

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

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

Coaches: Tieghem Kristof

Coaches: Debeuckelaere Sindy HEADCOACH

Coaches: Lefever Elisa

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 : 2 Athlete: STAELEN QUINTEN					Q-time: 01:16:43
PB (25m pool): 01:16.43 Brugge 04/10/2026					PB (50m pool): 01:19.65 SB: 01:16.43 Brugge 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.69		01:16.43	
	00:35.69		00:40.74		
					

Coach feedback:

Event number: 2: 100M BREASTSTROKE WOMEN 13-14					Heat:3, starttime: 09:16
Heat: 3/5 Lane : 6 Athlete: DEMAREST HAILEY					Q-time: 01:20:61
PB (25m pool): 01:20.61 Diksmuide 09/03/2025					PB (50m pool): 01:21.35 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.88		01:20.61	
	00:37.88		00:42.73		
					

Coach feedback:

Event number: 2: 100M BREASTSTROKE WOMEN 13-14					Heat:4, starttime: 09:18
Heat: 4/5 Lane : 7 Athlete: CASTELEYN YANA					Q-time: 01:21:14
PB (25m pool): 01:21.14 Ettelbruck 19/04/2026					PB (50m pool): 01:22.36 SB: 01:21.30 Brugge 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.64		01:21.14	
	00:38.64		00:42.50		
					

Coach feedback:

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Event number: 6: 50M BACKSTROKE WOMEN 13-14			Heat:4, starttime: 10:01
Heat: 4/4 Lane : 6 Athlete: DELPORTE ELLE			Q-time: 00:31:80
PB (25m pool): 00:31.80 Brugge 04/10/2026			PB (50m pool): 00:32.94 SB: 00:31.80 Brugge 04/10/2026
	2 5 M	5 0 M	
PB		00:31.80	
	00:31.80		
			

Coach feedback: