

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

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

Coaches: Backs Hubert

Coaches: Nuytten Stefanie HEADCOACH

Coaches: De Cramer Renée

Coaches: Desmet Carl

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 : 1 Athlete: CHRISTIAENS LUCAS					Q-time: 01:18:49
PB (25m pool): 01:18.49 Brugge 04/10/2026					PB (50m pool): 01:19.06 SB: 01:18.49 Brugge 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.01		01:18.49	
	00:37.01		00:41.48		
					

Coach feedback:

Event number: 3: 200M MEDLEY MEN 15-16							Heat:5, starttime: 09:34	
Heat: 5/5 Lane : 3 Athlete: VANDEKERCKHOVE JEROME							Q-time: 02:12:79	
PB (25m pool): 02:12.79 LAGO Zwevegem 25/05/2026				PB (50m pool): 02:17.86 SB: 02:12.89 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		00:27.76		01:02.08		01:41.54		02:12.79
	00:27.76		00:34.32		00:39.46		00:31.25	
								

Coach feedback:

Event number: 3: 200M MEDLEY MEN 15-16							Heat:5, starttime: 09:34	
Heat: 5/5 Lane : 6 Athlete: THONON MATISSE							Q-time: 02:15:40	
PB (25m pool): 02:15.40 Temse 17/11/2025				PB (50m pool): 02:18.60SB: 02:16.47 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		00:29.46		01:02.34		01:42.34		02:15.40
	00:29.46		00:32.88		00:40.00		00:33.06	
								

Coach feedback:

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Event number: 4: 200M MEDLEY WOMEN 15-16							Heat:2, starttime: 09:40	
Heat: 2/4 Lane : 2 Athlete: DARRAS NINA							Q-time: 02:34:21	
PB (25m pool): 02:34.21 LAGO Zwevegem 25/05/2026				PB (50m pool): 02:38.33 SB: 02:34.38 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		00:33.16		01:11.86		01:59.11		02:34.21
	00:33.16		00:38.70		00:47.25		00:35.10	
								

Coach feedback:

Event number: 4: 200M MEDLEY WOMEN 15-16							Heat:4, starttime: 09:46	
Heat: 4/4 Lane : 3 Athlete: DE BRUYCKER CHLOë							Q-time: 02:21:46	
PB (25m pool): 02:21.46 LAGO Zwevegem 25/05/2026				PB (50m pool): 02:25.21 SB: 02:22.06 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		00:29.87		01:05.83		01:48.95		02:21.46
	00:29.87		00:35.96		00:43.12		00:32.51	
								

Coach feedback:

Event number: 6: 50M BACKSTROKE WOMEN 13-14							Heat:1, starttime: 09:56	
Heat: 1/4 Lane : 3 Athlete: VAN STEENKISTE LIA							Q-time: 00:35:88	
PB (25m pool): 00:40.61 Diksmuide 01/12/2024				PB (50m pool): 00:36.85 SB: no time				
	2 5 M		5 0 M					
PB			00:40.61					
			00:40.61					
								

Coach feedback:

Event number: 6: 50M BACKSTROKE WOMEN 13-14							Heat:1, starttime: 09:56	
Heat: 1/4 Lane : 4 Athlete: VERNIEUWE IRENE							Q-time: 00:35:43	
PB (25m pool): 00:36.37 Diksmuide 01/12/2024				PB (50m pool): 00:35.43 SB: no time				
	2 5 M		5 0 M					
PB			00:36.37					
			00:36.37					
								

Coach feedback:

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Event number: 6: 50M BACKSTROKE WOMEN 13-14							Heat:4, starttime: 10:01		
Heat: 4/4 Lane : 8 Athlete: CLAEYS ELENA							Q-time: 00:32:64		
PB (25m pool): 00:32.64 Brugge 04/10/2026							PB (50m pool): 00:33.97 SB: 00:32.64 Brugge 04/10/2026		
	2 5 M		5 0 M						
PB			00:32.64						
	00:32.64								
									

Coach feedback:

Event number: 8: 100M BUTTERFLY WOMEN 15-16					Heat:3, starttime: 10:13	
Heat: 3/5 Lane : 4 Athlete: DESMET LIEZE					Q-time: 01:04:67	
PB (25m pool): 01:06.13 leper 04/01/2026					PB (50m pool): 01:04.67 SB: 01:06.29 Brugge 04/10/2026	
	2 5 M	5 0 M	7 5 M	1 0 0 M		
PB		00:31.25		01:06.13		
	00:31.25		00:34.88			
						

Coach feedback:

Event number: 8: 100M BUTTERFLY WOMEN 15-16					Heat:5, starttime: 10:16	
Heat: 5/5 Lane : 4 Athlete: LAMMENS MARY					Q-time: 01:02:29	
PB (25m pool): 01:02.38 Gent 09/11/2025					PB (50m pool): 01:02.29 SB: 01:03.43 Brugge 04/10/2026	
	2 5 M	5 0 M	7 5 M	1 0 0 M		
PB		00:29.18		01:02.38		
	00:29.18		00:33.20			
						

Coach feedback:

Event number: 8: 100M BUTTERFLY WOMEN 15-16					Heat:5, starttime: 10:16	
Heat: 5/5 Lane : 7 Athlete: LINSKENS ELLOISE					Q-time: 01:08:16	
PB (25m pool): 01:09.38 Brugge 04/10/2026					PB (50m pool): 01:08.16 SB: 01:09.38 Brugge 04/10/2026	
	2 5 M	5 0 M	7 5 M	1 0 0 M		
PB		00:32.44		01:09.38		
	00:32.44		00:36.94			
						

Coach feedback:

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Event number: 9: 400M FREESTYLE MEN 13-14							Heat:2, starttime: 10:24	
Heat: 2/4 Lane : 3 Athlete: BLOMME STAN							Q-time: 04:50:23	
PB (25m pool): 04:50.23 Meulebeke 10/05/2026				PB (50m pool): 04:57.57 SB: 05:00.59 Brugge 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		01:09.00		no time		02:23.02
	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		04:50.23
								

Coach feedback:

Event number: 9: 400M FREESTYLE MEN 13-14							Heat:3, starttime: 10:29	
Heat: 3/4 Lane : 1 Athlete: THIELEMANS LEON							Q-time: 04:45:49	
PB (25m pool): 04:45.49 Meulebeke 10/05/2026				PB (50m pool): 04:55.72 SB: 04:48.52 Brugge 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		01:08.24		no time		02:19.67
	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		04:45.49
								

Coach feedback:

Event number: 10: 400M FREESTYLE WOMEN 13-14							Heat:3, starttime: 10:52	
Heat: 3/4 Lane : 8 Athlete: VERNIEUWE IRENE							Q-time: 04:55:98	
PB (25m pool): 04:55.98 LAGO Zwevegem 25/05/2026				PB (50m pool): 05:05.44 SB: 05:01.97 Brugge 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		00:32.66		01:08.85		01:46.28		02:23.64
	00:32.66		00:36.19		00:37.43		00:37.36	
								
	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		03:01.77		03:39.94		04:18.71		04:55.98
	00:38.13		00:38.17		00:38.77		00:37.27	
								

Coach feedback:

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Event number: 10: 400M FREESTYLE WOMEN 13-14							Heat:4, starttime: 10:57	
Heat: 4/4 Lane : 7 Athlete: DEKEIN YUTA							Q-time: 04:46:19	
PB (25m pool): 04:46.19 Brugge 04/10/2026				PB (50m pool): 04:51.55 SB: 04:46.19 Brugge 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		00:32.96		01:08.98		01:45.32		02:21.77
	00:32.96		00:36.02		00:36.34		00:36.45	
								
	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		02:58.26		03:34.58		04:11.28		04:46.19
	00:36.49		00:36.32		00:36.70		00:34.91	
								

Coach feedback:

Event number: 10: 400M FREESTYLE WOMEN 13-14							Heat:4, starttime: 10:57	
Heat: 4/4 Lane : 8 Athlete: HUYBEN ISOLDE							Q-time: 04:49:33	
PB (25m pool): 04:49.33 Meulebeke 10/05/2026				PB (50m pool): 04:59.49SB: 04:49.95 Brugge 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		01:08.06		no time		02:21.19
	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		04:49.33
								

Coach feedback: