

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

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

Coaches: Brugghemans Suzanne

Coaches: Van den Broeck Karolien HEADCOACH

Coaches: Van Den Broeck Dennis

Coaches: Okens Jari

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

Event number: 3: 200M MEDLEY MEN 15-16							Heat:1, starttime: 09:22	
Heat: 1/5 Lane : 3 Athlete: VAN LOON BAS							Q-time: 02:33:92	
PB (25m pool): 02:36.94 Gent 23/02/2025				PB (50m pool): 02:33.92SB: 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		00:35.44		01:16.74		02:01.15		02:36.94
	00:35.44		00:41.30		00:44.41		00:35.79	
								

Coach feedback:

Event number: 3: 200M MEDLEY MEN 15-16							Heat:4, starttime: 09:31	
Heat: 4/5 Lane : 5 Athlete: BAKX WARRE							Q-time: 02:19:74	
PB (25m pool): 02:19.74 Kapelle-op-den-Bos 19/04/2026				PB (50m pool): 02:28.04SB: 02:20.23 Leuven 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		00:28.86		no time		no time		02:19.74
	00:28.86							
								

Coach feedback:

Event number: 6: 50M BACKSTROKE WOMEN 13-14										Heat:1, starttime: 09:56	
Heat: 1/4 Lane : 2 Athlete: VAN HOOMISSEN CHELSEA								Q-time: 00:36:22			
PB (25m pool): 00:36.22 Zwembad De Wauwer 13/09/2026				PB (50m pool): 00:36.63 SB: 00:36.22 Zwembad De Wauwer 13/09/2026							
	2 5 M		5 0 M								
PB			00:36.22								
			00:36.22								
											

Coach feedback:

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Event number: 6: 50M BACKSTROKE WOMEN 13-14			Heat:2, starttime: 09:58
Heat: 2/4 Lane : 1 Athlete: NUYTKENS MARIE			Q-time: 00:34:79
PB (25m pool): 00:34.79 Zwembad De Wauwer 13/09/2026 PB (50m pool): 00:36.29 SB: 00:34.79 Zwembad De Wauwer 13/09/2026			
	2 5 M	5 0 M	
PB		00:34.79	
		00:34.79	
			

Coach feedback: