLO 04/10/2026				PB (50m pool): 04:55.86SB: 04:48.12 EEKLO 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		no time		01:08.79		no time		02:21.46
	no time							
								
	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		no time		no time		no time		04:48.12
								

Coach feedback:

Event number: 9: 400M FREESTYLE MEN 13-14							Heat:2, starttime: 10:24	
Heat: 2/4 Lane : 5 Athlete: KARER MALIK							Q-time: 04:48:78	
PB (25m pool): 04:48.78 LAGO Zwevegem 25/05/2026				PB (50m pool): 04:58.22 SB: 04:57.34 EEKLO 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		00:32.16		01:07.64		01:44.70		02:21.49
	00:32.16		00:35.48		00:37.06		00:36.79	
								
	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		02:59.06		03:36.51		04:13.50		04:48.78
	00:37.57		00:37.45		00:36.99		00:35.28	
								

Coach feedback:

Event number: 10: 400M FREESTYLE WOMEN 13-14							Heat:4, starttime: 10:57	
Heat: 4/4 Lane : 1 Athlete: VERLUYTEN NIENE							Q-time: 04:46:34	
PB (25m pool): 04:46.34 T ROSCO 12/10/2025				PB (50m pool): 04:54.11 SB: 04:51.32 EEKLO 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		00:32.41		01:08.19		01:44.68		02:21.37
	00:32.41		00:35.78		00:36.49		00:36.69	
								
	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		02:57.90		03:34.73		04:11.24		04:46.34
	00:36.53		00:36.83		00:36.51		00:35.10	
								

Coach feedback:

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

Event number: 12: 800M FREESTYLE WOMEN 15-16							Heat:2, starttime: 11:34	
Heat: 2/2 Lane : 7 Athlete: VERLUYTEN LENI							Q-time: 09:42:23	
PB (25m pool): 09:42.23 Zwevegem 26/10/2025				PB (50m pool): 10:17.92 SB: no time				
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB	00:32.02	01:07.64	01:43.93	02:20.77	02:57.40	03:34.13	04:11.50	04:48.43
	00:32.02	00:35.62	00:36.29	00:36.84	00:36.63	00:36.73	00:37.37	00:36.93
								
	4 5 0 M	5 0 0 M	5 5 0 M	6 0 0 M	6 5 0 M	7 0 0 M	7 5 0 M	8 0 0 M
PB	05:25.78	06:02.78	06:39.78	07:17.10	07:53.88	08:30.69	09:07.19	09:42.23
	00:37.35	00:37.00	00:37.00	00:37.32	00:36.78	00:36.81	00:36.50	00:35.04
								

Coach feedback: