

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

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

Coaches: Loeman Efiennia

Coaches: Mertens Tijl

Coaches: Wauters Tine HEADCOACH

Coaches: Janssen Koen

Coaches: Jacobs Karen

Coaches: Callebaut Joris

Coaches: Verbinnen Nadine

Coaches: Schepens Koen

PB => Personal Best time

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

Event number: 1: 100M BREASTSTROKE MEN 13-14 Heat:1, starttime: 09:00

Heat: 1/6 Lane : 5 Athlete: SCHEPENS TOOR Q-time: 01:27:91

PB (25m pool): 01:30.43 Tienen 26/10/2025 PB (50m pool): 01:27.91 SB: no time

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:42.69		01:30.43	
		00:42.69		00:47.74	
					

Coach feedback:

Event number: 2: 100M BREASTSTROKE WOMEN 13-14 Heat:4, starttime: 09:18

Heat: 4/5 Lane : 5 Athlete: UYTTERHOEVEN FIEBE Q-time: 01:18:73

PB (25m pool): 01:18.73 Aarschot 26/04/2026 PB (50m pool): 01:21.73 SB: 01:19.39 Leuven 04/10/2026

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.94		01:18.73	
		00:36.94		00:41.79	
					

Coach feedback:

Event number: 4: 200M MEDLEY WOMEN 15-16 Heat:2, starttime: 09:40

Heat: 2/4 Lane : 1 Athlete: DECALUWé HELENA Q-time: 02:36:02

PB (25m pool): 02:35.74 3500 Hasselt 18/10/2026 PB (50m pool): 02:41.95 SB: 02:35.74 3500 Hasselt 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		00:33.99		01:14.12		01:59.47		02:35.74
		00:33.99		00:40.13		00:45.35		00:36.27
								

Coach feedback:

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Event number: 4: 200M MEDLEY WOMEN 15-16							Heat:3, starttime: 09:43	
Heat: 3/4 Lane : 5 Athlete: VERELST LAURA							Q-time: 02:29:81	
PB (25m pool): 02:29.81 Aarschot 27/07/2026				PB (50m pool): 02:32.61 SB: 02:30.61 3500 Hasselt 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		00:33.49		no time		no time		02:29.81
	00:33.49							
								

Coach feedback:

Event number: 5: 50M BACKSTROKE MEN 13-14							Heat:4, starttime: 09:54			
Heat: 4/4 Lane : 7 Athlete: MERTENS LANDER							Q-time: 00:31:57			
PB (25m pool): 00:31.57 Leuven 04/10/2026				PB (50m pool): 00:33.93 SB: 00:31.57 Leuven 04/10/2026						
	2 5 M		5 0 M							
PB			00:31.57							
	00:31.57									
										

Coach feedback:

Event number: 6: 50M BACKSTROKE WOMEN 13-14							Heat:3, starttime: 09:59			
Heat: 3/4 Lane : 6 Athlete: JANSSEN LUCY							Q-time: 00:33:24			
PB (25m pool): 00:33.24 Leuven 04/10/2026				PB (50m pool): 00:35.75 SB: 00:33.24 Leuven 04/10/2026						
	2 5 M		5 0 M							
PB			00:33.24							
			00:33.24							
										

Coach feedback:

Event number: 8: 100M BUTTERFLY WOMEN 15-16							Heat:5, starttime: 10:16			
Heat: 5/5 Lane : 6 Athlete: THIJS MAAIKE							Q-time: 01:07:56			
PB (25m pool): 01:07.56 Aarschot 27/07/2026				PB (50m pool): 01:08.49SB: 01:11.04 Leuven 04/10/2026						
	2 5 M		5 0 M		7 5 M		1 0 0 M			
PB			00:31.91				01:07.56			
	00:31.91				00:35.65					
										

Coach feedback:

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Event number: 12: 800M FREESTYLE WOMEN 15-16							Heat:2, starttime: 11:34	
Heat: 2/2 Lane : 2 Athlete: BOHMER JANNE							Q-time: 09:41:66	
PB (25m pool): 09:41.66 Meise 02/11/2025								
PB (50m pool): 09:59.12 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	no time	01:08.47	no time	02:22.18	no time	no time	no time	04:49.75
	no time							
								
	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	no time	no time	no time	no time	no time	no time	no time	09:41.66
								

Coach feedback: