

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

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

Coaches: Vereecken Sven HEADCOACH

Coaches: Dillen Toon

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

Event number: 1: 100M BREASTSTROKE MEN 13-14					Heat:6, starttime: 09:09
Heat: 6/6 Lane : 4 Athlete: DILLEN FINN					Q-time: 01:10:52
PB (25m pool): 01:10.52 Durmehal 27/09/2026					PB (50m pool): 01:12.89 SB: 01:10.52 Durmehal 27/09/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.04		01:10.52	
	00:33.04		00:37.48		
					

Coach feedback:

Event number: 4: 200M MEDLEY WOMEN 15-16							Heat:1, starttime: 09:37	
Heat: 1/4 Lane : 4 Athlete: MAES JULIE							Q-time: 02:36:09	
PB (25m pool): 02:36.09 Mol 04/10/2026				PB (50m pool): 02:40.84 SB: 02:36.09 Mol 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		00:33.67		01:12.45		01:59.14		02:36.09
	00:33.67		00:38.78		00:46.69		00:36.95	
								

Coach feedback:

Event number: 4: 200M MEDLEY WOMEN 15-16							Heat:2, starttime: 09:40	
Heat: 2/4 Lane : 8 Athlete: VANLOMMEL LUISA VALENTINA							Q-time: 02:36:08	
PB (25m pool): 02:36.08 Mol 04/10/2026				PB (50m pool): 02:40.49SB: 02:36.08 Mol 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		00:34.27		01:12.26		01:59.41		02:36.08
	00:34.27		00:37.99		00:47.15		00:36.67	
								

Coach feedback:

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Event number: 6: 50M BACKSTROKE WOMEN 13-14						Heat:2, starttime: 09:58	
Heat: 2/4 Lane : 3 Athlete: VAN TILBURG FRAUKE						Q-time: 00:34:00	
PB (25m pool): 00:34.00 Mol 04/10/2026						PB (50m pool): 00:34.70 SB: 00:34.00 Mol 04/10/2026	
	2 5 M		5 0 M				
PB			00:34.00				
	00:34.00						
							

Coach feedback:

Event number: 6: 50M BACKSTROKE WOMEN 13-14							Heat:2, starttime: 09:58	
Heat: 2/4 Lane : 7 Athlete: BOOGERS NOOR							Q-time: 00:34:39	
PB (25m pool): 00:34.39 Stedelijk Zwembad Geel 15/02/2026							PB (50m pool): 00:35.97 SB: 00:34.78 Mol 04/10/2026	
	2 5 M		5 0 M					
PB			00:34.39					
			00:34.39					
								

Coach feedback:

Event number: 7: 100M BUTTERFLY MEN 15-16				Heat:1, starttime: 10:02	
Heat: 1/4 Lane : 5 Athlete: BEGUE MILANN				Q-time: 01:05:96	
PB (25m pool): 01:05.96 Mol 04/10/2026				PB (50m pool): 01:08.44 SB: 01:05.96 Mol 04/10/2026	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.27		01:05.96	
	00:30.27		00:35.69		
					

Coach feedback: