

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

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

Coaches: Vanden Abeele Syl

Coaches: Heyligen Bert

Coaches: Planckaert Pieter HEADCOACH

PB => Personal Best time

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

Event number: 1: 100M BREASTSTROKE MEN 13-14 Heat:5, starttime: 09:08

Heat: 5/6 Lane : 8 Athlete: HEYLIGEN FELL Q-time: 01:19:15

PB (25m pool): 01:19.15 Brugge 04/10/2026 PB (50m pool): 01:24.78 SB: 01:19.15 Brugge 04/10/2026

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.02		01:19.15	
		00:37.02		00:42.13	
					

Coach feedback:

Event number: 3: 200M MEDLEY MEN 15-16 Heat:2, starttime: 09:25

Heat: 2/5 Lane : 7 Athlete: DHAENE NIELS Q-time: 02:25:84

PB (25m pool): 02:25.84 LAGO Zwevegem 25/05/2026 PB (50m pool): 02:30.66 SB: no time

	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		00:32.54		01:10.67		01:52.72		02:25.84
		00:32.54		00:38.13		00:42.05		00:33.12
								

Coach feedback:

Event number: 3: 200M MEDLEY MEN 15-16 Heat:4, starttime: 09:31

Heat: 4/5 Lane : 7 Athlete: BALCAEN SANDER Q-time: 02:20:93

PB (25m pool): 02:20.93 LAGO Zwevegem 25/05/2026 PB (50m pool): 02:26.98 SB: no time

	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		00:30.48		01:06.49		01:47.90		02:20.93
		00:30.48		00:36.01		00:41.41		00:33.03
								

Coach feedback:

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Event number: 5: 50M BACKSTROKE MEN 13-14							Heat:3, starttime: 09:53		
Heat: 3/4 Lane : 7 Athlete: BOHIJN MILO							Q-time: 00:32:81		
PB (25m pool): 00:32.81 Brugge 04/10/2026							PB (50m pool): 00:36.12 SB: 00:32.81 Brugge 04/10/2026		
	2 5 M		5 0 M						
PB			00:32.81						
			00:32.81						
									

Coach feedback:

Event number: 7: 100M BUTTERFLY MEN 15-16				Heat:2, starttime: 10:04			
Heat: 2/4 Lane : 3 Athlete: DEMEYERE LARS				Q-time: 01:01:99			
PB (25m pool): 01:01.99 Zwevegem 31/05/2026				PB (50m pool): 01:02.83 SB: 01:02.51 Brugge 04/10/2026			
	2 5 M	5 0 M	7 5 M	1 0 0 M			
PB		00:29.31		01:01.99			
	00:29.31		00:32.68				
							

Coach feedback:

Event number: 9: 400M FREESTYLE MEN 13-14						Heat:3, starttime: 10:29		
Heat: 3/4 Lane : 8 Athlete: BOHIJN MILO						Q-time: 04:45:98		
PB (25m pool): 04:45.98 Brugge 04/10/2026						PB (50m pool): 04:50.21 SB: 04:45.98 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		00:31.37		01:07.26		01:44.37		02:20.96
	00:31.37		00:35.89		00:37.11		00:36.59	
								
	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		02:58.33		03:35.39		04:12.19		04:45.98
	00:37.37		00:37.06		00:36.80		00:33.79	
								

Coach feedback:

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Event number: 10: 400M FREESTYLE WOMEN 13-14							Heat:4, starttime: 10:57	
Heat: 4/4 Lane : 4 Athlete: LIBBRECHT ZOë							Q-time: 04:30:90	
PB (25m pool): 04:30.90 Brugge 04/10/2026				PB (50m pool): 04:42.82 SB: 04:30.90 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		00:30.58		01:05.13		01:39.92		02:14.86
	00:30.58		00:34.55		00:34.79		00:34.94	
								
	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		02:49.66		03:24.37		03:58.42		04:30.90
	00:34.80		00:34.71		00:34.05		00:32.48	
								

Coach feedback: